

Bridge Program

Sample Agenda- 8 Week Session- two classes per week

Tuesdays 6-7pm	Thursdays 6-7pm
<p>Week One: <i>First Night Orientation Meeting</i> Warm-Up/Stretching Routine Stroking Exercises Divide into Groups- Ice Etiquette Lecture Practice Time</p>	<p><i>Parent Meeting- Introduction</i> Warm-Up/Stretching Routine Moves in the Field Spins/Jumps Practice Time</p>
<p>Week Two: Warm-Up/Stretching Routine Crossover Drills Spins/Jumps Artistry in Motion Practice Time</p>	<p>Warm-Up/Stretching Routine Moves in the Field Spins/Jumps Artistry in Motion Practice Time</p>
<p>Week Three: <i>Parent Meeting</i> Warm-Up/Stretching Routine Stroking Patterns Spins/Jumps Ice Dance Practice Time</p>	<p>Warm-Up/Stretching Routine Moves in the Field Spins/Jumps Ice Dance Practice Time</p>
<p>Week Four: Warm-Up/Stretching Routine Stroking Patterns Spins/Jumps Synchronized Team Skating Practice Time</p>	<p>Warm-Up/Stretching Routine Stroking Patterns Spins/Jumps Synchronized Team Skating <i>Mini-Exhibition</i></p>
<p>Suggested Parent Meeting Topics:</p> <ul style="list-style-type: none"> ● The Sport of Figure Skating ● About U.S. Figure Skating ● Club role and function ● The Rulebook ● Test and competition levels 	<p>Suggested Parent Meeting Topics:</p> <ul style="list-style-type: none"> ● Coaching discussion ● Coaching credentials ● How to contract with a coach ● Verbal contracts ● What to expect ● Ways to support your child's coach

Repeat same type of format for another four weeks