

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.	
Wednesday May 16				
	7:00am-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)	Bring journal, schedule, snack, drink, yoga mat, and skating bag
	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, assistants help
	12:00	lunch on your own, can place an order for delivery HERE	Roamer Café	
	1:00-2:50	ON ICE		Carly
		Creative movement warmup	1980 Arena	Bring skating supplies
	2:50	ICE CUT	1980 Arena	Mimi
	3:00-5:00	SOS principles on ice	1980 Arena	Mimi with assistants
		Practice and small group instruction	1980 Arena	

	5:30-6:00 pm	Restorative Stretch and Relaxation		
Thursday May 14				
	9:00-9:50	Body 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	Lunch on your own, can place an order for delivery HERE	Roamers	
	1:00	SOS principles clinic and dynamic warm-up	Conference Center	Bring yoga mat or beach towel
	2:00-3:50	On ice SOS	1980 Arena	
	4:00-6:00	On Ice		Paul Spins w paul Paul Jumps David Pair and Dance lifts David Dance holds Mimi stroking and Mimi Turns
	6:00	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	
		Snack Break		
	11:00-1:00	Group Instruction and optional exhibition	1980 Arena	
	1:00-2:30	Lunch on your own, can place an order for delivery HERE		
	3:00-5:00	Off Ice- SOS Review and Q and A Followed by Restorative Yoga	Conference Center	