SCHEDULE – DRAFT as of February 2, 2021

SATURDAY FEB 27th	Start Time					
	Pacific	Mountain	Central	Eastern	Atlantic	NFLD
Group Workout – Details will be circulated to registered athletes	N/A			Completed **BEFORE** first Education session		
Fuel for Exercise *Presented by Christina / Vanessa*	9:00:00 AM	10:00:00 AM	11:00:00 AM	12:00:00 PM	1:00:00 PM	1:30:00 PM
Break (15 mins)	10:00:00 AM	11:00:00 AM	12:00:00 PM	1:00:00 PM	2:00:00 PM	2:30:00 PM
Prehab - Stability and Mobility (1 hour) *Presented by Trisha McBride* *Please have a yoga mat/towel, stretching strap, and either a yoga block or thick textbook.*	10:15:00 AM	11:15:00 AM	12:15:00 PM	1:15:00 PM	2:15:00 PM	2:45:00 PM
Break (5 mins)	11:15:00 AM	12:15:00 PM	1:15:00 PM	2:15:00 PM	3:15:00 PM	3:45:00 PM
2021 Selection and Training Updates (40 mins) *Presented by Chuck McDiarmid & Jordan Clarke*	11:20:00 AM	12:20:00 PM	1:20:00 PM	2:20:00 PM	3:20:00 PM	3:50:00 PM
Wrap-Up (10 mins)	12:00:00 PM	1:00:00 PM	2:00:00 PM	3:00:00 PM	4:00:00 PM	4:30:00 PM
Group Workout - Details will be circulated to registered athletes	Completed **AFTER** last Education session			N/A		

SUNDAY FEB 28th	Start Time					
	Pacific	Mountain	Central	Eastern	Atlantic	NFLD
Group Workout Review (20 Min)	9:00:00 AM	10:00:00 AM	11:00:00 AM	12:00:00 PM	1:00:00 PM	1:30:00 PM
Technical Presentation (40 Min) *Presented by Will George*	9:20:00 AM	10:20:00 AM	11:20:00 AM	12:20:00 PM	1:20:00 PM	1:50:00 PM
Break (5min)	10:00:00 AM	11:00:00 AM	12:00:00 PM	1:00:00 PM	2:00:00 PM	2:30:00 PM
Technical Discussion and What to Expect Breakout (1 hour) *Presented by RCA NextGen Coaches*	10:05:00 AM	11:05:00 AM	12:05:00 PM	1:05:00 PM	2:05:00 PM	2:35:00 PM
Break (25 min)	11:05:00 AM	12:05:00 PM	1:05:00 PM	2:05:00 PM	3:05:00 PM	3:35:00 PM
Anti-Doping (1 hour) *Presented by: CCES* *Make sure you fill out the Pre-Webinar Survey before the session*	11:30:00 AM	12:30:00 PM	1:30:00 PM	2:30:00 PM	3:30:00 PM	4:00:00 PM
Wrap-Up (10 min)	12:30:00 PM	1:30:00 PM	2:30:00 PM	3:30:00 PM	4:30:00 PM	5:00:00 PM