

# South Australia Seminar - 15-16th Oct 2011

Saturday			
Time			
12.45-1.30pm	Coaches' Session at Actor's Inc- All Coaches		
1.30-3.00pm	Off - Ice Activities for skaters at Actor's Inc including stretch, jump rotations & jumps drills, team building		
3.00-3.30pm	Parents only talk		
3.30pm -4.00pm	Move to IceArena		
4.00pm-4.30pm	Off Ice warm up-all SA coaches		Kylie , Richard & Bernie Harness Prep
	Rink -large	Rink- Small	Off Ice Harness
4.30-5.00pm	Edges Class- Kylie Aussie Skate- Prelim	Warm up edge & turns- Self Practice Primary- Senior	Richard Harness & Bernie to Video Elementary, Pre-Primary & Adults
5.00-5.30pm	Edges Class- Kylie Primary - Senior	Warm up & Self Practice Elementary, Pre-Primary & Adults	Bernie Harness & Richard to Video Aussie Skate- Prelim
5.30-6.00pm	Edges Class- Kylie Elementary, Pre-Primary & Adults	Self Practice edges Aussie Skate- Prelim	Richard Harness & Bernie to Video Primary- Senior
6.00-6.30pm	Aussie Skate- Prelim Jumps	Primary- Senior Jump Drills Only Self Practice	Elementary, Pre-Primary & Adults Written test
6.30-7.00pm	Primary - Senior Jumps	Elementary, Pre-Primary & Adults Jump drills only Self Practice	Aussie Skate & Prelim Written Test
7.00-7.30pm	Elementary, Pre-Primary & Adults Jumps	Aussie Skate & Prelim Jump Drills only Self Practice	Primary -Senior Written Test
Blue Group: Primary to Senior Gold Group: Pre-Primary & Adults Green Group Aussie Skate & Prelim Kylie may use on ice harness during any jump sessions			

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	<b>Sunday</b>		
<b>Time</b>			
7.30-8.00am	Off ice warm up everyone- all Coaches helping		
8.00-9.00am	Synchro skater session Edges Turns only	Aussie Skate & Prelim warm up spins & jumps	All Others Jump Rotations
9.00-9.30am	Spins - Kylie Aussle Skate & Prelim	Elementary, Pre-Primry & Adults Self Practice	Senior - Primary Off ice Harness Robbie & Teresa to Video
9.30-10.00am	Spins- Kylie Elementary, Pre-Primary & Adults	Senior- Primary Self Practice	Aussie Skate & Prelim Off ice Harness Teresa & Robbie to Video
10.30-11.00am	Spins- Kylie Senior - Primary	Aussie Skate & Prelim Self Practice	Elementary, Pre-Primary & Adults Off ice Harness Robbie & Teresa to Video
11.00-11.45am	Singles National Level skaters- Combo Jumps with Kylie		
11.45-12.30pm	All other skaters- Field Moves & Hops Kylie		
12.30-1.30pm	Move to Actor's Inc- lunch break		
1.30- 2.00pm	Skaters only talk @ Actor's Inc		
2.00-2.30pm	Off ice Jump Class		
2.30-3.00pm	Off Ice Warm Down		
3.00-3.30pm	Wind up talk-everyone		
Blue Group: Primary to Senior - Gold Group: Elementary ,Pre-Primary & Adults Green Group Aussie Skate & Prelim Kylie may use on ice harness during any jump sessions			