

# PSA

PROFESSIONAL SKATERS ASSOCIATION

## 2007 PSA NATIONWIDE SEMINAR

The Skating Club of PSA ~ Rochester, MN

Sunday, September x, 2007

### Sample Agenda

7:30 - 8:00 am

Registration and Sign-In

#### OFF-ICE

8:00 - 8:05 am

Welcome & Introductions

8:05 - 8:15 am

PSA and U.S. Figure Skating Updates

8:15 - 9:00 am

Free Skating Theory Jumps & Spins

9:05 - 10:05 am

Designing a Periodized Program ~ 2 credits

10:05 - 10:15 am

*Break / Skates On*

#### ON-ICE

10:15 - 11:45 am

Free Skating - *On-Ice*

Loop jumps & Jump sequences

Flying sit spins & Camel spins

11:45 - 12:45 pm

**LUNCH**

#### ON-ICE

12:45 - 1:30 pm

Moves in the Field - *On-Ice*

1:30 - 1:45 pm

*Break*

#### OFF-ICE

1:45 - 2:45 pm

IJS ~ 2 credits

2:45 - 3:10 pm

Ratings ~ Mock Oral Exam

3:10 - 3:20 pm

*Break*

3:20 - 4:05 pm

U.S. Figure Skating Basic Skills

4:05 - 4:50 pm

Optional topic

4:50 - 5:00 pm

Wrap Up

5:05 - 6:05 pm

PSA Written Exams: (You must have pre-registered)

Basic Accreditation (BA) - 1 hour

Sport Science & Medicine (SS) - ½ hr each

*There are a total of 12 credits for this year's nationwide seminar.  
Each seminar site will have its own Agenda but this will give you an idea of the  
Content that will be covered at the seminar.*