

**LAC ST LOUIS REGIONAL SEMINAR
PRESENTED BY MEAGAN DUHAMEL
APRIL 18th and 19th, 2026**

Saturday April 18, 2026

8:30-9:00	Check-in	Group 1
9:00-9:50	Off-ice training	Group 1
10:00-11:50	On ice	Group 1
12:00-12:30	Lunch and Check-in for Group 2	Group 1 & 2
12:30-12:50	Stretching	Groups 1 & 2
13:00-14:50	On ice	Group 2
15:00-15:50	Off-ice training	Group 2

Sunday April 19th Dimanche

7:30 - 8:00	Arrival/Check-in Group 3	Group 3
8:00 - 8:50	Off-ice training	Group 3
9:00 - 10:50	On ice	Group 3
10:30 - 10:50	Arrival/Check-in Group 4	Group 4
11:00 - 11:20	Stretching	Groups 3 & 4
11:20 - 12:00	Lunch	Group 3 & 4
12:00 - 12:50	Off-ice training	Group 4
13:00 - 14:50	On ice	Group 4

Group 1: STAR 2 & 3

Group 2: STAR 4-5-6

Group 3: Sans-limites, Pre-juvenile, STAR 8

Group 4: Juvenile, Pre-novice

Information for skaters: do not forget to bring your skates, yoga mats, running shoes, lunch and water bottle. Hair should be tied back and proper skating attire is required.