



Kidz Day Out

An exciting opportunity for children under 15 to participate in a fun kids day out!

- ✓ Increase basic speed skating skills
- ✓ Enjoy drills and games
- ✓ Make new friends

When? *Sunday August 20, 2006*

Where? Canterbury Olympic Ice Rink, Phillips Avenue, Canterbury.

Conditions: You must be able to skate unassisted and be able to take instructions on specific speed skating drills and techniques.
AWD skaters will need a carer/coach to assist on & off ice.
Permissions & release form **MUST** be signed by a parent. Forms available at the Registration Table.

What to wear? Comfortable clothing such as a track suit, helmet, gloves, Shorts, T-Shirt, running shoes & bring a towel (to sit on).

What to bring? Own water bottle & light snacks. (Food is not provided.)

Cost? \$25.00 per skater - family packages available. Payable at Registration Table on the day.
Rink entry fee payable at the door.

Program:

<i>1.00pm</i>	<i>Meet & Register in the foyer at the rink</i>
<i>1.30-3.00</i>	<i>Off ice training activities</i>
<i>3.15</i>	<i>Snack time & change into skating gear</i>
<i>3.45</i>	<i>Parents and helpers to put mats onto ice.</i>
<i>4.00-5.15</i>	<i>1st part - Training on ice in groups</i>
<i>5.15-5.30</i>	<i>Ice Resurface. Quick snack & check skates</i>
<i>5.35-6.35</i>	<i>2nd part - Training and races</i>
<i>6.40</i>	<i>Parents and helpers to take mats off ice.</i>
<i>7.00</i>	<i>Wrap up.</i>

<p>Parent & helpers</p> <p>Free workshop for parents & helpers</p> <p>4.15-5.15 Roles of officials and volunteers</p> <p>5.35-6.35 Practical workshop session during the training and races</p>

Run by former Olympic coach and current NSW speed skating coach, Maggie Holland and experienced speed skating assistants.

Enquiries: Maggie Holland on phone:0413 130 481
or email: maggie.holland@d2.net.au



Talent Identification initiative sponsored by:
NSW Ice Speed Skating Association Inc
and
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