Date	Time	Activity	Location	Supplies/Details
Daily Sun-Wed	All day	Open Ice Time for practice and private lessons Purchase ice here	Various rinks note on the schedule	
		Private lessons sign up LINK Mimi Wacholder, (518-637-1482) Paul Wylie (774 487 8310) Carly Jones 518-637-7727), David Botero (336-314-9258)	Rink is noted on the schedule. **All requests are tentative and to be confirmed by coaches.	
Monday May 12				
Wednesday May 13				
	7:00 am-10:00 am	Open Ice Time for practice and private lessons Purchase ice here		
	10:00 am	Camp Check-in, meet and greet	LP Olympic Center, Upstairs Lobby, (Roomer Café)	
	10:30	Introduction of key staff	Roamer Café	
	11:00	Camp Overview, presentation of System of Skating (SOS) and strategy session	Conference Center	Mimi presents with assistants
	12:00	lunch on your own, can place an order for delivery HERE	Roamer Café	

	1:00-2:30	ON ICE	1980 Arena	
	1:00-1:30	Creative movement warmup	1980 Arena	Mimi
	1:30-2:30	SOS principles on ice		
		ICE CUT	1980 Arena	
	3:00-4:30	SOS p2rinciples on ice	1980 Arena	Mimi half ice in level groups
		Practice and small group instruction	1980 Arena	
	5:00-6:00 pm	Restorative Stretch and Relaxation	Conference Center	Carly and Mim
Thursday May 14				
	9:00-9:50	Bio Mechanics for Skaters with Carly	Conference Center	
	10:00-10:50	Off Ice SOS	Conference Center	
	11:00- 12:00	On Ice Practice Open Ice and Lessons *Included in Camp	1980 Arena	
	12:00-1:00	SOS On Ice		
	1:00-2:30	Lunch	Roamers	
	2:30-3:15	Off Ice Q and A	Roamers	
	3:30-3:50: beginner/intermediate 3:50-4:10: Advanced	Paul Edge Flow: beginner/intermediate Advanced	1980 Arena	
	4:10-4:30 4:30-5:30	Open Skate SOS group on ice - WEAR HEADBANDS! Leigh is coming for a photo-	1980 Arena	Paul Spins Paul Jumps David Pair and Dance lifts Carly David Dance holds Mimi stroking and Mimi Turns
	5:30	Transition – Group Dinner / Smoke signals	Smoke Signals on Main St., Second Floor	
	7:00	Group Dinner Smoke Signals	Smoke Signals on Main St., Second Floor	
Friday May 15				
	8:30-10:30	SOS Small Groups On ICE	1980 Arena	
	10:30-11:00	Snack Break	1980 Hallway	
	11:00-12:00	Group Instruction	1980 Arena	
	12:00-1:00	Optional exhibition and group number	1980 Arena	
	1:00-2:30	Lunch on your own, can place an order for delivery HERE	Conference Center cannot eat in Roamers	

			this day due to other event	
	3:00-4:00	Off Ice- SOS Review	Conference Center	
	4:00-5:00	Yoga Nidra	Conference Center	
Saturday May 16				
	9:30-10:00	Bio Mechanic Part II with Carly	Conference Center	
	10:00-10:30	Deep Stretch Carly	Conference Center	
	10:30-12:00	SOS Off Ice Closing Circle	Conference Center	
	12:00-2:00	Lunch on your own		
	2:00-4:00	Optional Beach/ hike time	Meet at the Golden Arrow Lobby	