



## DEVELOPMENT SQUAD

### Group Descriptions and Schedule

6:00    6:15    6:30    6:45    7:00    7:15    7:30    7:45    8:00    8:15    8:30    8:45

**Group A**  
On Ice  
6:00 – 7:00

**Group A**  
Off Ice  
7:15 – 7:55

**Group B**  
Off Ice  
6:35 – 7:15

**Group B**  
On Ice  
7:45 – 8:45

**Group C**  
On Ice  
7:00 – 7:45

**Group C**  
Off Ice  
7:55 – 8:35

<b>Group A</b>	All difficult turns, complex sequences <b>A1</b> Double axel / triple jumps <b>A2</b> All double jumps, double axel preparations All difficult spin variations
<b>Group B</b>	Introduction to difficult turns <b>B1</b> Axel, double salchow, double toeloop and double loop <b>B2</b> Axel preparations Basic spin position combinations and introduction to spin features
<b>Group C</b>	Quality skating emphasis, all 3 turn and Mohawk steps <b>C1</b> All single jumps except axel <b>C2</b> Basic jumps up to loop jump <b>C3</b> Jump preparations Basic spin positions