

4/2/2018 Final Schedule Paul has an awesome talk with his sincere approach. All must attend.

Groups: Depending on the registrations we can do some adjusting among the groups.

White: Singles-i.e. Consistently landing in this range - Salchow, Toe loop through Lutz beginning axels
15-18 skaters

Aqua: landing axels consistently - through 2Lo (10 -12 skaters)

Red: 2 Lo/2F through 2A (triples) (10 -12 skaters)

Silver: adults – custom class

Definitions:

Jumps I: edge jumps

Jumps II: Toe Jumps

Jumps III: Combinations

Spins I: Set up Basic positions; Centering; rotational speed

Spins II: Flying

Spins III: all variations; difficult entrances/exits

5/18/2018 Friday Afternoon early evening

	Paul/Private available 11:00 AM- 3:40PM	White- singles through Lutz	Aqua Axel - 2Lo	Red 2F- 2A +	Silver Adults Custom
3:40-4:00	Break	Registration			
4:00-4:15	Resurface	Introductions			
4:15-5:00		Warm up Edges; Steps turns and transitions			
5:00-5:45		Spins I Basic positions and II Flying spins (?)			
5:45-6:00	Resurface	Break			
6:00-6:45		Jumps I and II Edge and Toe			
6:45-7:45		African Dance with Susan	African Dance with Susan	African Dance w/ Susan	"Custom Adult" Class on ice with Paul
7:45-8: 30 ish	Mezzanine	Snacks; Pictures; autographs with Paul			Wine/Lemonade and Cheese

Total Hrs: Paul 3 Hours 15 min. White Group 2 Hrs 15 minutes. Adults 1 hour					

5/19/2018 Saturday

7:15 Registration check in and welcome

		White-singles to Lutz	Aqua Axel to 2L	Red 2F-2A +	Silver Adults
7:00 AM Coffee	Snacks	7:30 Introductions			
7:45-8:00 AM			On Ice Warm up		
8:00-8:30 AM			Paul Skating Skills and Edge Class	Becky 8:00-9:00 yoga, balance and core	Becky 8:00-9:00 yoga, balance and core
8:30-9:15 AM			Spins I,II		OR
9:15-9:45 AM			9:15-10:15 Becky yoga, core balance	Paul Skating Skills, Edge Class	9:15-10:15 Becky yoga, core balance
9:45-10:15 AM				Spins I,II	
10:15-10:30 AM			Resurface	Resurface	Resurface
10:30-11:15 AM		10:15-11:15 Becky Yoga core balance	Jumps I and II Edge jumps and toe jumps	Interactive IJS Tech Specialist Cesca	Interactive IJS Tech Specialist Cesca
11:15-12:00 PM		Interactive IJS Tech Specialist Cesca	Interactive IJS Tech Specialist Cesca	Jumps I and II Edge jumps and Toe jumps	On your own
11:15-12:30 PM		Lunch	Lunch	Lunch	Lunch
12:00-1:15 PM Staggered Lunch Lobby; 12:30-1:10 Paul talk in Mezzanine		Resurface Paul Talk Goal setting; using your brain to skate your best	Resurface Paul Talk Goal setting; using your brain to skate your best	Resurface Lunch Paul Talk Goal setting; using your brain to skate your best	Resurface Lunch Paul Talk Goal setting; using your brain to skate your best
1:15-1:45 PM		Choreography /Interpretation Paul	1:15-1:35 PM Becky Meditation/Relaxation Techniques	1:15-1:45 PM Becky Meditation/Relaxation Techniques	Adults can be in attendance for any of these off ice activities
1:45-2:15 PM		1:45-2:15 PM Becky Meditation/Relaxation Techniques	Choreography /Interpretation Paul	1:45-2:00 PM free time	Adults can be in attendance for any of these off ice activities
2:15—2:45 PM		2:00-2:45 Free time relax outside, Privates with Becky, Susan, or Planned Program continued Q/ A with Tec. Specialist	2:15-2:45 Free time-relax outside, privates with Becky, Susan or Planned Program continued Q/ A with Tech specialist	Choreography /Interpretation Paul	Adults can be in attendance for any of these off ice activities
2:45-3:00 PM		Resurface	Snacks	Resurface	snacks
3:00-6:00 PM		Privates with Paul	Or Becky or Susan	Or own coach	Privates w/P/B/S/C
Other skaters may be on ice with or without their		Limited to 12 additional skaters/ hour on ice- any	Limited to 12 additional skaters/ hour – any level	Limited to 12 additional skaters/ hour any	Limited to 12 additional skaters/ hour-any level

