



Revised: Jan 9, 2025

CAMPBELL RIVER SKATING CLUB

JANUARY 17, 2025 SIMULATION SCHEDULE

FREESKATE			
STAR 1 10:45am-1:40pm			
Off-Ice			
10:45	12:15	Team Building, Hair & Makeup Tutorial and Lunch (self provided)	Pinecrest Room
12:15	12:30	Check-in at registration table	Pinecrest Room
12:30	1:00	Off-Ice Warm-Up (coach led)	Outside Rink 2 Dressing Rooms
1:00	1:10	Skates On	Rink 2 Dressing Rooms
1:10	1:15	Check-in with Ice Captain	Rink 2 Gate
On-Ice - Rink 2			
1:15	1:20	On-Ice Warm-Up	3
1:20	1:40	STAR 1 Group 1 Event	
		Isla McCaughran	Side A
		Emma Culshaw	Side B
		Victoria Vale	Side A
		Nathan Rutherford	Side B

Skaters are encouraged to stay to watch, learn and cheer for skaters following the completion of their simulation.

TEAM ELEMENTS			
STAR 2 10:45am-1:48pm			
Off-Ice			
10:45	12:15	Team Building, Hair & Makeup Tutorial and Lunch (self provided)	Pinecrest Room
12:15	12:45	Break	
12:45	12:55	Check-in at registration table	Pinecrest Room
12:55	1:25	Off-Ice Warm-Up (independent)	Outside Rink 2 Dressing Rooms
1:25	1:35	Skates On	Rink 2 Dressing Rooms
1:35	1:40	Check-in with Ice Captain	Rink 2 Gate
On-Ice - Rink 2			
1:40	1:43	S2 On-Ice Warm-Up	3
1:43	1:48	Rowan Fulton + Stella Touzin	5
			8

Skaters are encouraged to stay to watch, learn and cheer for skaters following the completion of their simulation.

IMPORTANT NOTES:
<p><u>STAR 1 EVENTS:</u></p> <p>A coach will lead an off-ice warm-up in the (meet outside dressing rooms) and skaters will be released from warm-up 15 minutes before their on-ice time to put their skates on.</p>
<p><u>STAR 2 FREESKATE EVENTS:</u></p> <p>A coach will lead an off-ice warm-up in the (meet outside dressing rooms) and skaters will be released from warm-up 15 minutes before their on-ice time to put their skates on.</p>
<p><u>STAR 3 AND UP FREESKATE, PLUS ALL ELEMENT & TEAM ELEMENTS EVENTS:</u></p> <p>There will be no coach led off-ice warm-up. Skaters in those levels are expected to conduct an independent off-ice warm-up.</p>
<p><u>ADDITIONAL NOTES:</u></p> <p>S2+ skaters are required to give their flash drive to the Ice Captain before stepping onto the ice for their warm-up. While skaters would normally hand their flash drive to their primary coach at the start of their on-ice warm-up, this Simulation is an exception, as coaches will be rinkside throughout the event. Parents are strongly encouraged to assist younger or newer skaters with following the schedule to ensure they are on time for their event. Locations and schedule subject to change. Consult club bulletin board and website for updates.</p>

COMPETITION PREPARATION PACKAGE:
<p>Skaters should arrive at the arena fully dressed according to the guidelines in their level specific Competition Preparation Package. More information:</p> <p>STAR 1 Competitors: trina@skatecampbellriver.ca</p> <p>STAR 2+ Competitors: contact your Primary Coach</p>