



U.S. Figure Skating National Program Components Camp April 27– 29, 2012 Strongsville, Ohio Coaches' Track Information

Athletes who competed in a qualifying event at the 2012 Regional or Sectional Figure Skating Championships are being invited to spend a fun training weekend learning skills to improve their Program Component Score! Athletes will be divided into teams of 18-22, based on their age, level and discipline in skating. They will learn with their teams in a group setting, participating in four on-ice and three off-ice sessions each day.

Coaches are invited, too! Coaches will follow a parallel track. They will alternate between observing on-ice sessions, having group discussions with their peers about how to apply what they saw being taught, lectures and off-ice activity class where they learn how to pull the inner performer out of their skaters. Please note that coaches will not be permitted on the ice, they will be required to watch from the penalty boxes or stands.

In addition to following the standard schedule, coaches may choose to attend Parents' Education classes, and/or observe additional on-ice athlete classes.

The coaches track, and group discussions will be lead by Heidi Thibert, PSA E-Curriculum Coordinator. Coaches will receive PSA credits for attending the coaches track. Heidi can be reached at: hthibert@skatepsa.com

The Coaches Registration fee is \$95.00 for the entire weekend, and includes lunch on both days.



REGISTRATION: Registration is limited to 60 coaches. The deadline to register is March 1, 2012. Link to registration:

https://fs12.formsite.com/USFSAIT/CoachPCC/secure_index.html

LOGISTICS & HOUSING: All on-ice activities will be held at the Hoover Ice Arena in Strongsville, Ohio. The host hotel is the Holiday Inn Strongsville, located adjacent to the rink. Registration & some off-ice activities will be at the hotel. The hotel & rink are approximately 10 minutes from the Cleveland International Airport (CLE). Please see the Athlete Information Guide for more details, including how to book your hotel room under the group rate.

WANT TO BE A 'TEAM LEADER'? U.S. Figure Skating is seeking volunteer "Team Leaders" who will serve as chaperones for a team of athletes during the camp hours (not in the hotel!). The main responsibility is to get the skaters from class-to-class on time and keep them safe. Team Leaders will not be able to participate in coaches lecture classes, or group discussions.

Team Leaders have their registration fee waived (they do pay for travel costs), receive free lunch, and a free camp clothing package. E-mail Kelly Vogtner at kvogtner@usfigureskating.org for a responsibilities sheet and application. Not all applicants will be selected.

Coaches Track Sample Schedule*

Friday, April 27

4:30—6:00pm Registration
6:30 – 7:30pm Athlete Welcome & Coaches' Meeting

Saturday, April 28

7:40 am	Step Sequences	O
8:40 am	Musical Interpretation	O
9:30 am	The Judges' Perspective	L
11:00 am	The Technical Panel	L
12:15 pm	Lunch	
1:40 pm	Choreography & Transitions	O
3:00 pm	Teaching Tool for Turns	L
4:00 pm	Developing Skating Skills	O
5:00 pm	Exercises for Skating Skills	L
6:00 pm	Coaches' Roundtable	D

Sunday, April 29

7:40 am	Step Sequences	O
8:40 am	Developing Turns & Edges	O
10:00 am	From the Choreographer	L
11:00 am	Judging Q & A	L
11:45 pm	Lunch	
12:45 pm	Performance Execution	A
1:40 pm	Stage Presence	O
2:40 pm	Choreography & Transitions	O
4:00 pm	Group Discussion & Wrap-Up	D
7:00 pm	Exhibition Performances!	

* Please note this is a sample schedule. The exact times and class titles may vary. All coaches will have the opportunity to observe athletes' classes, have discussions with instructors teaching them, and attend classes on IJS taught by U.S. Figure Skating national officials.

Key to session type:
L- lecture O-observe on-ice A- activity
D- group discussion

