





May 18 - June 27


# Boot Breaker 2020

### Week 1 (May 18 - May 23)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
	3:00-4:00 - ZOOM Group 1 & Partial Group 2 Sports Psychologist	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

### Week 2 (May 25 - May 30)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 - ZOOM Group 3 Strength / Jumps (Nicole)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	2:00-2:30 - ZOOM Group 1 & Partial Group 2 Sports Psychology - Video	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

### Week 3 (June 1 - June 6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 - ZOOM Group 3 Strength / Jumps (Nicole)	11:00-12:00 Group 1 & Partial Group 2 Injury Prevention	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

### Week 4 (June 8 - June 13)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 - ZOOM Group 3 Strength / Jumps (Nicole)	11:00-12:00 Group 1 & Partial Group 2 Injury Prevention	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

### Week 5 (June 15 - June 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 - ZOOM Group 3 Strength / Jumps (Nicole)	11:00-12:00 Group 1 & Partial Group 2 Injury Prevention	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

### Week 6 (June 22 - June 27)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 - ZOOM Group 3 Strength / Jumps (Nicole)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Vaughn)	12:30-1:00 - ZOOM Group 3 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Dance (Christina)	1:00-1:30 - ZOOM Group 2 Strength / Jumps (Nathan)	12:30-1:30 - OUTSIDE ALL Groups Conditioning / Jumps
2:00-2:30 - ZOOM Group 1 Strength / Jumps (Nathan)	2:00-2:30 - ZOOM Group 1 & Partial Group 2 Sports Psychology - Video	2:30-3:30 - OUTSIDE ALL Groups Conditioning / Jumps	2:00-3:00 - ZOOM Group 1 Tech Analysis (Vaughn)	2:30-3:00 - ZOOM Group 1 Dance (Christina)	
		6:00-7:00 - ZOOM Group 1 Yoga / Splits (Susan)			

#### Outdoor procedures:

**WEATHER:** sessions will be changed to ZOOM if raining or storming (a final decision will be made 2hrs prior to the start). **Check Social Media or Events Calendar (not e-mail)**

- ➡ Parents to drive up to drop off point (skaters are dropped off - parents are not allowed out of the car)
- ➡ Skaters to wear face mask (until they are placed in their designated area)
- ➡ Pylons will be placed to keep skaters a minimum of 10' apart from one another
- ➡ Coach / Skater Ratio will be 1:10
- ➡ Parents picking up will drive by the same area as drop off and one at a time, skaters will be go to their vehicle with face mask back on
- ➡ Parents - please have hand sanitizer in the vehicle

#### Off-Ice

- ➡ Drop off - Rear of building (West side) - the parking lot farthest away from the building

#### Off-Ice

- ➡ Drop off - Front of building (West side of parking lot)

#### Sports Psychologist

- ➡ Lisa Rogerson (Edmonton, AB)

#### Injury Prevention / Warm-up Prep

- ➡ Ralph van der Horst (Sports Performance) - Netherlands

