



**FRIDAY PERFORMANCE DAYS**

*Skating is not only about landing jumps, rotating spins, or perfecting footwork. A large portion of a skater's competition/test marks are performance, therefore performance is very important to train as well. These sessions will help the skater to develop and prepare for performance!*

**OCTOBER**

Negotiating a 6 min Warm up & Program Polishing			
Friday, October 2, 2020	Friday, October 9, 2020		Friday, October 23, 2020
7:15-8:00 pm	7:15-8:00 pm		7:15-8:00 pm
* Comp Simulations & Open Freeskate	Int B	Jr	Sr Int A

*\* Comp Simulations - for skaters skating at the Region Based Performance Opportunities (Oct 9-11) in Leduc*

**NOVEMBER**

Simulations			
Friday, November 13, 2020	Friday, November 20, 2020		
7:15-8:00 pm	7:15-8:00 pm		
Int B	Jr	Sr	Int A

**DECEMBER**

Performance			
Friday, December 11, 2020			
Showcase Week - Xmas Performance			
Int B	Jr	Sr	Int A

*Note: ALL Friday's available are open freeskate as well - all skaters welcome to practice*

