



Michigan Basic Skills Series Camp 2016

9:30 a.m. – 10:00 a.m.	Registration Begins
10:00 a.m. – 10:15 a.m.	Introduction to Skaters and Parents
10:15 a.m. – 10:40 a.m.	Off-ice Warm-up for Skating Parents Q & A
10:40 a.m. – 10:50 a.m.	Fun Off Ice Education Exercise
10:50 a.m. – 11:00 a.m.	Put Skates on
11:00 a.m. – 11:10 a.m.	On ice warm up
11:10 a.m. to 11:40 .a.m.	On Ice Skating Skills for the Basic Skills Skater [2 groups] Advanced skaters skills [2 groups] GROUPS WILL ROTATE BETWEEN INSTRUCTORS AT 15 MINUTE MARK
11:40 a.m. – 12:10 p.m.	Choreography, on ice movement/ practice
12:10 p.m. 12:15 p.m.	Quick warm-up then run through of presentation
12:15 p.m. – 12:20 p.m.	Official Basic Skills Presentation/ Group Photo
12:30 p.m.	Basic skills skaters' dismissal
12:30 p.m. – 1:00 p.m.	Advance skaters LUNCH BREAK
1:25 p.m. – 1:45 p.m.	Introduction to the S.T.A.R.S.– USFS off ice training program
1:45 p.m. – 2:00 p.m.	Put Skates on
2:00 p.m. – 2:15 p.m.	Jumps [Rotate between 3 instructors with specific skills]
2:15 p.m. – 2:30 p.m.	Spins [Rotate between 3 instructors with specific skills]
2:30 p.m. – 2:45 p.m.	Pre-Preliminary Moves in the Field Exercise
2:45 p.m. – 3:00 p.m.	Off ice Break – warm up
3:00 p.m. – 3:50 p.m.	Choreography, on ice movement, practice for final presentation
3:50 p.m.	Final Presentation
4:00 p.m.	Wrap-up and Dismissal