



VVSC September Boot Breaker

Achieve your Mountain Top Goals 2023/2024!

Sign up for September Boot Breaker ice and meet your coaching team, set your goals, learn how to train for success and quicker progression, and combat anxiety with some mental tools to win and achieve your dreams. Have fun with your friends and get ready to spin fast, jump high, and be creative!

Seminar Style – all lessons and ice times are included in registration.

Regular season begins Sept 11 (On boot breaker days, skaters may skate multiple sessions)

Star 3/4

5 sessions \$100

Star 5/6+/M

8 sessions \$170

Schedule:

Mon	Tues	Wed	Thurs
		Sept 6 Star 3/4 330-430 430-500 (Dance) Star 5/6+/M 515- 545 (Dance) 545-730	Sept 7 Star 3/4 330-430 Star 5/6+/M 430-600 615-745 (ice available for independent practice, no lessons)
Sept 11 Star 5/6+/M 600-645	Sept 12 Star 3/4 545-630	Sept 13 Star 5/6+/M 445-530	Sept 14 (PA training 545-630)
Sept 18 Star 5/6+/M 600-645	Sept 19 (PA training 545-630)	Sept 20 Star 5/6+/M 445-530	Sept 21 Star 3/4 545-630
Sept 25 Star 5/6+/M 600-645	Sept 26 Star 3/4 545-630	Sept 27 (Simulations 330-530)	Sept 28 Star 5/6 545-630