**Huntsville Skating Club - Meaghan Duhamel Seminar**

**Canada Summit Centre – Jack Bionda Arena**

**Friday March 3, 2023**

|  |  |  |
| --- | --- | --- |
| **TIME** | **SEMINAR ACTIVITY** | **LOCATION** |
| **10:30am** | Registration Check In | Jack Bionda Lobby |
| **11:00-11:50am** | Group **1** & **2 -** Nutrition Talk & Warm Up Techniques with Meagan | Jack Bionda Lobby |
| **12:00 -12:50pm** | **Group 2** - On Ice  **Group 1** - Off Ice (Hip Hop Dance) | Jack Bionda Rink  Upper Don Lough  Concession Area |
| **12:55-1:40pm** | Group 1 & 2 - Lunch Break and Q & A with Meagan | Jack Bionda Lobby |
| **1:50-2:15pm** | Group **1** & **2** - Off Ice with Meagan | Upper Don Lough Concession Area |
| **2:30-3:20pm** | **Group 1** - On Ice  **Group 2** - Off Ice (Hip Hop Dance) | Jack Bionda Rink  Upper Don Lough Concession Area |
| **3:30-4:05pm**  **3:30-3:55pm** | **Group 2** - On Ice  **Group 1** - Off Ice (Stretching/Flexibility) | Jack Bionda Rink  Upper Don Lough Concession Area |
| **4:05-4:40pm**  **4:10-4:35pm** | **Group 1** - On Ice  **Group 2 -** Off Ice (Stretching/Flexibility) | Jack Bionda Rink  Upper Don Lough Concession Area |
| **4:45-5:00pm** | Groups **1** & **2** - On Ice Session with Meaghan | Jack Bionda Rink |
| **5:00** | Seminar Wrap-up |  |