

<b>Tier 1 – Ottawa Hub #4 Agenda</b>	
<b>FRIDAY September 29th</b>	

9:15am - 9:30am		Skater Arrival at Kanata Bell Sensplex
9:30am - 10:00am		Start: Warm-up / Activation
10:05am - 10:15am		Mats ON. Mattamy Ice pad.
10:15am - 10:30am		Flood
10:30am - 11:20am		Ice Session #1 Warm up: 3 track 1 time (60"-60") (5' Free + 5' + R5) 1 x 12 laps outside passing (1 big group, easy skate) (5' + R5) 3 x 6 laps r5' (Battle for 2nd place) (13' + R5) Late passing (Team of 2 - 3 x 4 laps) (7) (Total 50')
11:20am - 12:10pm		Break / Snack - Lunch
12:10pm - 12:20pm		Flood
12:20pm - 1:10pm		Ice Session #2 Warm up 5' FREE (5) Relay 4 x 1.5 laps (teams of 4) R7' (5' + R7) 9 laps (3 - 3 - 3 progressives every 3 laps) R7' (2' + R7) 6 laps (MAP Speed, all laps at same speed) R7' (1' + R7) 3 laps (Fast, same speed for all 3 laps) R5' (1' + R7) Starts (8) (Total 50')
1:10pm - 1:30pm		Break / Snack.
1:30pm - 2:00pm		Stretching
2:00pm - 2:05pm		Mats OFF.
2:30pm - 3:30pm		Yoga at Kanata Recreation Complex (Upper Hall B)
3:30pm - 4:30pm		Race Prep questionnaire and agenda discussion (Upper Hall B)

<b>Tier 2 – Ottawa Hub #4 Agenda</b>	
<b>FRIDAY September 29th</b>	

9:15am - 9:30am		Skater Arrival at Kanata Bell Sensplex
9:30am - 10:00am		Start: Warm-up / Activation
10:05am - 10:15am		Mats ON. Mattamy Ice pad.
10:20am - 11:00am		Cable Xover: 2 x 4 x 30" r30" R10' + Game
11:20am - 12:10pm		Ice Session #1 Warm up: 3 track 1 time (60"-60") (5' Free + 5' + R5) 1 x 10 laps outside passing (1 big group, easy skate) (5' + R5) 3 x 5 laps r5' (Battle for 2nd place) (13' + R5) Late passing (Team of 2 - 3 x 4 laps) (7) (Total 50')
12:10pm - 12:20pm		Flood
12:20pm - 1:10pm		Break / Snack - Lunch
1:10pm - 2:00pm		Ice Session #2 Warm up 5' FREE (5) Relay 4 x 1.5 laps (teams of 4) R7' (5' + R7) 7 laps (3 - 2 - 2 progressives every 2/3 laps) R7' (2' + R7) 5 laps (MAP Speed, all laps at same speed) R7' (1' + R7) 2 laps (Fast, same speed for all 3 laps) R5' (1' + R7) Starts (8) (Total 50')
2:00pm - 2:05pm		Mats OFF.
2:05pm - 2:30pm		Break / Snack
2:30pm - 3:30pm		Yoga at Kanata Recreation Complex (Upper Hall B)
3:30pm - 4:30pm		Race Prep questionnaire and agenda discussion (Upper Hall B)

<b>Saturday September 30th</b>	
Race Day 1	

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<b>Sunday October 1st</b>		
Race Day 2 AM only		
1:30pm - 3:00pm		Race review at Kanata Recreation Complex (Upper Hall B)

<b>Sunday October 1st</b>		
Race Day 2 AM only		
1:30pm - 3:00pm		Race review at Kanata Recreation Complex (Upper Hall B)

**Ice Venue: Kanata Bell Sensplex, 1565 Maple Grove Road, Kanata ON K2V 1A3**  
**Classroom Venue: Kanata Recreation Complex, 100 Charlie Rogers Place, Kanata ON K2V 1A2**