



2025 Skate Canada BC/YT Section Technical Camp

Dates: March 14 and 15, 2025

Location: Scotia Barn - Rink 8

Friday March 14

8:30 – 8:45am Group 1 Warm Up (Off Ice Multipurpose Room)

9:00 - 9:45am Group 1 Skating Skills and Spins

9:15 – 9:30am Group 2 Warm Up (Off Ice Multipurpose Room)

9:45 - 10:30am Group 2 Skating Skills and Spins

Flood

10:45 – 11:15am Group 2 Off Ice Stretch (Off Ice Multipurpose Room)

10:45 - 11:30am Group 1 Jump Exercises & Jump Technical

11:45 – 12:15pm Group 1 Off Ice Stretch (Off Ice Multipurpose Room)

11:30 - 12:15pm Group 2 Jump Exercises & Jump Technical

Flood

12:15 - 1:00pm Group 1 & 2 Lunch & Off Ice Discussion (Studio Upstairs Across from Section Office)

1:00 - 1:45pm Group 1 Jump Exercises & Jump Technical

1:45 - 2:30pm Group 2 Jump Exercises & Jump Technical

Flood

2:45 - 3:30pm Group 1 Training & Show and Tell

3:30 – 4:15pm Group 2 Training & Show and Tell

Saturday March 15

8:00 – 8:45am Group 1 Skating Skills and Spins

8:45 - 9:30am Group 1 Skating Skills and Spins

Flood

9:45 - 10:30am Group 1 Jump Exercises & Jump Technical

10:30 - 11:15am Group 2 Jump Exercises & Jump Technical

Flood

11:15-12:45pm Group 1 & 2 Lunch

12:45 - 1:30pm Group 1 Jump Exercises & Jump Technical

1:30 - 2:15pm Group 2 Jump Exercises & Jump Technical

2:20 – 3:20pm Group 1 & 2 Challenge Competition **(Rink 1)**

2:15-3:15pm Parent Discussion (Studio Upstairs Across from Section Office)