

Advanced Curriculum

Accelerated Learning Series

2020-21 Season Schedule

Wednesdays

Basic 5 – Pre-FS

Session 1:

Beginning Spins

Learn spinning basics in this introductory class for beginning spinners. Skaters will learn all about spin technique starting with how to center a spin, create revolutions and speed and experiment with spin positions: including 1 foot spin, scratch, sit and camel spins. Focus on the 4 basic spinning elements: Centering, speed, revolutions, position.

Session 2:

Off-ice Jumps –Beginning Jumps

Learn jumping basics in this introductory class for beginning jumpers. Skaters will learn all about jump technique off the ice for the first 3 weeks and then transfer those techniques to the ice during weeks 4-7. Skaters will learn beginning jumps including bunny hops, side toe hops, waltz jumps, ½ jumps, ballet jumps and beginning jump combinations.

Session 3:

Spins – Intermediate Spins

Intermediate level spin technique including back spins, combination spins and beginning “spin variations” including sit and camel spin variations.

Session 4:

Off –ice Jumps – Intermediate Jumps

Learn intermediate jumping technique on the floor for 3 weeks and then transfer techniques to the ice. Learn how to execute a salchow, toe-loop jump and beginning full rotation jumps including loop jump. Watch video presentations of champion skaters executing single and double jumps to learn about the 4 phases of jumps.

Thursdays

Bronze-Silver-Gold FS Levels

Session 1: Beginning Jump Combinations and Axel Jump

Learn how to execute beginning jump combinations including waltz/loop, loop/loop, flip/loop and lutz/loop and basic 3 jump combinations. Learn beginning axel technique off and on ice. Skaters will learn axel exercises: waltz/backspin, waltz/loop/backspin, pivot jumps, and off-ice axel drills and technique.

Session 2: Advanced Spins:

Learn advanced spin techniques and spin variations including layback, haircutter, camel and sit spin variations. Beginning flying spins. Learn what judges are looking for: Centering, speed, revolutions and position.

Session 3: Strength and Conditioning Basics

Learn a basic strength training program to enhance your skating skills. Skaters need strength and power to land high level jumps. Learn how to train like the highest level competitors and build the power you need to be successful in landing the axel and double jump! Skaters will train off-ice and be given a strength and conditioning program to complete at home. Resistance bands and a written program included in class price.

Session 4: Advanced Jumps

Learn beginning technique of double jumps on the floor and then transfer to the ice. Skaters will watch video of jump technique including the 4 phases of jumps and how to maintain a rotational axis on double jumps.