

| Friday October 2, 2026 |                                        |        |       |                                                                                                                |               |
|------------------------|----------------------------------------|--------|-------|----------------------------------------------------------------------------------------------------------------|---------------|
| Time                   | 8-10                                   | Novice | 11-12 | Youth                                                                                                          | Junior/Senior |
| 4:00 - 5:00pm          | No Sessions for 8-10, Novice and 11-12 |        |       | Warm Up and Stroke/Propulsion skills with Jasen Pratt and Olympian Cole Pratt                                  |               |
| 5:00 - 6:00pm          |                                        |        |       |                                                                                                                |               |
| 6:00 - 6:45pm          |                                        |        |       | Dinner Break                                                                                                   |               |
| 6:00 - 7:00pm          |                                        |        |       |                                                                                                                |               |
| 7:00 - 8:00pm          |                                        |        |       | Pool Session with CAS Coaches. Basics and propulsive skills. Claudia, Halle, Georia, Emma and CAS athletes TBD |               |

| Saturday October 3, 2026 Morning Session |                                                               |                                                               |                                                               |                                                                                                |                                                                 |
|------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Time                                     | 8-10                                                          | Novice                                                        | 11-12                                                         | Youth                                                                                          | Junior/Senior                                                   |
| 8:00am - 8:45am                          | Stroke Improvement with Jasen Pratt and Olympian Cole Pratt   | Pool Session With CAS Coaches, Claudia, Emma, Georgia and TBD | Olympic/National Team Experience Chat with Halle Pratt        | Athletic Therapy Session with Kali Wong<br>Focus = mobility and stretching habits Location GYM | Ballet with Monika Langer in Gym                                |
| 8:45am - 9:00am                          | Rotate Sessions                                               |                                                               |                                                               |                                                                                                |                                                                 |
| 9:00am - 9:45am                          | Olympic/National Team Experience Chat with Halle Pratt        | Stroke Improvement with Jasen Pratt and Olympian Cole Pratt   | Pool Session With CAS Coaches, Claudia, Emma, Georgia and TBD |                                                                                                |                                                                 |
| 9:45am - 10:00am                         | Rotate Sessions                                               |                                                               |                                                               |                                                                                                |                                                                 |
| 10:00am - 10:45am                        | Pool Session With CAS Coaches, Claudia, Emma, Georgia and TBD | Olympic/National Team Experience Chat with Halle Pratt        | Stroke Improvement with Jasen Pratt and Olympian Cole Pratt   | Ballet with Monika Langer in Gym                                                               | Athletic Therapy Session with Kali Wong<br>Focus = mobility and |
| 10:45am - 11:00am                        | Rotate Sessions                                               |                                                               |                                                               |                                                                                                |                                                                 |

|                          |                                                                    |               |                                   |
|--------------------------|--------------------------------------------------------------------|---------------|-----------------------------------|
| <b>11:00am - 11:45am</b> | Lunch Break (CAS Staff and athletes included)<br>11:00am - 11:45am | Larger in Gym | stretching habits<br>Location GYM |
|--------------------------|--------------------------------------------------------------------|---------------|-----------------------------------|

| Saturday October 3, 2026 Afternoon Session |                                                |                                           |                                           |                                                                          |               |
|--------------------------------------------|------------------------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------------------------------------------|---------------|
|                                            | 8-10                                           | Novice                                    | 11-12                                     | Youth                                                                    | Junior/Senior |
| 11:45am - 12:00pm                          | Rotate to Station                              |                                           |                                           | Lunch Break Youth, Junior, Senior                                        |               |
| 12:00pm - 12:45pm                          | Assessments and Pool Session with CAS Coaches. |                                           |                                           |                                                                          |               |
| 12:45pm - 1:00pm                           | Rotate to Station                              |                                           |                                           |                                                                          |               |
| 1:00pm - 1:45pm                            | Ballet With Monika                             | AT With Kali                              | Dive Session with Dive Calgary Coach Ruby | CAS Assessments. Could add another session if needed. Kara in Assessment |               |
| 1:45pm - 2:00pm                            | Rotate to Station                              |                                           |                                           |                                                                          |               |
| 2:00pm - 2:45pm                            | Dive Session with Dive Calgary Coach Ruby      | Ballet With Monika                        | AT With Kali                              |                                                                          |               |
| 2:45pm - 3:00pm                            | Rotate to Station                              |                                           |                                           | Break                                                                    |               |
| 3:00pm - 3:45pm                            | AT with Kali                                   | Dive Session with Dive Calgary Coach Ruby | Ballet With Monika                        | CAS Session                                                              |               |
| 3:45pm - 4:00pm                            | Wrap Up                                        |                                           |                                           |                                                                          |               |
|                                            |                                                |                                           |                                           |                                                                          |               |
| 6:00pm - 9:00pm                            | Alberta Awards Banquet                         |                                           |                                           |                                                                          |               |



| Sunday October 4, 2026 |                                                         |                   |                   |                                                             |               |  |
|------------------------|---------------------------------------------------------|-------------------|-------------------|-------------------------------------------------------------|---------------|--|
| Time                   | 8-10                                                    | Novice            | 11-12             | Youth                                                       | Junior/Senior |  |
| 8:00am - 8:45am        | AT With Kali                                            | Session with Max  | Dance with Monika | Activation and Warm Up                                      |               |  |
| 8:45am - 9:00am        | Rotate Sessions                                         |                   |                   |                                                             |               |  |
| 9:00am - 9:45am        | Dance with Monika                                       | AT With Kali      | Session with Max  | Assessments and Evaluation With CAS, officials and Coaches. |               |  |
| 9:45am - 10:00am       | Rotate Sessions                                         |                   |                   |                                                             |               |  |
| 10:00am - 10:45am      | Session with Max                                        | Dance with Monika | AT With Kali      |                                                             |               |  |
| 10:45am - 11:00am      | Rotate Sessions                                         |                   |                   |                                                             |               |  |
| 11:00am - 11:45am      | Lunch Break (CAS Coaches included)<br>11:00am - 11:45am |                   |                   |                                                             |               |  |
| 11:45am - 12:00pm      | Rotate to Station                                       |                   |                   |                                                             |               |  |
| 12:00pm - 12:45pm      | CAS Session                                             |                   |                   | Kali Session                                                | Max Session   |  |
| 12:45pm - 1:00pm       | Rotate to Station                                       |                   |                   |                                                             |               |  |
| 1:00pm - 1:45pm        | CAS Session                                             |                   |                   | Max Session                                                 | Kali Session  |  |
| 1:45pm - 2:00pm        | 1:45pm - 2:15pm Wrap and head home                      |                   |                   | Rotate to Station                                           |               |  |
| 2:00pm - 2:45pm        |                                                         |                   |                   | CAS Session                                                 |               |  |
| 2:45pm - 4:00pm        |                                                         |                   |                   |                                                             |               |  |