

Name: _____ Lakeland Skating Program Summer Schedule June 11, 2012 to August 31, 2012 Main Coach: _____

Time	Type	Ticket	Monday	Tuesday	Wed.	Thursday	Friday
7:00-7:50	General	Yellow					
7:50-8:40	General	Yellow					
8:40-9:30	General	Yellow					
9:30-9:40	Resurface						
9:40-10:10		Orange	Dance	Stroking	Dance	Stroking	Stroking
10:10-11:00	General	Yellow					
11:00-11:30	Moves	Orange					
11:30-11:40	Resurface						
11:40-12:30	General	Yellow					
12:30-1:20	General	Yellow	Juvenile and Up Moves				
12:30-1:00	On ice ballet	Yellow				Pre-Juvenile and below Moves	

Instructions: Based on meetings you have had with your main coach, they have filled out the lessons you should be taking this summer on the form below. They have also listed the number of sessions you should be skating. Circle the box of each session you will be skating and return this form to your main coach by May 11, 2012.

For every 15 minutes of lesson time you have with a coach you should be skating a full additional session of individual practice time.

Coach _____ **Lesson Time Requested** _____ **Placed** _____ **Total lesson time recommended per week:** _____ **Current Test Levels Passed:** _____

1. _____ **Moves:** _____
2. _____ **Total sessions that should be** _____
3. _____ **skated per week:** _____
4. _____ **Freestyle:** _____
5. _____ **Recommended days on ice** _____
6. _____ **per week:** _____ **Dance:** _____

Notes: _____