

IT'S BACK!



2022 **SIZZLIN'** **SUMMER** **SERIES**



COMING THIS SUMMER!

SESSION 1: July 6 – 27, 2022

SESSION 2: August 10 – 31, 2022

MEET THE EXPERTS

STACEY UMEH

CREATIVE MOVEMENT

Stacey is the Founder & Director of The Creative Movement Group Providing Artistic Preparation & Gymnastics-based movement services to Elite and non-elite sports people around the globe. She choreographed 2010 World Floor Champ Lauren Mitchell's routine. She's currently working with Australian qualified Olympian Georgia Godwin and in recent years she's also worked with the Chinese National Team.

ELENA PODOLSKY

FLEXIBILITY

Elena is the Head Coach of the Waterloo Artistic Swimming Club. In 2019 Elena was named Head Coach for Canada's National 13-15 Team which competed at the inaugural 13-15 World Championships in Samorin (Slovakia). Elena has designed and implemented many different flexibility programs on land and in the water.

CHRIS CONNOR

STRENGTH

Chris completed his undergrad in Kinesiology at Wilfrid Laurier University in 2019. He proceeded to complete a Masters of Professional Kinesiology at the University of Toronto in 2020. He has worked in performance and health care settings. My roles in a performance setting range from beginner youth sport, to working with varsity athletes at the University of Toronto and now a number of different sports and athletes at CSIO.

KAREN O'MEARA

DRAMA

Karen is the Head of Dramatic Arts, York Region District School Board. She graduated from Queen's University with an Honours Bachelor of Arts degree. Karen organized and oversaw the hosting of the National Theatre School (Formerly Sears Drama Festival) at the Richmond Green Secondary School in Richmond Hill for 12 years.

SCHEDULE

Back by popular demand, the 2022 SIZZLING SUMMER SERIES is here!

OAS is excited to announce we are offering 2 sessions – 1 in July and 1 in August. Registration is open to all 2021-2022 Regional League and Competitive athletes. This is a great opportunity to stay engaged and also get a jump start on the 2022-2023 season.

JULY

Wednesday July 6, 13, 20 & 27

7:00pm - 8:30pm

2 x 45 minute stations

CREATIVE MOVEMENT	STRENGTH TRAINING
CREATIVE MOVEMENT	FLEXIBILITY
CREATIVE MOVEMENT	DRAMA
CREATIVE MOVEMENT	FLEXIBILITY

AUGUST

Wednesday August 10, 17, 24 & 31

7:00pm - 8:30pm

2 x 45 minute stations

CREATIVE MOVEMENT	STRENGTH TRAINING
CREATIVE MOVEMENT	FLEXIBILITY
CREATIVE MOVEMENT	DRAMA
CREATIVE MOVEMENT	FLEXIBILITY

Note: All sessions are virtual.

REGISTRATION

Registration is on a "first come first serve" basis as space is limited.

Cost for the program is \$50 per one-month session.

TO REGISTER FOR JULY: [Click here.](#)

TO REGISTER FOR AUGUST: [Click here.](#)

Please note: OAS requires a minimum registration number of 30 to run the program. Should the registration number not exceed 30, the program will unfortunately be cancelled.