

## 2019 BC/YK DEVELOPMENT CAMP INDIVIDUAL GROUP SCHEDULES

<b><u>RINK #1</u></b>		
<b><u>Red</u></b>		
<b>Friday</b>	8:00 - 8:45am	Skills & Transitions - on
	9:00 - 9:45am	Jazz - off
	10:30 - 11:15am	Jumps - on
	<b>11:30am</b>	<b>Lunch</b>
	12:45 - 2:00pm	Assessment-off
	2:30 - 3:10pm	Spins - on
<b>Saturday</b>	8:00 - 8:45am	Performance & Execution- on
	9:00 - 9:45am	Off Ice Jumps - off
	<b>11:15am</b>	<b>Lunch</b>
	12:15 - 1:00pm	Jumps - on
	1:15 - 1:45pm	Jazz - off
<b>Sunday</b>	7:45 - 8:30am	Stretch - off
	9:30 - 10:00am	Off Ice Jumps-off
	10:45-11:30am	Elements - on
	12:45-1:15pm	Technical - on
<b><u>Orange</u></b>		
<b>Friday</b>	8:45 - 9:30am	Skills & Transitions - on
	9:45 - 10:30am	Jazz - off
	11:15 - 12:00pm	Jumps - on
	12:15 - 1:00pm	Off Ice Jumps-off
	<b>1:15pm</b>	<b>Lunch</b>
	3:25 - 4:05pm	Spins - on
<b>Saturday</b>	8:45 - 9:30am	Performance & Execution- on
	10:00-11:15am	Assessment-off
	<b>11:30am</b>	<b>Lunch</b>
	1:00 -1:45pm	Jumps - on
	2:45 - 3:15pm	Jazz - off
<b>Sunday</b>	10:00-10:45am	Elements - on
	11:30 - 12:00pm	Off Ice Jumps-off
	12:15-1:00pm	Stretch-off
	1:15-1:45pm	Technical - on
<b><u>Yellow</u></b>		
<b>Friday</b>	9:30 - 10:15am	Skills & Transitions - on
	10:30 - 11:15am	Jazz-off
	12:00 - 12:45pm	Jumps - on
	<b>1:45pm</b>	<b>Lunch</b>
	4:05 - 4:45pm	Spins - on
	5:00 - 6:00pm	Assessment-off
<b>Saturday</b>	9:45 - 10:30am	Performance & Execution- on
	10:45 - 11:30am	Off Ice Jumps - off
	<b>12:00pm</b>	<b>Lunch</b>
	1:45 - 2:30pm	Jumps - on
	4:15 - 4:45pm	Jazz - off
<b>Sunday</b>	8:15-8:45am	Off Ice Jumps-off
	9:00-9:45am	Elements - on
	11:00 -11:45am	Stretch- off
	1:45-2:15pm	Technical- on

<b><u>RINK #1</u></b>		
<b><u>Green</u></b>		
<b>Friday</b>	1:00 - 1:45pm	Skills & Transitions - on
	2:00 -2:45pm	Jazz - off
	<b>3:00pm</b>	<b>Lunch</b>
	3:30 - 4:15pm	Off Ice Jumps-off
	4:45 - 5:30pm	Jumps - on
	6:30 - 7:15pm	Spins - on
<b>Saturday</b>	10:30 - 11:15am	Performance & Execution- on
	11:30 - 12:45pm	Assessment-off
	<b>1:00pm</b>	<b>Lunch</b>
	2:45 - 3:30pm	Jumps - on
	3:45 - 4:15pm	Jazz - off
<b>Sunday</b>	8:15- 9:00am	Elements - on
	10:00 - 10:30am	Off Ice Jumps-off
	11:30 - 12:00pm	Technical - on
	12:15-1:00pm	Stretch - off
<b><u>Blue</u></b>		
<b>Friday</b>	1:45 - 2:30pm	Skills & Transitions - on
	2:45 - 3:30pm	Jazz - off
	<b>3:45pm</b>	<b>Lunch</b>
	4:15 - 5:00pm	Off Ice Jumps-off
	5:45 - 6:30pm	Jumps - on
	7:15 - 8:00pm	Spins - on
<b>Saturday</b>	11:15 - 12:00pm	Performance & Execution- on
	<b>12:00pm</b>	<b>Lunch</b>
	1:00 - 2:15pm	Assessment- off
	2:15 - 2:45pm	Jazz - off
	<b>4:30-5:15pm</b>	<b>Jumps - on</b>
<b>Sunday</b>	7:30 - 8:15am	Elements - on
	8:45 - 9:30am	Stretch- off
	10:30 - 11:00am	Off Ice Jumps-off
	12:15-12:45pm	Technical - on

