

2019-2020 CBS SC Fall Kick-Off Workshop

Saturday October 5 – RFM Arena

Time:	On-Ice Skaters & Coaches	Off-Ice Skaters & Coaches	Off-Ice Parents
10:30-11:30	Group A	Group B	
11:40-12:40	Group B	Group A	
12:50-1:40	Group A	Group B	Our Club Policies, Procedures & Programs
1:40-2:30	Group B	Group A & Group C	
2:45-3:50	Group C		TBD (Based of Presenters Schedule)
4:00-4:30		Day 1 Debrief Coaches Only	

Sunday October 6 – CBS Arena

Time:	On-Ice Skaters & Coaches	Off-Ice Skaters & Coaches	Off-Ice Parents
12:00-12:45		Coach Info Session Coaches Only	
1:00-1:45		Group C	
2:00-3:20	Group C		
3:30-4:15	CanSkate Session #1		CanSkate 101
4:25-5:10	CanSkate Session #2		Our Club Policies, Procedures & Programs
5:20-5:50	CanSkate Review Coaches Only	PA Appreciation All Program Assistants	How to Stay Involved
6:00-6:30		Coach Debrief Coaches Only	
6:30-7:00			Weekend Debrief Board Members

Group:	Level:	Fees:
Group A	Skaters working on STAR 1 & 2 Assessments	\$40.00
Group B	Skaters working on STAR 3, 4 & 5 Assessments	\$40.00
Group C	Skaters Complete STAR 5 Skills and FreeSkate Assessment & Any Synchro Skaters Pre-Novice+	\$60.00