

Central Carolina Skating Club

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

YOUTH SKATING SEMINAR

Sunday, February 19th, 2017

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| 7:40 - 8:10 AM | Registration and Welcome Off-Ice Warm Up (Paul Wylie) <i>Paul will lead an easy and fun warmup for both Youth groups, emphasizing the benefits and importance of warming up properly before skating or other activities.</i> |
| 8:20 - 9:20 AM | On-Ice Session - Group A *Group Photo* (Paul Wylie) <i>Edge Class 20-30 Mins</i> <i>Jump 1 (Axel and edge jumps)</i> <i>Spin 1 (Basic positions and concepts)</i> |
| 8:20 - 8:50 AM | Off-Ice Session - Group B - Nutrition (Tracy Owens) <i>Tracy will lead a group discussion focused on nutrition for athletes.</i> |
| 8:50 - 9:20 AM | Off-Ice Session - Group B - Zumba! (Leah Holmes) <i>Leah Holmes is the Zumba for Kids instructor at the OC Sportsplex. She will introduce skaters to the awesome combination of fun and fitness known as Zumba!</i> |
| 9:30 - 10:30 AM | On-Ice Session - Group B *Group Photo* (Paul Wylie) <i>Edge Class 20-30 Mins</i> <i>Jump 1 (Axel and edge jumps)</i> <i>Spin 1 (Basic positions and concepts)</i> |
| 9:30 - 10:00 AM | Off-Ice Session - Group A - Nutrition (Tracy Owens) <i>Tracy will lead a group discussion focused on nutrition for athletes.</i> |
| 10:00 - 10:30 AM | Off-Ice Session - Group A - Zumba! (Leah Holmes) <i>Leah Holmes is the Zumba for Kids instructor at the OC Sportsplex. She will introduce skaters to the awesome combination of fun and fitness known as Zumba!</i> |
| 10:00 - 10:30 AM | Parents / Coaches - Judging Panel Discussion (Denise Williamson, Technical Specialist and Deborah Weidman, Judge) <i>Denise and Deborah will explain the functions of Judging Panels at competitions from both the Technical Specialist's and the Judge's perspectives.</i> |
| <i>Ice Cut / Break - Hydrate and Fuel, Chit and Chat!</i> | |
| 10:50 - 11:50 AM | On-Ice Session - Group A (Paul Wylie) <i>Jump 2 (Toe Jumps, esp. Toe and Lutz)</i> <i>Spin 2 (Variations and Flying Spins)</i> <i>Transitions, Choreography and Performance</i> |
| 10:50 - 11:20 AM | Off-Ice Session - Group B - Judging Panel (Denise Williamson, Technical Specialist and Deborah Weidman, Judge) <i>Denise and Deborah will provide insights to answer the age-old question: "What Is the Judging Panel Looking For?" along with other questions the skaters present.</i> |
| 11:20 - 11:50 AM | Off-Ice Session - Group B - Ballet for Figure Skaters (Lauren Assa) <i>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.</i> |
| 12:00 - 1:00 PM | On-Ice Session - Group B (Paul Wylie) <i>Jump 2 (Toe Jumps, esp. Toe and Lutz)</i> <i>Spin 2 (Variations and Flying Spins)</i> <i>Transitions, Choreography and Performance</i> |
| 12:00 - 12:30 PM | Off-Ice Session - Group A - Ballet for Figure Skaters (Lauren Assa) <i>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.</i> |
| 12:30 - 1:00 PM | Off-Ice Session - Group A - Judging Panel (Denise Williamson, Technical Specialist and Deborah Weidman, Judge) <i>Denise and Deborah will provide insights to answer the age-old question: "What Is the Judging Panel Looking For?" along with other questions the skaters present.</i> |
| 1:00 PM | CLOSING REMARKS AND PIZZA PARTY |

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

| | Start | End | Rink | <i>Coord</i> | Fitness Room | <i>Coord</i> | |
|------------------------|--|----------------------------------|--|--------------|--|----------------------|------------------------------------|
| SUNDAY SCHEDULE | 5:45 AM | 7:30 AM | Privates on Rink-Run Freestyle Sessions | | n/a | | Paul Wylie |
| | SUNDAY YOUTH SEMINAR | | | | | | |
| | 7:40 AM | 8:10 AM | No Ice Time | | Meet & Greet / Off-ice Warmup | <i>LC / KA / KMC</i> | Paul Wylie |
| | 10 m | | REMOVE/PUT ON SKATES *OUTSIDE* THE FITNESS ROOM | | | | |
| | 8:20 AM | 8:50 AM | Youth Group A On-Ice with Paul Edge Class 20-30 Mins Jump 1 (Axel and edge jumps) Spin 1 (Basic positions and concepts) Group Photo (On Ice) | <i>KMC</i> | Youth Group B Off-Ice - Nutrition (30 m) | <i>KA</i> | Tracy Owens |
| | 8:50 AM | 9:20 AM | | | Youth Group B Off-Ice - Zumba (30 m) | | Leah Holmes |
| | 10 m. | | REMOVE/PUT ON SKATES *OUTSIDE* THE FITNESS ROOM | | | | |
| | 9:30 AM | 10:00 AM | Youth Group B On-Ice with Paul Edge Class 20-30 Mins Jump 1 (Axel and edge jumps) Spin 1 (Basic positions and concepts) Group Photo (On Ice) | <i>KA</i> | Youth Group A Off-Ice - Nutrition (30 m) | <i>KMC</i> | Tracy Owens |
| | 10:00 AM | 10:30 AM | | | Youth Group A Off-Ice - Zumba (30 m) | | Leah Holmes |
| | 20 m. | | | | Ice Cut | | Fuel and Hydrate |
| | REMOVE/PUT ON SKATES *OUTSIDE* THE FITNESS ROOM | | | | | | |
| | 10:50 AM | 11:20 AM | Youth Group A On-Ice with Paul Jump 2 (Toe Jumps, esp. Toe and Lutz) Spin 2 (Variations and Flying Spins) Transitions, Choreography and Performance | <i>KMC</i> | Youth Group B Judging Panel Info (30 m) | <i>KA</i> | Deborah Weidman /Denise Williamson |
| | 11:20 AM | 11:50 AM | | | Youth Group B Off-Ice - Ballet (30 m) | | Lauren Assa |
| | 10 m. | | REMOVE/PUT ON SKATES *OUTSIDE* THE FITNESS ROOM | | | | |
| | 12:00 PM | 12:30 PM | Youth Group B On-Ice with Paul Jump 2 (Toe Jumps, esp. Toe and Lutz) Spin 2 (Variations and Flying Spins) Transitions, Choreography and Performance | <i>KA</i> | Youth Group A Judging Panel Info (30 m) | <i>KMC</i> | Deborah Weidman /Denise Williamson |
| | 12:30 PM | 1:00 PM | | | Youth Group A Off-Ice - Ballet (30 m) | | Lauren Assa |
| | 10 m. | | (Ice Cut) REMOVE/PUT ON SKATES *OUTSIDE* THE FITNESS ROOM | | | | |
| 1:00 - 2:00 PM | | Pizza Party - Both Groups | | | | | |

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