

SEMINAR SCHEDULE

November/December 2011

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| November 1 | Meghan Harrington | Stroking |
| November 8 | Elyse Molnar | Footwork – maintaining speed and control through edges, turns and connecting steps |
| November 15 | Meghan Harrington | Jumps – technique, exercises, walk throughs and executing the element. Breaking down what can be improved and apply corrections |
| November 22 | Guest Presenter | Paige Aistrop from Mariposa Winter Club, Barrie will be working on basic and advanced spins |
| November 29 | Meghan Harrington | Continuation of Nov 22 – Harness assisted jumps |
| December 6 | Elyse Molnar | Presentation – upper body, leg extension, and expression through stroking and dance exercises |
| December 14 | Meghan Harrington | Jumps – identifying common errors by evaluating take off prints in the ice |
| December 20 | Meghan Harrington | Combination and sequence jumps |