

Silver Blades Figure Skating Club

Intensive Training Skating Camp

Camp Schedule

16th March 2014

Time	GROUP A	GROUP B	GROUP C	Off Ice - PARENTS
7.30am	Off Ice Warm Up	Off Ice Warm Up	Off Ice Warm Up	
8.00am	Cross Overs Stroking Edges Basic Turns	Sal, Toe	2 Axel	
8.20am	Waltz	Loop	Transitions into Jumps	
8.40am	Edges	Spins	Spin Positions LEVELS	
9.00am	10 Minute Break			
9.10am	Salchow	Spin Combo	3 Salchow & Toe	Costume – Sourcing
9.30am	Toe Loop	Flip	Flying Spins	Hairs & make up
9.50am	TRANSITIONS Pivots / Dips / Drags Footwork	Axel	Jump Combo's	Hairs & make up
10.10am	10 Minute Break			
10.20am	Spins	Lutz	Change Edge Spins	ISA Structure
10.40am	Making a program	2 Salchow	Steps Sequence	IJS
11.00am	Loop	Flying Camel	3 Loop & Flip	IJS
11.20am	10 Minute Break			
11.30am	Flip	Performance	Edge Power	How can I get Involved Judge/Club/SAISA