



## SKATER GROUPS AND PRACTICE TIME

### INTRODUCTION TO SKATING

**TUESDAY: 7:00-7:30PM**

### FUNDAMENTALS

**TUESDAY: 7:00-7:45PM**

**SATURDAY: 6:30- 7:20PM**

### SHORT BLADES

**TUESDAY: 7:30-8:30PM**

**SATURDAY: 6:30- 7:20PM**

### LONG BLADES

**TUESDAY: 7:45-8:50PM**

**SATURDAY: 7:20- 8:10PM**

### ADVANCED/HP

**TUESDAY: 8:30-9:40PM**

**SATURDAY: 7:20- 8:10PM**

## HRSSC UPDATES

Tonight's practice, Tuesday 2 November, will include a **fun chance to give racing a try**. Coaches will work with each group, Fundamentals to Advanced, to set up a couple of races to set skater seed (base) times for the short track season. Skater groups and practice times remain the same.

Please let your skaters know that we will be asking for their attention and patience as they wait their turn in order to keep everyone safe on and off the ice. Thank You!

## HRSSC CITADEL CUP

**HRSSC CITADEL CUP will be returning this season on Saturday 27 November 7:30am-3:30pm**. A full day event for all skater levels and abilities. It will be open to skaters across Nova Scotia and we look forward to welcoming back our friends from our provincial clubs.

**A lot of volunteer time and effort goes into making this event a success and a great opportunity for our skaters to enjoy a great day of races**. Please be ready to join in!

## HRSSC PARENT MEETING

**SAVE THE DATE Tuesday 9 November** during practice times at SMC. Details to follow soon.

## ATLANTIC CUP PEI

Registration deadline: Wednesday 3 November 8pm

<http://speedskatepei.ca/atlantic-cup-2021-invitation-registration-and-hotel-info/>