



NEW FORMAT

Michigan Basic Skills Series Performance Camp 2015

9:30 – 9:55 a.m.	Registration
9:55 – 10:15 a.m.	Introductions to Skaters & Parents
10:15– 10:45 a.m.	Off-Ice Warmup and Musical Movement and Artistry
10:45 – 11:00 a.m.	Put skates on.
11:00 – 11:30 a.m.	Stroking/Edges/Turns
11:30 –12:00 p.m.	Choreography exercise/ On Ice
12:00-12:45pm	Jumps/Spins
12:45-1:15 p.m.	Lunch Break
1: 15- 1:30p.m.	Programs offered by U.S. Figure Skating
1:30-1:45pm	Set goals for your upcoming skating season
1:45-2:00p.m.	Interpretative
2:00-2:30p.m.	Theatre on Ice/Synchro/Dance/Pairs
2:30 – 3:00 p.m.	Presentation practice
3:00pm	Group Presentation
3:15- 3:50 pm	Final Wrap Up/ Questions/ Awards
4:00pm	Dismissal

