

Silver Blades Figure Skating Club

Intensive Training Skating Camp

Camp Schedule

16th March 2014

Time	GROUP A	GROUP B	GROUP C	NOTES
4pm	Warm Up	Warm Up	Warm Up	
4.10pm	Edges	Wally	Butterfly	
4.40pm	Perfomance	Step Sequence	Triple	
5.10pm				
Time	GROUP A	GROUP B	GROUP C	
5.20pm	Field Movements	Back spin 2 Loop progression	Performance	
5.40pm	Interval Training			

