Autumn in the Ozarks
Schedule
Oct. 28 – 29, 2017

Group 1: Single jumps and below
Group 2: Axel and up

Saturday

7 – 7:30 a.m.
Introduce Paula
off-ice warm up (1 and 2)

7:30 – 7:45 a.m.
Put skates on (1 and 2)

7:45 – 8 a.m.
On-ice warm up (1 and 2)

8 – 8:30 a.m.
Edge jumps (1)
Practice session (2)

8:30 – 9 a.m.
Edge jumps (2)
Practice session (1)

9 – 9:30 a.m.
Spins (1)
Practice session (2)

9:30 – 10 a.m.
Spins (2)
Practice session (1)

10 – 10:30 a.m.
Break (1 and 2)

10:30 – 11 a.m.
Edge and footwork class (1)
Practice session (2)

11 – 11:30 a.m.
Edge and footwork class (2)
Practice session (1)

11:30 a.m. - 12:30 p.m.
Choreography class (1 and 2)

12:30 – 1 p.m.
Power class (1 and 2)

1 – 2 p.m.
Lunch (1 and 2)

2 – 2:30 p.m.
IJS technical specialist talk (1 and 2)

2:30 – 3:30 p.m.
Off-ice class (1 and 2)

3:30 – 4 p.m.
Cool down and stretching (1 and 2)

Sunday

7 – 7:15 a.m.
Off-ice warm up (1 and 2)

7 :15– 7:30 a.m.
Put on skates (1 and 2)

7:30 – 7:45
On-ice warm up (1 and 2)

7:45 – 8:15 a.m.
Toe jumps (1)
Practice session (2)

8:15 – 8:45 a.m.
Toe jumps (2)
Practice session (1)

8:45 – 9:15 a.m.
Spins (1)
Practice Session (2)

9:15 – 9:45 a.m.
Spins (2)
Practice Session (1)

9:45 – 10:15 a.m.
Break (1 and 2)

10:15 – 10:45 a.m.
Edge and footwork class (1)

Practice session (2)

10:45 – 11:15 a.m.
Edge and footwork class (2)
Practice session (1)

11:15 – 11:45 a.m.
Pre-axel and axel theory (1)
Practice session (2)

11:45 a.m. - 12:15 p.m.
Axel/double axel and axel theory (2)
practice session (1)

12:15 – 1 p.m.
On-ice flexibility: Lunges, spirals, spread eagles, ina bauers, etc. (1 and 2)

1 – 1:15 p.m.
Take off skates (1 and 2)

1:15 – 2 p.m.
Cool down, stretching and ending talk from Paula (1 and 2)