

SPRING BREAK BINGO

**GO FOR A
WALK OR RUN
OUTSIDE**







**COMPLETE A
STRETCHING
WORKSHEET**

**FOLLOW A
YOGA VIDEO
ON YOUTUBE**

**-CLOSE YOUR EYES-
VISUALIZE YOURSELF
LANDING ALL OF
YOUR JUMPS**



 CLEAN YOUR LOCKER + BAG
 WASH SOCKS/GLOVES
 CLEAN SKATES
 SHARPEN SKATES

**STRETCH
WHILE YOU WATCH
THE WORLD
CHAMPIONSHIPS
MARCH 20 - 24**

**MAKE A NOTE OF A SPIN
POSITION OR TRANSITION
YOU WOULD LIKE TO TRY IN
YOUR BOOK**

**TAKE A PHOTO
OF YOU DOING
YOUR SPIRAL
ON THE BEACH**

**SEND TO
TRINA@SKATECAMPBELLRIVER.CA
FOR CREDIT**

**DO YOUR REGULAR
OFF-ICE TRAINING
ROUTINE**



**COMPLETE A
SPLITS
WORKSHEET**

RETURN TO TRINA OR MEGAN BY APRIL 6 TO RECEIVE A PRIZE