



Académie Nagano Skate, North Rustico 2024



Coach: Courtney, Eric, Francois, Francis

Monday 22th		Tuesday 23th		Wednesday 24th		Thursday 25th		Friday 26th	
Groupe #1	Groupe #2	Groupe #1	Groupe #2	Groupe #1	Groupe #2	Groupe #1	Groupe #2	Groupe #1	Groupe #2
7:20 - 8:00 Welcome Athletes / Registration 8:00 Meeting Athletes & Parents		8:15 Arrivée des Athlètes / Athletes Welcome		8:15 Arrivée des Athlètes / Athletes Welcome		8:15 Arrivée des Athlètes / Athletes Welcome		8:15 Arrivée des Athlètes / Athletes Welcome	
8:30 - 9:45 Dry Land	8:30 - 10:00 Ice Training	8:30 - 9:45 Dry Land	8:30 - 10:00 Ice Training	8:30 - 9:45 Dry Land	8:30 - 10:00 Ice Training	8:30 - 9:45 Dry Land	8:30 - 10:00 Ice Training	8:30 - 9:45 Dry Land	8:30 - 10:00 Ice Training
Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'	
10:15 - 11:45 Ice Training	10:30 - 11:45 Dry Land	10:15 - 11:45 Ice Training	10:30 - 11:45 Dry Land	10:15 - 11:45 Ice Training	10:30 - 11:45 Dry Land	10:15 - 11:45 Ice Training	10:30 - 11:45 Dry Land	10:15 - 11:45 Ice Training	10:30 - 11:45 Dry Land
LUNCH 11:45 - 12:15		LUNCH 11:45 - 12:15		LUNCH 11:45 - 12:15		LUNCH 11:45 - 12:15		LUNCH 11:45 - 12:15	
12:15 - 13:00 Seminar / Conférence		12:15 - 13:00 Seminar / Conférence		12:15 - 13:00 Seminar / Conférence		12:15 - 13:00 Seminar / Conférence		12:15 - 13:00 Seminar / Conférence	
Snack & Break: 15'		Snack & Break: 30'		Snack & Break: 15'		Snack & Break: 30'		Snack & Break: 15'	
13:15 - 14:30 Dry Land	13:30 - 14:50 Ice Training	13:15 - 14:30 Dry Land	13:30 - 14:50 Ice Training	13:15 - 14:30 Dry Land	13:30 - 14:50 Ice Training	13:15 - 14:30 Dry Land	13:30 - 14:50 Ice Training	13:15 - 14:30 Dry Land	13:30 - 14:50 Ice Training
Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'		Snack & Break: 30'	
15:00 - 16:20 Ice Training	15:20 - 16:30 Dry Land	15:00 - 16:20 Ice Training	15:20 - 16:30 Dry Land	15:00 - 16:20 Ice Training	15:20 - 16:30 Dry Land	15:00 - 16:20 Ice Training	15:20 - 16:30 Dry Land	15:00 - 16:20 Ice Training	15:20 - 16:30 Dry Land
End 16:30 / 4:30pm		End 16:30 / 4:30pm		End 16:30 / 4:30pm		End 16:30 / 4:30pm		End 16:30 / 4:30pm	
Kiosque Nagano Skate 8:30 @ 17:00				Kiosque Nagano Skate 8:30 @ 17:00				Kiosque Nagano Skate 8:30 @ 17:00	