coaches		level		level	
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Paul = 5'45" hours of group + 3 hours of privates

5/20/2018 Sunday

		White-singles to Lutz	Aqua Axel to 2Lo	Red 2F-2A +	Silver Adults
7:00-8:00 AM	Everyone	Coffee; snacks	Pictures	Autographs etc	
7:45-8:00 AM			On ice warm up on you own	7:45-8:15 Susan dynamic vs static stretch +more	Susan
8:00-8:30 AM			Spins III combinations	8:20 skates on	
8:30-9:00 AM			8:35-9:05 Susan – dynamic vs static stretch	Spins III Combinations	Susan
9:00-9:45 AM		Susan: 9:10-9:45 Laban Movement Analysis – character/story telling in your program.	Judge perspective GOE - Q and A Judge (+T S).	Jumps III Combinations	Judge perspective GOE – Q/A Judge (+TS)
9:45 – 10:30 AM		Judge perspective GOE – Q/A Judge (+TS) Snacks	Jumps III Combinations	Judge perspective GOE – Q/A Judge (+TS) Snacks - 10:20 Skates on	Judge perspective GOE – Q/A Judge (+TS)
10:30-11:15 AM		Off ice privates with Susan available	Edge Class and maybe transitions	Edge Class and maybe transitions	
11:15-11:30 AM	Resurface				
11:30-1:00 PM	Practice ice or privates with coaches	Practice ice or privates with coaches	Practice ice or privates with coaches	Practice ice or privates with coaches	Practice ice or privates with coaches

Paul: 3 hours 15 minutes. Paul 12 hours 15 minutes Total – He wanted 5.5 hours/day.

On ice time with Paul: Adults -1 hour; White- 2 hours 45 min; Aqua 4 hours; Red 4 hours 15 min.

Participant Price Schedule:

Silver (10) - 1 hour with Paul + all else off ice + free practice (2 extra hours) and private lesson ice time.

\$115.00.

We can filter in some adults into additional appropriate on ice groups space permitting. A nominal fee will be charged. Contact Alice or Diane if you would request this.

wentworth_alice@rocketmail.com: Diane Olson, President SWFSC - swfscprez@gmail.com

If any adults want private lessons with Paul, would you wait to register until all the “younger” athletes register first. Thanks so much for your consideration.

White (15-18) 2 hrs 45 min:

\$190.00 home/associate Club/SWLTS

\$215.00 Other Club

Aqua (10-12) 4 hours:

\$225.00 home/associate/SWFSC LTS participants

\$250.00 Other Club

Red (10-12) 4hrs 15 minutes:

\$240.00 home /associate Club /SWFSC LTS participants;

\$265.00 Other Club

Coaches are Welcome

Free with 2 skaters; otherwise \$20.00/coach. Coaches may give private lessons to their students on their student’s practice ice if they so desire.

Lunch may be ordered on line:\$7.00 – likely vegetarian and non vegetarian wraps, salad, crackers or chips, dessert and lemonade/ milk/apple juice

Alternatively one can bring his/her own lunch or go a local restaurant.

Feel free to contact Alice or Kim with any questions.

Alice:wentworth_alice@rocketmail.com Kim Smith: sk8swfsc@hotmail.com