

Time	Monday	Tuesday	Wednesday	Time	Thursday	
7.30 Arrival Registration						
8.15-9.00	Stroking/Warm Up Drills	Power Stroking/The Need For Speed	Stroking/Warm Up Drills/Jump Drills	8.20-8.40 8.40-9.00	Private Lesson 1 Private Lesson 2	
9.00-9.45	1A + 2A + 3A= A Champion	Salcow 1,2,3	Toes-1,2,3	9.00-9.20 9.20-9.40	Private Lesson 3 Private Lesson 4	
9.45-10.30	Loop Jump, 1,2,3	Combination Jumps Part 1	Increasing Your Spin Rate For Jumping/Drills	9.40-10.00 10.00-10.20	Private Lesson 5 Private Lesson 6	
10.30-11.00	Flying Spins	Transitions Into Jumps	Combination jumps part 2	10.20-10.40 10.40-11.00	Private Lesson 7 Private Lesson 8	
11.00-11.30	Morning Tea /Ice Cut					
11.30-12.00	Lutz Edge/Entry	Creating The Super Star Landing Position	Recap On Axels	11.20-11.40 11.40-12.00	Private Lesson 9 Private Lesson 10	
12.00-12.30	Progressing To Triples- WHEN?	Flips 1,2,3	Jump Transitions And The Wow Factor	12.00-12.20 12.20-12.40	Private Lesson 11 Private Lesson 12	
12.30-1.00	Difficult Spin Variations	Spin Rate= Quad date !	Combination Spins Wth A Difference	12.40-1.00	Private Lesson 13	
1.00-1.45	Lunch- Move To New Venue				1.20-1.40	Private Lesson Off Ice 1
1.45-2.15	Off Ice - Off Ice Roatations	Off Ice - Strength and Conditioning	Off Ice- Periodisation- failure to plan is a plan to fail	1.40-2.00	Private Lesson Off Ice 1	
2.15-2.45	Off Ice- Developing the young athlete	Off Ice - What gadgets do I need ?	Off Ice - Training the Elite		Break/ Lunch	
2.45-3.00	Question Time				3.00-3.20	Private Lesson 14
Private Lessons				3.20-3.40	Private Lesson 15	
3.40-4.00	Private Lesson 1	Private Lesson 1	Private Lesson 1	3.40-4.00	Private Lesson 16	
4.00-4.20	Private Lesson 2	Private Lesson 2	Private Lesson 2	4.00-4.20	Private Lesson 17	
4.20-4.40	Private Lesson 3	Private Lesson 3	Private Lesson 3	4.20-4.40	Private Lesson 18	
4.40-5.00	Private Lesson 4	Private Lesson 4	Private Lesson 4	4.40-5.00	Private Lesson 19	