Rink 2

**2019 BC/YK DEVELOPMENT CAMP  
INDIVIDUAL GROUP SCHEDULES**

**RINK #2**

<b><u>Purple</u></b>		
<b>Friday</b>	8:00 - 8:45am	Skills & Transitions - on
	9:00 - 10:15am	Assessment-off
	10:30 - 11:15am	Jumps - on
	11:30 - 12:00pm	Stretch-off
	<b>12:15pm</b>	<b>Lunch</b>
	2:45 - 3:20pm	Spins - on
	3:30 - 4:00pm	Jazz - off
<b>Saturday</b>		
	8:00 - 8:45am	Performance & Execution- on
	9:00- 9:45am	Jazz - off
	<b>11:00am</b>	<b>Lunch</b>
	12:00 -12:45pm	Jumps - on
	1:00 - 1:45pm	Off Ice Jumps - off
<b>Sunday</b>		
	8:45-9:30am	Stretch - off
	10:45-11:30am	Elements - on
	1:00-1:30pm	Technical-on
<b><u>Pink</u></b>		
<b>Friday</b>	8:45 - 9:30am	Skills & Transitions - on
	9:45 - 10:30am	Off Ice Jumps - off
	11:15 - 12:00pm	Jumps - on
	12:15 - 12:45pm	Stretch - off
	<b>1:30pm</b>	<b>Lunch</b>
	3:20 - 3:55pm	Spins - on
	4:15 - 4:45pm	Jazz - off
<b>Saturday</b>		
	8:45 - 9:30am	Performance & Execution- on
	9:45 - 10:30am	Jazz - off
	<b>11:45am</b>	<b>Lunch</b>
	1:00 - 1:45pm	Jumps - on
	2:30-3:45pm	Assessment - off
<b>Sunday</b>		
	10:00 - 10:45am	Elements - on
	11:30 - 12:10pm	Stretch - off
	1:30-2:00pm	Technical-on
<b><u>Black</u></b>		
<b>Friday</b>	9:45 - 10:30am	Skills & Transitions - on
	10:45 - 12:00pm	Assessment-off
	12:15 - 1:00pm	Jumps - on
	<b>2:00pm</b>	<b>Lunch</b>
	3:15 - 3:45pm	Stretch - off
	3:55 - 4:30pm	Spins - on
	5:00 - 5:30pm	Jazz - off

**RINK #2**

<b><u>Black (cont'd)</u></b>		
<b>Saturday</b>	9:30 - 10:15am	Performance & Execution- on
	10:30- 11:15am	Jazz - off
	<b>12:30pm</b>	<b>Lunch</b>
	1:45 - 2:30pm	Jumps - on
	3:45 - 4:30pm	Off Ice Jumps-off
<b>Sunday</b>		
	9:15 - 10:00am	Elements - on
	10:45 - 11:30am	Stretch - off
	2:00 - 2:30pm	Technical-on
<b><u>Silver</u></b>		
<b>Friday</b>	1:00 - 1:45pm	Jumps - on
	2:00 -2:45pm	Off Ice Jumps - off
	<b>2:45pm</b>	<b>Lunch</b>
	3:45 - 4:15pm	Stretch - off
	4:45 - 5:25pm	Skills & Transitions - on
	6:25 - 7:05pm	Spins - on
	7:30 - 8:00pm	Jazz - off
<b>Saturday</b>		
	10:30 - 11:15am	Performance & Execution- on
	11:30 - 12:15pm	Jazz - off
	<b>12:45pm</b>	<b>Lunch</b>
	2:30 - 3:15pm	Jumps - on
	<b>3:30 - 4:15pm</b>	<b>Freeskate-on</b>
		<b>Rink 1</b>
<b>Sunday</b>		
	7:30-8:00am	Stretch- off
	8:15-9:00am	Elements - on
	10:00-11:30am	Assessment-off
	11:45-12:15pm	Technical-on
<b><u>Gold</u></b>		
<b>Friday</b>	<b>1:00pm</b>	<b>Lunch</b>
	1:45 - 2:30pm	Jumps - on
	2:45 - 4:15pm	Assessment - off
	4:30 - 5:00pm	Stretch-off
	5:25 - 6:10pm	Skills & Transitions - on
	6:20 - 6:50pm	Jazz - off
	7:05 - 7:45pm	Spins - on
<b>Saturday</b>		
	11:15 - 12:00pm	Performance & Execution- on
	12:15 - 1:00pm	Jazz - off
	<b>1:15pm</b>	<b>Lunch</b>
	2:30 - 3:15pm	Off Ice Jumps- off
	3:30 - 4:15pm	Jumps - on
	<b>4:30 - 5:15pm</b>	<b>Freeskate-On</b>
		<b>Rink 1</b>
<b>Sunday</b>		
	7:30 - 8:15am	Elements - on
	9:00 - 9:45am	Stretch-Off
	12:15 - 12:45pm	Technical - on