

ICE DANCE SEMINAR  
WEDNESDAY 31ST MAY 2017  
8.30 am until 4.30 pm  
£50 per skater

Junior Ice Dance Club are holding their first Ice Dance Seminar and will be a day on and off ice. This is open to all skaters whether they are a member of Dance Club or not, as we will concentrate on edges, basics and dance. It will be on a 'first come first served basis' as we are limited with numbers!

Off ice will be with Jasmine Campbell MSc and BSc in Sport and Exercise Science, she is a lecturer at University and works closely with many athletes. Jasmine will be talking about Nutrition and parents are invited to join in this session.

Josh Wall has a degree in Strength and Conditioning and works at Marlborough School, he has previously worked with Oxford skaters which really helped with their strength and success on ice.

Bethany Gorton who founded Mini Professionals Dance Academy in 2012 now has 9 locations throughout Oxfordshire. Bethany has performed as a lead dancer all over the world and more recently she has been working closely with our skaters helping them with their choreography and interpretation skills on ice.

Provisional Timetable:

8.30 - 9 a.m.	Registration and warm up
9 - 10 a.m.	On Ice
10.15 - 11.30 a.m.	Off Ice - Jasmine / Sports Nutrition / Oxford College
11.30 - 12	Lunch
12.15 - 2 p.m.	On Ice
	Afternoon will be at Oxford College
2.15 - 3.15 p.m.	Group 1. Josh / Strength and Conditioning
2.15 - 3.15 p.m.	Group 2. Dance Class
3.15 - 3.30 p.m.	Break
3.30 - 4.30 p.m.	Group 2. Josh / Strength and Conditioning.
3.30 - 4.30 p.m.	Group 1. Dance Class

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Name

Contact phone no.

Medical details we should be aware of.

Age    Coach

Standard

Parents signature

Please can you give your child a packed lunch and drinks for the whole day.  
Please can you return slip with cash to Sue Hands asap.