Coach’s Report September 2016

Keri Bemister

Off-Ice

Krista and Marion have been provided with an attendance sheet and was made aware of a list of emergency contacts for attendees, which is in the office in the First Aid Drawer.

Off-Ice classes have been going well and core and leg strength has been the main focus while keeping their attention.

Attendance for Off-Ice classes is being taken and entered in Uplifter.

With all the changes, after 3 weeks of skating, from my view skaters are adjusting to the changes well, the new skaters to our club seem to be fitting nicely.