

Central Carolina Skating Club

Technique, Artistry and Presentation (TAP) skating seminar with Paul Wylie

ADULT SKATING SEMINAR

Saturday, February 18th, 2017

3:30 - 3:50 PM

Registration and Welcome Off-Ice Warm Up (Paul Wylie)

Warming up properly is critical to productivity on the ice and a valuable way to prevent injuries. Paul will lead an easy and fun warmup for our Adult population, to emphasize that not only do Adults skate, but they should be diligent in warming up, to continue their ability to participate in this lifelong sport!

4:00 - 5:00 PM

On-Ice Session (Paul Wylie)

*Edge Class 20-30 Mins
Jump 1 (Axel and edge jumps)
Spin 1 (Basic positions and concepts)*

Group Photo (On Ice)

5:10 - 5:55 PM

Off-Ice Core and Conditioning Session (Bradley McDevitt)

Bradley McDevitt has a diverse background in theater performance, gymnastics, martial arts and cross-fit coaching. Brad will be leading the Adult off-ice seminar in a core and conditioning workout that will lead to better skating and fewer injuries.

6:05 - 6:50 PM

On-Ice Session (Paul Wylie)

*Jump 2 (Toe Jumps, esp. Toe and Lutz)
Spin 2 (Variations and Flying Spins)
Transitions, Choreography and Performance*

7:00 - 7:30 PM

Off-Ice Ballet for Figure Skaters (Lauren Assa)

Lauren Assa teaches the Ballet for Figure Skaters course at To The Pointe dance studio in Hillsborough. In this session, she will introduce ballet techniques that directly translate to the ice and provide exercises to improve skating skills. For those familiar with Ballet, she'll provide more-challenging exercises to expand their repertoire.

8:00 PM

Paul Wylie will be the Keynote Speaker at dinner. (Pre-Registration Required)

***Weathervane Restaurant at Southern Season (University Mall)**
201 S. Estes Drive, Chapel Hill, NC 27514
Phone: (919) 929-9466
<http://www.southernseason.com/restaurant/chapel-hill/>*

CCSC TAP SEMINAR - FEBRUARY 18th and 19th, 2017

	Start	End	Rink	<i>Who</i>	Fitness Room	<i>Who</i>	Instructor	
S A T U R D A Y S C H E D U L E	8:00 AM	11:30am	Privates on OCSP Freestyle Sessions	<i>KH/HA</i>	n/a		Paul Wylie	
	SATURDAY ADULT SEMINAR							
	3:30 PM	3:50 PM	No Ice Time		Meet & Greet / Off-ice Warmup	<i>LC/KMC</i>		Paul Wylie
	10 m.		PUT SKATES ON *OUTSIDE* THE FITNESS ROOM					
	4:00 PM	5:00 PM	On-Ice Seminar with Paul Wylie	<i>LC/KMC</i>	Nothing scheduled	<i>REG Kinards</i>		
			<i>Edge Class 20-30 Mins Jump 1 (Axel and edge jumps) Spin 1 (Basic positions and concepts) Group Photo (On Ice)</i>					
	10 m.		REMOVE SKATES *OUTSIDE* THE FITNESS ROOM					
	5:10 PM	5:55 PM	Privates with Paul CCSC 45 min Freestyle (\$10/skater)	<i>KMC</i>	Core and Conditioning Off-Ice	<i>LC</i>		Brad McDevitt
	10 m.		PUT SKATES ON *OUTSIDE* THE FITNESS ROOM					
	6:05 PM	6:50 PM	On-Ice Seminar with Paul Wylie	<i>KMC</i>	Nothing scheduled	<i>REG Kinards</i>		
			<i>Jump 2 (Toe Jumps, esp. Toe and Lutz) Spin 2 (Variations and Flying Spins) Transitions, Choreography and Performance</i>					
	10 m.		REMOVE SKATES *OUTSIDE* THE FITNESS ROOM					
	7:00 PM	7:30 PM	No Ice Time		Adult Seminar - Ballet	<i>KMC</i>		Lauren Assa
	8:00 PM		DINNER WITH KEYNOTE SPEAKER, PAUL WYLIE (Pre-Registration Required)			Weathervane Restaurant at Southern Season (University Mall) 201 S. Estes Drive, Chapel Hill, NC 27514 Phone: (919) 929-9466 http://www.southernseason.com/restaurant/chapel-hill/		

Coordinators: KA-Ki Abel, KH-Kim Horvath, HA-Heather Amistadi, KMC-Karen McClure, LC-Lisa Chisholm, Tara/Neil Kinard