

Schedule and Curriculum for 2009 Pacific Northwest Skate Camp:

Friday, October 16

5:00pm – 7:00pm Registration in Skating Rink Snack Bar

Saturday, October 17

- 5:00-8:30 - Private Lessons in the Main Rink
- 7:00-8:30 - Registration in Rink Lobby
- 8:30-9:00 - Camp Picture and Orientation (Have Skates On for Picture)
- 9:00-9:40 - Figures on skates - Main Floor (Pat, Marlene and Diana)
- Dance in the Pavilion (Bob)
- C Commission Judges Class – Snack Bar
- 9:50-10:30 - Dance on skates - Main Floor (Bob, Joan and Sharon)
- Freestyle in the Pavilion (Chris and Anna)
- C Commission Judges Class – Snack Bar
- 10:40-11:20 - Freestyle on skates - Main Floor (Chris and Anna)
- Figures in the Pavilion (Pat, Marlene and Diana)
- 11:30-1:30 - Luncheon in the Pavilion – Everyone
 - Presentation by John Lehni, Bill Spooner, and Marian Spooner
- 5:00-7:00pm - Private Lessons in the Main Rink
- C Commission Judges Class and/or Proctored Test in Snack Bar

Sunday, October 18

- 5:00-9:00 - Private Lessons in the Main Rink
- 7:00-9:00 - Registration in Rink Lobby
- 9:10-10:00 - Freestyle on Skates – Main Floor (Chris and Anna)
 - Dance in Pavilion (Bob, Joan and Sharon)
 - Sports Motivation in the Snack Bar – Bill Spooner
- 10:10-11:00 - Dance on skates - Main Floor (Bob, Joan and Sharon)
 - Freestyle in the Pavilion – (Chris and Anna)
 - Judges Class in the Snack Bar
- 11:10-12:00 - Solo Freedance on skates - Main Floor (Chris)
 - Figures in the Pavilion (Pat)
 - Judges Class in the Snack Bar
- 12:10-1:00 - Figures / Loops on skates - Main Floor (Pat)
 - Dance in the Pavilion (Bob)
 - Judges Class in the Snack Bar
- 5:00-5:50 - Dance on the Floor (Bob & Joan)
- 6:00-6:50 - Figures / Loops on the Floor (Pat & Marlene)
- 5:00-6:50 - Judges Class and/or Proctored Testing in the Snack Bar

Monday, October 19

- 5:00-9:00 - Private Lessons in the Main Rink
- 9:30-10:20 - Figures and Loops on the Floor (Pat)
- 10:30-11:20 - Dance on the Floor (Bob, Joan and Sharon)
- 11:30-12:20 - Freestyle on the Floor (Chris)
 - Q&A in the Snack Bar with Bob Labriola, George Kolibaba, Bill & Marian Spooner, and John Lezni.
- 1:30-5:00 - Private Lesson in the Main Rink

Curriculum for Pacific Northwest Skate Camp 2009

Judges seminar – by John Lehni, Bill Spooner and Marian Spooner

What does the judges score mean? What do the numbers represent?

Priorities for Dance

Figures

Free Style

What is negotiable?

Mock contests on the big screen to be scored by participants

How to remember at least 9 skaters

Sport Psychology – by Bill Spooner

How the mind and body work together

How to break a habit once it has developed.

How to relax before a contest

Is it an issue of being relaxed or focused?

Guidelines for parents and coaches to accomplish athlete goals

Tool that adults can use to help athlete without traumatizing young athletes

Luncheon lecture with Bill Spooner and John Lehni

Will send out a questionnaire prior to camp to gain statistics about participants

Show the statistics to participants

Focus on income level

Amount spent for equipment, instruction, travel, dues

Compare it by age category (12 and below, 12-18, 18-25, 30-45, 45 and up)

Amount of weekly time spent practicing

Number of events participating

Motivations for competing

Compare age groups and parents responses for minors to contrast

What like most about Regional

What like most about Nationals

What like least regional

What like least nationals

How can each skater help the organization do better or improve

Once buffet completed, a moderated showing of data and enlisting participants to guess what outcome was and then show and helping them draw conclusions what data may be used for

Figures by Pat Jacques - California:

The figure portion of the camp will be structured to cover the issues that are important to this camp.

ON SKATES INSTRUCTION:

1. Basic body positions, edge pressures, strike off, take off and transitions.
2. Basic to advance applications of three turns, rockers, counters and brackets.
3. Beginner loop traces, pace and positions.
4. Elementary / Open Loops: Shape, aim, edge and roll.
5. Advanced Loops: How to crown, roll and gain speed to lead to World Class.

OFF SKATES INSTRUCTION:

1. Discussion of priority of judging points.
2. Visualization of moves.
3. Arranging your year to accomplish peak performance by Nationals.

There will be handouts on the above skills for the skaters.

American Dance by Bob LaBriola – California:

Focus will be on the basics involved in American Dance, as follows:

1. Outer forward and inner forward edges.
2. Parallel and angular take-offs.
3. Posture baseline.
4. Rockovers and changes of leans
5. Chasse's and cross steps
6. Progressive runs
7. Swings
8. Lobing and baselines
9. Mohawk and Choctaw turns
10. Backward stroking
11. Three turns
12. Border patterns
13. Team skating
14. Concentric rotation

Discuss the absolute necessity of teachers devoting more time and effort to the developing of new skaters. Besides retaining all our current skaters, it is absolutely necessary to add many new skaters to our program. The teachers are the best people to do this.

Singles and Solo Freedance by Chris Baerg – California:

Off Skates:

1. Warm-up exercises.
2. Off skates jumping.
3. Off skates body movement & choreography.
4. Discussion of footwork and each element of footwork.
5. Discussion of tools used for peak performance at the right time.
6. Discussion of the required elements in solo free dance.

On Skates:

1. Warm up exercises.
2. Basic jumping and spinning for each level of skater with emphasis on body positions from entry to exit.
3. On skates workshop on choreography for both freestyle and free dance.
4. On skates workshop on footwork as it relates to the required elements in both freestyle and solo free dance.