

# USC Fall/Winter Programming 2022-2023

## CROSBY ONLY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAY-TIME ICE	Open Ice <sup>1</sup> 7:00-8:00am	Open Ice <sup>1</sup> 7:00-8:00am	Open Ice <sup>1</sup> 7:00-8:00am		Open Ice <sup>1</sup> 7:00-8:00am	
		Open Ice <sup>1</sup> 8:00-9:00am				
	Open Ice <sup>1</sup> 3:00-4:00pm		Open Ice <sup>1</sup> 3:00-4:00pm	Open Ice <sup>1</sup> 3:00-4:00pm	Open Ice <sup>1</sup> 3:00-4:00pm	Pre-CanSkate 11:00-11:45am
PRIME TIME ICE	CanSkate 4:00-4:45pm		Intro StarSkate 4:10-5:00pm	Junior/Senior StarSkate 4:00-4:50pm	Senior/Advanced StarSkate 4:00-5:00pm	CanSkate 11:55-12:40pm
	CanSkate 4:55-5:40pm	Junior StarSkate 5:00-5:50pm	Pre-CanSkate 5:10-5:55pm	Junior/Senior StarSkate 5:00-5:50pm	Junior/Senior StarSkate 5:10-6:10pm	CanSkate 1:00-1:45pm
	Intro StarSkate 5:50-6:40pm	Junior/Senior StarSkate 6:00-6:50pm	CanSkate 6:05-6:50pm	Advanced StarSkate 6:00-6:50pm	CanSkate 6:20-7:05pm	CanSkate 1:55-2:40pm
	Junior StarSkate 6:50-7:40pm	Senior/Advanced StarSkate 7:00-7:50pm		Intro StarSkate 7:00-7:50pm	CanSkate 7:15-8:00pm	Open Ice <sup>1,5</sup> 2:50-3:50pm
	Senior StarSkate 7:50-8:50pm	Advanced StarSkate 8:00-8:50pm		Power Skating 8:00-9:00pm	CanSkate/Intro StarSkate (10+) 8:10-8:55pm	Open Ice <sup>1,5</sup> 4:00-5:00pm
	Advanced StarSkate 9:00-10:00pm	Adult Skate 9:00-10:00pm				

<sup>1</sup>: All skaters are welcome to use this ice as extra ice time/lesson time. CanSkate/Power Skating privates must be in lesson for entire session.

<sup>5</sup>: The cost for this Open Ice is higher due to higher ice cost.

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## USC TALENT ID Programs

### [Enhanced CanSkate, Enhanced StarSkate, & Elite Performance Program (EPP)]

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday (Crosby-AM) (Angus Glen East-PM)
DAY-TIME ICE							Enhanced StarSkate <sup>2</sup> 8:10-9:40am
							Enhanced CanSkate <sup>3</sup> 9:50-10:50am
PRIME TIME ICE							
							EPP Gr. 1 <sup>4</sup> 6:15-7:45pm 8:00-8:45pm Off-Ice
							EPP Gr. 2 <sup>4</sup> 8:00-10:15pm 7:00-7:45pm Off-Ice

<sup>2</sup>: Skaters will be chosen to participate in this program. Skaters must be working on their Star 1 or above test to be considered. Coaches will be asked if they have any skaters that would like to participate and then an invitation letter will be sent. Session will be capped at 25 and the program will focus on skills/stroking, jumps, and spins. We will also use this session for simulations before competitions.

<sup>3</sup>: Skaters will be chosen to participate in this program based on recommendations from the coaches on the CanSkate sessions. Session will be capped at 25 and the program will be used to develop strong basic skills, edge control and creativity. It will prepare your skater for the StarSkate system. The Enhanced CanSkate program will be fully coached. It will be challenging but more importantly lots of fun.

<sup>4</sup>: Skaters will be chosen to participate in this program. Any participant of this program will have their base coach notified of their participations. Session will be capped at 20 per group and the program will focus on competition standards as well as different techniques used to improve on figure skating basics. Additionally, there will be guest coaches brought in to work with the skaters on different aspects like, spin technique, jump technique, music interpretation, competitive technical knowledge, etc.