



SKATER BOOTCAMP - SUNDAY DECEMBER 10TH, 2017

PRESENTER- SIGNE RONKA	LOCATION	PRESENTER: REBEKAH DIXON	LOCATION
11:00 - 11:30 am Skater/Parent/Coach Discussion on Sport Specific Training for Figure Skaters BRONZE & SILVER STARSKaters & Parents	Aerobic Studio		
11:00 - 11:30 am BRONZE & SILVER STARSKaters Specific Warm-up	Aerobic Studio		
12:00 - 1:00pm BRONZE & SILVER STARSKaters 4 Workout Plans	Aerobic Studio		
1:00 - 1:30pm BRONZE & SILVER STARSKaters Off -Ice Jumps	Aerobic Studio	12:45 - 1:45pm GOLD/PRE-COMP/ COMP Skaters & Parents	Hall "H"
1:30 - 2:00pm BRONZE & SILVER STARSKaters Stretch/Flexibility	Aerobic Studio	2:10 - 3:10pm BRONZE & SILVER STARSKaters & Parents	Hall "H"
2:00 - 2:30 pm Skater/Parent/Coach Discussion on Sport Specific Training for Figure Skaters GOLD/PRE-COMP/COMP Skaters & Parents	Aerobic Studio		
2:30 - 3:00 pm GOLD/PRE-COMP/COMP Skaters Specific Warm-Up	Aerobic Studio		
3:00 - 4:00 pm GOLD/PRE-COMP/COMP 4 Workout Plans	Aerobic Studio		
4:00 - 4:30 pm GOLD/PRE-COMP/COMP Off-Ice Jumps	Aerobic Studio		
4:30 - 5:00 pm GOLD/PRE-COMP/COMP Stretch/Flexibility	Aerobic Studio		