

Summer Skating Camp Schedule 2019

Monday, July 22nd

7:00-7:30	Off-Ice Warm Up
8:00-9:00	On-Ice Figures
9:00-10:00	On-Ice Spins
10:15-11:15	Off-Ice Dance
11:30-12:00	Off-Ice Jumps
12:00-1:00	LUNCH
1:00-2:00	On-Ice Jumps
2:15-3:00	On-Ice Movement

Tuesday, July 23rd

7:00-7:45	Off-Ice Performance Analysis #1
8:00-9:00	On-Ice Edges
9:00-10:00	On-Ice Spins
10:15-11:00	Off-Ice Dance
11:00-11:30	Off-Ice Stretch
11:30-12:15	LUNCH
12:15-12:45	Off-Ice Jumps
1:00-2:00	On-Ice Jumps
2:15-3:00	On-Ice Partner Skating

Wednesday, July 24th

8:00-9:00	On-Ice Developing Power
9:00-10:00	On-Ice Spins
10:15-11:15	Off-Ice Dance
11:30-12:00	Off-Ice Core & Jump Tech.
12:00-1:00	LUNCH
1:00-2:00	On-Ice Jumps
2:15-3:00	On-Ice Movement

Thursday, July 25th

8:00-9:00	On-Ice Circuit Power
9:00-10:00	On-Ice Spins
10:15-11:15	Off-Ice Dance
11:30-12:00	Off-Ice Performance Analysis #2
12:00-1:00	LUNCH
1:00-2:00	On-Ice Combos & Creativity
2:15-3:00	On-Ice Partner Skating

For more information, contact Donna Mills at dmills@sou.edu or 541-944-8855

