

Primary STARSkate Schedule

2017

Cole Harbour Place

tentative schedule

DAY 1	MODULES	DAY 2	MODULES
MAY 20th	Saturday	MAY 21st	Sunday
08:00 - 08:15	Welcome/Introduction	08:00 - 08:15	Introduction
08:15 - 08:45	Introduction to STARSkate	08:15 - 08:30	Review of Phase 2 Home Study
08:45 - 09:45	Skating Skills - Preliminary & Jr Bronze	08:30 - 10:00	Presentation and Style
9:45 - 10:00	Break	10:00 - 10:15	Break
10:00 - 10:30	Skill Analysis	10:15 - 11:45	Dance - Preliminary & Jr Bronze
10:30 - 12:00	Free Skating Part 1 & Part 2	11:45	Lunch
12:00 - 12:30	Lunch	12:00 - 14:00	On Ice Session Pair Stroking & Dance
13:00 - 14:50	Free Skating - Skating Skills & Free Skating	14:00 - 15:00	On Ice Mentoring
14:30 - 15:30	Group Assignment - Interviews	11:45 - 12:15	Introduction to Pair Skating
15:30 - 16:30	Q & A period & Summary of Day 1	16:00 - 16:30	Personal Coaching Ethics & Communication
		16:30 - 17:30	Assignments (take home) & Interviews
		17:30 - 17:45	Q & A period & Summary of Day 2

DAY 3	MODULES
MAY 22nd	Monday
08:00 - 08:15	Introduction
08:15 - 08:45	Introduction to Synchronized Skating
08:45 - 09:15	Factors of Performance
9:30 - 12:30	On Ice Practice Teaching
12:30 - 13:00	Being a Coach
13:00 - 13:30	Lunch
13:30 - 14:30	Physical Preparation
14:30 - 14:45	Level 1 Practical Requirements & Conclusion
14:45 - 16:00	Coaching Feedback (off ice)

All Off Ice will be held in Stewart Hall which in the back of Cole Harbour Place second floor, on ice in Scotia 2.

Class starts at 8:00 am please be on time!

There is a canteen on site and Tim Horton's Wendy's 5 minutes away.

If you have any concerns please call me at work 425-5454 ext 336 home 435-0343

or cell 223-3558.

Jill