



DSC Figure Skating, Summer 2

July 3 - August 4, 2023

simulations
wk 2 & 4 only
(July 13/27)

Apr 8/23		Monday	Tuesday	Wednesday	Thursday	Friday	Thursday
8:00	8:15	dance/skills	dance/skills	dance/skills	dance/skills	dance/skills	Clear ice assessments
8:15	8:30	Senior	Senior	Senior	Senior	Senior	
8:30	8:45	Senior	Senior	Senior	Senior	Senior	Senior simulations
8:45	9:00						
9:00	9:15	stroking	spins	stroking	spins	edges	
9:15	9:30	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	
9:30	9:45	Senior	Senior	Senior	Senior	Senior	FLOOD
9:45	10:00	Senior	Senior	Senior	Senior	dance/skills	
10:00	10:15					IntA U15	
10:15	10:30					edges	
10:30	10:45	IntA U15	IntA U15	IntA U15	IntA U15	edges	FLOOD
10:45	11:00	IntA U15	IntA U15	IntA U15	IntA U15	IntB U12	IntA U15 simulations
11:00	11:15						
11:15	11:30	stroking	spins	stroking	spins	edges	
11:30	11:45	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD	
11:45	12:00	IntA U15	IntA U15	IntA U15	IntA U15	edges	
12:00	12:15	IntA U15	IntA U15	IntA U15	IntA U15	FLOOD	IntB U12 simulations
12:15	12:30						
12:30	12:45	dance/skills	dance/skills	dance/skills	dance/skills	FLOOD	
12:45	1:00	IntB U12	IntB U12	IntB U12	IntB U12	Junior/JrPrep U12	IntB U12 simulations
1:00	1:15	IntB U12	IntB U12	IntB U12	IntB U12	seminar	IntB U12 simulations
1:15	1:30						
1:30	1:45	stroking	spins	stroking	spins	edges	
1:45	2:00	FLOOD	FLOOD	FLOOD	FLOOD	IntSTAR/IntB 12+	
2:00	2:15	stroking	stroking	stroking	stroking	stroking	stroking
2:15	2:30	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr/JrPrep U12
2:30	2:45	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr / JrPrep U12	Jr/JrPrep simulations
2:45	3:00						
3:00	3:15	seminar	seminar	seminar	seminar	edges	
3:15	3:30	seminar	seminar	seminar	seminar	IntSTAR/IntB 12+	Jr/JrPrep simulations
3:30	3:45						
3:45	4:00	IntB U12	IntB U12	IntB U12	IntB U12	IntSTAR/IntB 12+	
4:00	4:15	IntB U12	IntB U12	IntB U12	IntB U12	IntSTAR/IntB 12+	IntSTAR/B 12+ simulations
4:15	4:30						
4:30	4:45	dance/skills	dance/skills	dance/skills	dance/skills	edges	
4:45	5:00	FLOOD	FLOOD	FLOOD	FLOOD	IntSTAR/B 12+	
5:00	5:15	stroking	spins	stroking	spins	IntSTAR/B 12+	
5:15	5:30	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR/B 12+	
5:30	5:45	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR / IntB 12+	IntSTAR/B 12+	IntSTAR/B 12+
5:45	6:00						
6:00	6:15	dance/skills	dance/skills	dance/skills	dance/skills	IntSTAR/B 12+	
6:15	6:30	IFSA stroking	IFSA stroking	IFSA stroking	IFSA stroking	IntSTAR/B 12+	
6:30	8:00	IFSA / PCS / CS	IFSA / PCS / CS	IFSA / PCS / CS	IFSA / PCS / CS	IntSTAR/B 12+	*NO Int/Sr off ice on Sim days

*Subject to changes

OFF ICE SCHEDULE

Apr 8/23	Monday	Tuesday	Wednesday	Thursday	Friday
* ALL skaters are expected to attend both their on ice AND off-ice sessions as per the schedule.	Jumps/Mobility	FITNESS	DANCE	Jumps/Mobility	YOGA
	Senior 10:45-11:45	Senior 10:45-11:45	Senior 10:45-11:45	Senior 10:45-11:45	Senior 10:15-11:15
	IntA U15 9:15-10:15	IntA U15 9:15-10:15	IntA U15 9:15-10:15	IntA U15 9:15-10:15	IntA U15 11:30-12:30
	IntB U12 2:00-3:00	IntB U12 2:00-3:00	IntB U12 2:00-3:00	IntB U12 2:00-3:00	IntB U12 12:45-1:45
	Jr/Jr Prep U12 1:00-1:45	Jr/Jr Prep U12 1:00-1:45	Jr/Jr Prep U12 1:00-1:45	Jr/Jr Prep U12 1:00-1:45	Jr/Jr Prep U12 2:15-3:00
	Junior/JrPrep - After program activity add-on available 3:30 to 5:00 (MTWR) - contact office				
	IntSTAR / IntB 12+ 3:15-4:15	IntSTAR / IntB 12+ 3:15-4:15	IntSTAR / IntB 12+ 3:15-4:15	IntSTAR / IntB 12+ 3:15-4:15	IntSTAR / IntB 12+ 12:45-1:45
	IFSA 5:30-6:00	IFSA 5:30-6:00	IFSA 5:30-6:00	IFSA 5:30-6:00	

Level based on freeskate assessment				
LEVEL	Assessment	Podium Pathway Level	Starskate Level	Jump requirement
Senior	passed Star 8 or	Juv, Pre-Nov to Senior	Star 8-Gold	4 doubles landed
Int A U15	passed Star 6 or	Pre-Juv	star 5*-7	2 doubles
IntB U12	passed star 2		star 3-5	axel
Int B 12+	passed star 2		star 3-5	
Int Star12+	passed star 2		star 3-8	
Jr/JrPrep U12	working on star 1-2		star 1-3	

*have competed at Star 5