

# SAISA CAMP SCHEDULE SATURDAY

**What to bring:** Resistance band app 100cm (Extra light to light), Skipping rope, Yoga mat, Foam roller (if possible) Padding for on ice if needed.



**Group A - Preliminary / Elementary**

**Group B - Basic Novice through to Senior**

Time	ON ICE		Time	OFF ICE	Time	ON ICE	
10am	On ice warm up both Groups		12:15	LUNCH	4pm	On ice warm up both Groups	
10:20am	BRENDAN	MONICA		MONICA Coaches meeting	4:20pm	BRENDAN	MONICA
	Group A	Group B	BRENDAN Q & A session Get to know Brendan	Group B		Group A	
	Jump drills and development singles & doubles Axel & Loop	Skating skills & edges	1:30	BRENDAN Importance of off ice warm up & cool down exercises (skipping rope, bands, roller required if possible)		Jump drills and development singles & doubles Salchow & Toe Loop	Turns (twizzles, rockers, counters)
10:50am	Group B	Group A	2:15	BRENDAN Off ice rotation exercises and Jump drills	4:50pm	Group A	Group B
	Jump drills and development, doubles and triples Axel & Loop	Skating skills & edges	2:45	BRENDAN Coaches discussion & Q & A Jump technique learned from World & Olympic Coaches (skaters to have a 15 to 20 min break then warm up for next on ice session)		Jump drills and dev doubles & triples revision Axel & Loop	Edges & turns revised with body movement
11:20am	Group A	Group B				5:20	Group B
	Jump drills & development , singles and doubles Salchow & Toe Loop	Turns (twizzles, rockers, counters)				Jump drills & development , singles and doubles revised Axel & Loop	Edges & turns revised with body movement
11:50	Q & A skaters & coaches This time is designated to answer questions about what has been covered & further demonstrations if required				5:50pm	Q & A skaters & coaches - this time is designated for further explanation & demonstrations if required.	

# SAISA CAMP SCHEDULE SUNDAY

**What to bring:** As per Saturday

**Group A - Preliminary / Elementary**

**Group B - Basic Novice through to Senior**

Time	ON ICE		Time	OFF ICE	Time	ON ICE	
10am	On ice warm up both Groups		12:15	LUNCH	4pm	On ice warm up both Groups	
10:20am	BRENDAN	MONICA			1pm	BRENDAN Photo & autograph session	4:20pm
	Group A	Group B	Group B	Group A			
	Jump drills and development singles & doubles Flip & Lutz	Steps & turns Brackets & choctaws	Jump drills and development singles & doubles TBA	Warm up exercises incorporating Steps and turns			
10:50am	Group B	Group A	1:45	BRENDAN Mental wellbeing, injury recovery & returning to the ice. Re-setting goals	4:50pm	Group A	Group B
	Jump drills and development, doubles and triples Flip & Lutz	Steps & turns Brackets & choctaws			Jump drills and development doubles & triples TBA	Clusters	
			2:30 to 3:30	BRENDAN Off ice warm up, rotation exercises and Jump drills	5:20pm	Group B	Group A
11:20am	Group A	Group B					
	Jump drills & development , singles and doubles TBA (dependant on outcome of prior sessions)	Warm up exercises incorporating Steps and turns				Jump drills & development , singles and doubles TBA	Clusters
11:50	Q & A skaters & coaches This time is designated to answer questions about what has been covered & further demonstrations if required				5:50pm	Q & A skaters & coaches This time is designated to answer questions about what has been covered & further demonstrations if required	

