

17-jan-2013

Camp Schedule

DAY 1 - 17th January

Time	GROUP A	GROUP B	GROUP C
6.00am	Off Ice Warm Up	Off Ice Warm Up	Off Ice Warm Up
6.15am	Cross Overs	Edges / Turns / Loops	Pattern
7.20am	3 Turns / Mohawks Spirals	Basic Spins	Varied Entry Double Jumps
7.40am	Spins	Axel	Spin Combos
8.00am	BREAK	BREAK	
8.10am	Edges	Pattern	Flying Spins
8.25am	Jumps	Combo Jumps	Dbl Combo's
8.40am	Pivots / Dips // Drags Footwork	Cones	Transitions
	CHANGE LOCATION TO ACTORS INK		
9.30am	Off Ice	Planning	Planning
10.15am	Dance	Physio	Off Ice
11.15am	Planning	Off Ice	Physio

18-jan-2013

Camp Schedule

DAY 2 - 18th January

Time	GROUP A	GROUP B	GROUP C
6.30am	Off Ice Warm Up	Off Ice Warm Up	Off Ice Warm Up
7.00am	Cross Overs	Dbl Salchow	Dbl Jump Drills Consistency
7.20am	Edges	Flying Spins	Pattern
7.40am	Spins	Dbl Toe	Double Combo's
8.00am	BREAK	BREAK	BREAK
8.10am	Jumps	Axel	2 Flip
8.25am	Spirals & Turns	Back Spin / DBLS	Transitions
8.40am	Mohawks & 3 turns	Combo Spins Features	2 Lutz
	CHANGE LOCATION TO ACTORS INK		
9.30am	Off Ice	Sports Psychologist	Planning
10.15am	Dance	Planning	Off Ice
11.15am	Planning	Off Ice	Sports Psychologist

19-jan-2013

Camp Schedule

DAY 3 - 19th January

Time	GROUP A	GROUP B	GROUP C
6.00am	Off Ice Warm Up	Off Ice Warm Up	Off Ice Warm Up
6.30am	Cross Overs	Double Sal / Toe	Patterns
7.00am	3 Turns / Mohawks Spirals	Flying Spins	Double Axel
7.30am	Edges	Axels	Flying Spins
8.00am	BREAK	BREAK	BREAK
8.15am	Spins	Pattern	Triple Sal
8.45am	Jumps	Double Loop / Flip	Double Drills
9.15am	Step Sequence	Transitions	Triple Loop
9.45am	Break - 15 min		
10.00am	Program	Off Ice Technique	Off Ice Technique
10.30am	Artistic	Double Lutz	Dbl off Steps
11.00am	Transitions	Single/Dbl Combo	Spin Variations
11.30am	Stroking	Kill Drill	Kill Drill
12.00pm 1 hr	Kylie Chat VIP Room	Kylie Chat VIP Room	Kylie Chat VIP Room