

CAMPBELL RIVER SKATING CLUB

SIMULATIONS



Revised: Sep 14, 2023

Sat Sep 16 - STARSkate Competition Simulation Day

ON-ICE				OFF-ICE			
				4:15	4:45	Group 1 Warm-Up	Fitness Studio
5:00	5:30	Group 1 Simulation	Rink 2				
				5:45	6:15	Group 1 Cool Down / Theory	Fitness Studio
				4:45	5:15	Group 2 Warm-Up	Fitness Studio
5:30	6:00	Group 2 Simulation	Rink 2				
				6:15	6:45	Group 2 Cool Down / Theory	Fitness Studio
				5:15	5:45	Group 3 Warm-Up	Fitness Studio
6:00	6:30	Group 3 Simulation	Rink 2				
				6:45	7:15	Group 3 Cool Down / Theory	Fitness Studio

STARTING ORDER

Group 1

- 1 Angelica Lanyon
- 2 Adelaide Blakely
- 3 Cylis Broadway
- 4 Ava Pomper
- 5 Chelsea Currier-Kuo

Group 2

- 1 Katherine McKenzie
- 2 Olivia Vardy
- 3 Payton Hebb
- 4 Stephanie Watts
- 5 Zosia Pakosz

Group 3

- 1 Emmalynn Joly
- 2 Delainey Halcro
- 3 Holly Hudson
- 4 Hana Sharpe