



CAMP SCHEDULE

DATE	TIME	CLASS	COACH	REQUIREMENTS
Thursday Jan. 2nd	6:30pm	Meet & Greet w/ Gracie & Geoff	n/a	n/a
Friday Jan. 3rd	8:00am-8:40am	Double Loop & Loop Combos	Gracie	Must be able to perform a minimum of a double salchow and/or double toe loop and should be attempting double loop jump on the ice without assistance of a jump harness
		Single Axel	Geoff	Must be attempting but not consistently landing single axel on the ice and consistently landing all other single jumps
	8:40am-9:20am	Intro to Difficult Spin Variations	Gracie	Must be working on change foot combination spins and be able to execute 6 revolutions in each basic position on the forward side
		Combining Turns	Geoff	Participants should be comfortable doing all basic turns (3 turns, c-steps, brackets, back 3 turns) and should recognize and be attempting difficult turns (rockers, counters, choctaws)
	9:20am-10:00am	Deathdrop & Butterfly	Gracie	Must be able to perform flying camel and must be able to do a back camel and back sit for 6-8 revolutions.
		Single + Single Jump Combos	Geoff	Must be able to do all single jumps through flip and/or lutz on the ice unassisted
10:20am-11:00am	Edges & Turns	Gracie	Must be working on the pre-preliminary, preliminary, or pre-bronze skating skills test	

Friday Jan. 3rd	10:20am-11:00am	Double + Double Jump Combos	Geoff	Must be able to perform double toe loop and double loop jumps consistently and should be attempting double flip and/or double lutz
	11:00am-11:40am	Basic Spin Positions (scratch, sit, comes)	Gracie	Must be able to do a 1 foot spin and should be attempting all basic forward spin positions
		Double Salchow & Double Toe Loop	Geoff	Must be able to land a single axel without a jump harness and should be attempting double salchow and double toe loop on the ice
	11:40am-12:20pm	Choreography Elements - Med/High	Geoff	Must be competing in the preliminary well balanced or excel preliminary plus levels and above
		Single Flip & Single Lutz	Gracie	Must be able to perform a single loop jump and a back spin 4-6 revolutions and should be attempting single flip and/or single lutz
	12:50pm-1:30pm	Creating Flow & Power	Gracie	Intended for skaters in the aspire 1-4 levels as well as excel preliminary through well balanced pre-preliminary
		Jump Combos w/ Double Toe Loop	Geoff	Must be able to land double toe loop on the ice without assistance of a jump harness
	1:30pm-2:10pm	Single Loop & Loop Combos	Gracie	Must be able to land waltz jump, salchow, and toe loop and a back spin 4-6 revolutions
		Waltz Jump, Toe Loop, & Salchow	Geoff	Must be attempting a waltz jum on the ice and must be able to do forward outside and inside 3 turns
	2:10pm-2:50pm	Learn to Skate Party!	Both	Basic 4 - Freeskate 3
3:00pm-3:45pm	"Getting Real w/ Gracie" - mental health discussion	Gracie	Candid discussion about Gracie's journey with mental health. Ages 12 and older only. Must sign a consent waiver to attend.	
	"Training Talk" w/ Geoff	Geoff	This is a Q&A for parents, skaters, and coaches	
Saturday Jan. 4th	7:00am-7:40am	Double Axel	Gracie	Must be attempting double axel on the ice without a jump harness and should be able to land all other double jumps and attempting double double combos
		Creating Spin Levels	Geoff	Must be able to perform all basic spin positions and should be attempting spin variation on both forward and back sides
	7:40am-8:20am	Single Axel	Gracie	Must be attempting but not consistently landing single axel on the ice and consistently landing all other single jumps
	7:40am-8:20am	Double Flip & Double Lutz	Geoff	Must be able to land double loop and should be attempting double flip and/or double lutz on the ice unassisted

Saturday Jan. 4th	8:20am-9:00am	Adult Skating Skills	Gracie	Must be 18 years old or older. Should be comfortable skating forward and backward and be working on crossovers in BOTH directions forward and backward
	8:20am-9:00am	Beginning Triple Jumps	Geoff	Must be landing all double jumps on the ice unassisted, double double combo jump, should be the juvenile test level and consistently working double axel
	9:20am-10:00am	Spins w/ Flying Entry	Gracie	Must be able to perform forward and back camel spins and sit spins 6-8 revolutions and should be working on axel or above
		Adult Spins	Geoff	Adults 18+ should be able to do a 1 foot spin and must be attempting all basic forward spin positions
	10:00am-10:40am	Adult Edge Jumps	Gracie	Adults 18+. This class will work on basic edge jumps - waltz jump, salchow, and loop jump
		Creating Level 4 Spins	Geoff	Must be able to perform all basic forward and back positions as well as variations. Recommended skaters have attempted flying spins and are familiar with the concept of other potential spin features like change of edge, difficult exit, difficult change of position, etc.
	10:40am-11:20am	Double Salchow & Double Toe Loop	Gracie	Must be able to land single axel without a jump harness and should be attempting double salchow and double toe loop on the ice
		Adult Toe Jumps	Geoff	Adults 21+ This class will work on basic toe assisted jumps - Toe loop, flip jump, and lutz



WE CAN'T WAIT TO SEE
YOU ON THE ICE!

