

First Coast Summer Skating Intensive 2019

Day 1

	ALL GROUPS
07:00-8:00	Check-In/Welcome to Camp

Skates On

	Group 1	Group 2A	Group 2B	Group 3
8:20-9:00	Edges (Paul and Aubrey)	Edges (Paul and Aubrey)	Edges (Paul and Aubrey)	Edges (Paul and Aubrey)
9:00-9:30	Spins 1: Basic positions, centering, and building rotational speed (Paul and Hansel)	Spins 1: Basic positions, centering, and building rotational speed (Paul and Hansel)	Skating Skills (Marcia and Allen)	Skating Skills (Marcia and Allen)
9:30-10:00	Skating Skills (Marcia and Allen)	Skating Skills (Marcia and Allen)	Spins 1: Basic positions, centering, and building rotational speed (Paul and Hansel)	Spins 1: Basic positions, centering, and building rotational speed (Paul and Hansel)

Skates Off, Snack

	Group 1	Group 2	Group 3
10:20-10:50	Stretch/Yoga (Brigit)	Dance (Bryan)	Off-Ice Jump Development (Paul)
10:50-11:20	Off-Ice Jump Development (Paul)	Stretch/Yoga (Brigit)	Dance (Bryan)
11:20-11:50	Dance (Bryan)	Off-Ice Jump Development (Paul)	Stretch/Yoga (Brigit)
	ALL GROUPS		
11:50-12:20	Lunch		
12:20-12:50	Motivational Speech (Paul)		

Skates On

	Group 1	Group 2A	Group 2B	Group 3
1:10-1:45	Toe Jumps: toe loop, flip, lutz (Paul and Alex)	Toe Jumps: toe loop, flip, lutz (Paul and Alex)	Stroking (Michelle and Gabrielle)	Stroking (Michelle and Gabrielle)
1:45-2:20	Stroking (Michelle and Gabrielle)	Stroking (Michelle and Gabrielle)	Toe Jumps: toe loop, flip, lutz (Paul and Alex)	Toe Jumps: toe loop, flip, lutz (Paul and Alex)
2:20-2:50	Power (Paul and Alex)	Power (Paul and Alex)	Power (Paul and Alex)	Power (Paul and Alex)

Skates Off

	ALL GROUPS
3:00-3:30	Cool Down (Michelle)

Day 2

	ALL GROUPS
7:00-7:30	Check-in
07:30-8:00	Off-Ice Dynamic Warm-Up (Paul and Aubrey)

Skates On

	Group 1	Group 2A	Group 2B	Group 3
8:20-8:55	Skating Skills (Paul and Allen)	Skating Skills (Paul and Allen)	Footwork (Ashley and Aubrey)	Footwork (Ashley and Aubrey)
8:55-9:30	Footwork (Ashley and Aubrey)	Footwork (Ashley and Aubrey)	Skating Skills (Paul and Allen)	Skating Skills (Paul and Allen)
9:30-10:00	Edge Jumps: salchow, loop, axel (Paul and Amanda)	Edge Jumps: salchow, loop, axel (Paul and Amanda)	Q&A (Ashley)	Q&A (Ashley)

Skates Off/Snack

	Group 1	Group 2	Group 3
10:20-10:55	Dance (Alexa)	Strength/Agility (Ramsses)	Off-Ice Jump Development (Ashley)
10:55-11:30	Off-Ice Jump Development (Ashley)	Dance (Alexa)	Strength/Agility (Ramsses)
11:30-12:05	Strength/Agility (Ramsses)	Off-Ice Jump Development (Ashley)	Dance (Alexa)

10:10-11:10	Key Note for Coaches (Paul)
11:10-12:10	Key Note for Parents (Paul)
	ALL GROUPS and Parents
12:10-12:55	Lunch w/Sleep and Nutrition Seminar (Amanda)

Skates On

	Group 1	Group 2A	Group 2B	Group 3
1:10-1:40	Q&A (Ashley)	Q&A (Ashley)	Edge Jumps: salchow, loop, axel (Paul and Amanda)	Edge Jumps: salchow, loop, axel (Paul and Amanda)
1:40-2:15	Show-stopping moves and fun tricks (Paul)	Show-stopping moves and fun tricks (Paul)	Skating with Style, Passion, and Interpretation (Ashley)	Skating with Style, Passion, and Interpretation (Ashley)
2:15-2:50	Skating with Style, Passion, and Interpretation (Ashley)	Skating with Style, Passion, and Interpretation (Ashley)	Show-stopping moves and fun tricks (Paul)	Show-stopping moves and fun tricks (Paul)

Skates Off

	ALL GROUPS
3:00-3:30	Cool Down (Gabrielle)

Day 3

	ALL GROUPS
07:30-8:00	Off-Ice Dynamic Warm-Up (Paul and Amanda)

Skates On

	Group 1	Group 2	Group 3
8:20-8:55	Edges (Alex)	Spins 2: Flying spins and variations (Paul)	Skating Skills (Ashley)
8:55-9:30	Skating Skills (Ashley)	Edges (Alex)	Spins 2: Flying spins and variations (Paul)
9:30-10:00	Spins 2: Flying spins and variations (Paul)	Skating Skills (Ashley)	Edges (Alex)

Skates Off/Snack

	ALL GROUPS		
10:15-10:50	Train Your Brain: Lessons from Sports Psychology to help prepare and perform (Paul)		
	Group 1	Group 2	Group 3
10:55-11:25	Strength/Agility (Ramsses)	Stretch/Yoga (Brigit)	Off-Ice Jump Development (Ashley)
11:25-11:55	Off-Ice Jump Development (Ashley)	Strength/Agility (Ramsses)	Stretch/Yoga (Brigit)
11:55-12:25	Stretch/Yoga (Brigit)	Off-Ice Jump Development (Ashley)	Strength/Agility (Ramsses)
	ALL GROUPS		
12:25-12:55	Lunch		

Skates On

	Group 1	Group 2	Group 3
1:10-1:40	Choreography (Mesha)	Technical Development (Marcia)	Turns and Transitions (Ashley)
1:40-2:10	Turns and Transitions (Ashley)	Choreography (Mesha)	Technical Development (Marcia)
2:10-2:40	Technical Development (Marcia)	Turns and Transitions (Ashley)	Choreography (Mesha)

	ALL GROUPS
2:40-2:50	End of Camp Performance (Mesha) (Wear camp shirts. Parents encouraged to attend)

Skates Off

	All GROUPS
3:00-3:30	Cool Down (Lauren)