

NT CAMP SCHEDULE SUNDAY 15th MAY

What to bring: Resistance band app 100cm (Extra light to light), Skipping rope, Yoga mat, Foam roller (if possible) Padding for on ice if needed.



Group A - Free skate 1 to 3

Group B - Free skate 4 & preliminary (subject to change)

Time	ON ICE		Time	OFF ICE	
7am	On ice warm up all skaters		9:45am	MORNING TEA BREAK	
7:20am	BRENDAN	MONICA	11:15am - 11:45am	BRENDAN Importance of off ice warm up & cool down exercises (skipping rope, bands, roller required if possible) & rotation drills	
	Group A	Group B	12:30pm - 1pm	Coaches meeting (With Monica)	
				20 min Private lessons available: Bren 12:30 to 4:30pm Monica: 1:30pm to 4:30pm	
	Jump drills and development singles (Waltz & Loop & axel prep)	Basic Skating skills & edges	4:45pm to 5:15pm	BRENDAN Q & A session Get to know Brendan	
7:50am	Group B	Group A	5:30pm	On ice warm up all skaters	
	Jump drills and development, (Waltz & Loop & axel prep)	Basic Skating skills & edges	5:50pm	Group B	Group A
				Jump drills and development, (Flip & Lutz)	Pattern Skills tests
8:20am	Group A	Group B	6:20pm	Group A	Group B
	Jump drills & development , singles and doubles Salchow & Toe Loop	Intro to Difficult Turns (twizzles, rockers, counters)		Jump drills and development, (Flip & Lutz)	Pattern Skills tests
8:50am	Group B	Group A	6:50pm	Both groups SPINS	
	Jump drills & development , singles and doubles Salchow & Toe Loop	Intro to Difficult Turns (twizzles, rockers, counters)			
9:30am	FINISH OF MORNING ON ICE SESSION		7:20pm	FINISH ON ICE SESSION	