



**July 12 & 13, 2024**

## NORALTA MONITORING DAY

### What is a 'Monitoring Day'?

*This opportunity is for skaters in STAR 5-Gold and Competitive categories for this 2024-25 season. Over multiple sessions throughout two days, you will receive priceless knowledge & feedback directly from a guest Judge and Technical Specialist. [Right here on your home ice!](#)*

As a participant, you will perform various elements as well as a full run thru of your *freeskate* program for the *Monitoring Panel* and be provided with tips/suggestions for improvement so that you can achieve your best score possible in the upcoming 2024-25 season! Skaters as well as Coaches will have the opportunity to interact with the Panel, directly, throughout the day.

Questions? Contact Tania (780)799-9882 or [tkmiller-sauve@shaw.ca](mailto:tkmiller-sauve@shaw.ca)

GOE +5/-5

LEVELS!!

3 PC's - **Program  
Component**  
Scores!

That important  
2nd mark!

SPINS

StSq

Performance

NORALTA SKATING  
CLUB

MacDonald Island Park

ARENA 2 **COST: \$160**

July 12<sup>th</sup> 6:00pm-9:15pm

July 13<sup>th</sup> 8:30am-12:00pm

Register online **NOW!**

[www.noraltaskatingclub.ca](http://www.noraltaskatingclub.ca)





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