

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