

STARS OF THE NORTH

SIMULATION DAY FRIDAY FEBRUARY 28, 2025

TIME	STAR 2 FREESKATE PROGRAMS		TOTAL MINUTES	
11:00AM	STAR 2 FREESKATE Flight A	3 MINS	WARM UP	
	Meyli Natalie K Lily Abby Sophia Lauren Nataly Z			25
	STAR 1 ELEMENTS			*SET UP CONES (Blue line - zamboni end)
11:30AM	STAR 1 Flight A	3 MINS	WARM UP	*Draw for direction STAR 1 Crosscut Exercise <i>(All flights will perform same direction)</i>
	Marcie Victoria Habiba Sadie Katelyn			25
11:55AM	STAR 1 Flight B	3 MINS	WARM UP	
	Rayne Brooklyn Nora Lucy Selena			25
12:20PM	STAR 1 Flight C	3 MINS	WARM UP	
	Aria Maddison M Alexis C Carlin Mila Gracey T			30
	STAR 2/3 SOLO DANCE			
12:50PM	Flight A	<u>4 MINS</u>	WARM UP	*ONE WARM UP FOR ALL
	Dutch Waltz			Play each song on warm up ONCE
	Meyli			<u>SERIES 8</u>
	Canasta			
	Lauren Abby			

Baby Blues

Natalie K
Rylin

15

CREATIVE IMPROV 1

**PLAY Music selection in locker room
& once on ice (last minute)*

1:05PM *Creative Improv 1* 3 MINS WARM UP

Carlin
Selena
Aria
Brooklyn
Marcelona
Alexis C
Lucy

15

1:20PM ***END OF SIMULATION DAY***

110