

Boston Seminar

The Skating Club of Boston

October 1, 2017

Presenter ~ Gerry Lane, Debbie Lane & Elliot Schwartz

Tentative Agenda

8:00 – 8:10 am	Welcome and Updates
8:10 – 8:50 am	Test Refresh & PCS
8:50 – 9:50 am	IJS Update
9:50 – 10:05 am	Break
10:05 – 10:20 am	National Dynamic Warm-up
10:20 – 11:20 am	Jumps & Spins (low to competitive)
11:20 – 12:00 n	Moves in the Field
12:00 – 12:50 pm	Lunch Break
12:50 – 1:20 pm	On-ice Speed and Flow
1:20 – 2:20 pm	On-ice Jumps and Spins
2:20 – 2:50 pm	On-ice MIF
2:50 – 3:00 pm	Break
3:00 – 3:45 pm	Interacting with Parents
3:45 – 4:15 pm	Coaching as a Business
4:15 – 5:00 pm	Q & A and Wrap-up

Thank you for attending

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CREDITS

Remember to submit your affidavit to the PSA office within two weeks of the event



**COACHING
PROGRAM**
IN COMPLIANCE WITH NATIONAL STANDARDS