

**Utah Olympic Oval
Summer 2009 Figure Skating Camp - Tentative Clinic Schedule**

**"POWER START" MONDAY
10:00AM-3:00PM - JULY 13, 2009**

CLINIC #	CLINIC DESCRIPTION	DAY & TIME	LEVELS	LOCATION
___ 1	Warm-Up Training	Mon 10:00-10:30	All	Dry Land Training Area
___ 2	Stroking & Power Skating	Mon 10:45-11:45	All	South Ice Sheet
___ 3	Nutrition Lecture / Eat Lunch	Mon 12:00-12:45	All	World Record Lounge
___ 4a	Jumps & Spins	Mon 1:00-1:45	Basic 3-8	South Ice Sheet
___ 4b	Motor Skills & Agility Drills	Mon 2:00-2:45	Basic 3-8	Dry Land Training Area
___ 5a	Jump Training	Mon 1:00-1:45	Free Skate 1+	Dry Land Training Area
___ 5b	Jumps & Spins	Mon 2:00-2:45	Free Skate 1+	South Ice Sheet
	Practice Ice	Mon 1:45-2:00	All	South Ice Sheet

"OH SO TECHNICAL" TUESDAY

10:00AM-3:00PM - JULY 14, 2009

CLINIC #	CLINIC DESCRIPTION	DAY & TIME	LEVELS	LOCATION
___ 6	Posture , Balance, Core Dev.	Tue 10:00-10:30	All	Dry Land Training Area
___ 7	Synchronized Team	Tue 10:45-11:45	All	South Ice Sheet
	Lunch Break	Tue 11:45-12:15	All	Concession Tables
___ 8	Stretching & Flexibility	Tue 12:15-12:45	All	Dry Land Training Area
___ 9a	Introduction to Moves in the Field	Tue 1:00-1:45	Basic 3-8	South Ice Sheet
___ 9b	Strength & Conditioning	Tue 2:00-2:45	Basic 3-8	Dry Land Training Area
___ 10a	Strength & Conditioning	Tue 1:00-1:45	Free Skate 1+	Dry Land Training Area
___ 10b	New Moves in the Field	Tue 2:00-2:45	Free Skate 1+	South Ice Sheet
	Open Practice	Tue 1:45-2:00	All	South Ice Sheet

"BE CREATIVE" WEDNESDAY

10:00AM-3:00PM - JULY 15, 2009

CLINIC #	CLINIC DESCRIPTION	DAY & TIME	LEVELS	LOCATION
___ 11	Strength & Conditioning	Wed 10:00-10:30	All	Dry Land Training Area
___ 12	Speed Skating	Wed 10:45-11:45	All	Oval or South Ice Sheet
	Lunch Break	Wed 11:45-12:15	All	Concession Tables
___ 13	Stretching & Flexibility	Wed 12:15-12:45	All	Dry Land Training Area
___ 14a	Artistry & Improvisation	Wed 1:00-1:45	Basic 3-8	South Ice Sheet
___ 14b	Ballet - Stretching & Flexibility	Wed 2:00-2:45	Basic 3-8	World Record Lounge
___ 15a	Ballet - Stretching & Flexibility	Wed 1:00-1:45	Free Skate 1+	World Record Lounge
___ 15b	Artistry & Improvisation	Wed 2:00-2:45	Free Skate 1+	South Ice Sheet
	Open Practice	Wed 1:45-2:00	All	South Ice Sheet

**Utah Olympic Oval
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“More Power to You” Thursday

10:00am-3:00pm - July 16, 2009

CLINIC #	CLINIC DESCRIPTION	DAY & TIME	LEVELS	LOCATION
___ 16	Warm-Up & Stretching	Thu 10:00-10:30	All	Dry Land Training Area
___ 17	Stroking & Power Skating	Thu 10:45-11:45	All	South Ice Sheet
	Lunch Break	Thu 11:45-12:15	All	Concession Tables
___ 18	Stretching & Flexibility	Thu 12:15-12:45	All	Dry Land Training Area
___ 19a	Putting It All Together - Jumps/Spins/Synchro/Artistry Recap	Thu 1:00-1:45	Basic 3-8	South Ice Sheet
___ 19b	Off-ice Conditioning Recap	Thu 2:00-2:45	Basic 3-8	Dry Land Training Area
___ 20a	Off-ice Conditioning Recap	Thu 1:00-1:45	Free Skate 1+	Dry Land Training Area
___ 20b	Putting It All Together – Jumps/Spins/Synchro/Artistry Recap	Thu 2:00-2:45	Free Skate 1+	South Ice Sheet
	Open Practice	Thu 1:45-2:00	All	South Ice Sheet

“Fantabulous Friday”

10:00am-4:00pm - July 17, 2009

CLINIC #	CLINIC DESCRIPTION	DAY & TIME	LEVELS	LOCATION
___ 21	Jump Training	Fri 10:00-10:30	All	Dry Land Training Area
___ 22	Artistry & Improvisation	Fri 10:45-11:45	All	South Ice Sheet
	Lunch Break	Fri 11:45-12:15	All	Concession Tables
___ 23	Dance – Ballet, Hip-Hop	Fri 12:15-12:45	All	World Record Lounge
___ 24	Open Practice	Fri 1:00-1:45	All	South Ice Sheet
	Ice Maintenance	Fri 1:45-2:00		South Ice Sheet
___ 25	Skating Exhibitions	Fri 2:00-2:45	All	South Ice Sheet
___ 26	Parent & Skater Education, Q & A, Awards Ceremony & Closing Party!	Fri 3:00-4:00	All	World Record Lounge