



2024 Skate Canada BC/YT Section Juvenile Seminar

Dates: August 19 and 20, 2024

Location: Scotia Barn - Rink 8

Monday August 19

8:00 - 8:45am	Group 1	Skating Skills and Jump Exercises
8:45 - 9:15am	Group 1 & 2	Skating Standards-Off Ice (Multipurpose Room)
Flood		
10:15 - 11:15am	Group 2	Skating Skills and Jump Exercises
11:15 - 12:15pm	Group 1	Rotation Positions & Exercises
12:15 - 12:45pm	Group 1 & 2	Lunch
12:45 - 1:45pm	Group 2	Rotation Positions & Exercises
1:45 - 2:15pm	Group 1	Triple Jumps Development
2:15 - 2:45pm	Group 2	Triple Jumps Development
Flood		
3:00 - 4:00pm	Group 1 & 2	Spins & Level of Difficulty

Tuesday August 20

8:45 - 9:30am	Group 1	Skating Skills and Jump Exercises
9:30 - 10:15am	Group 2	Skating Skills and Jump Exercises
Flood		
10:30 - 11:30am	Group 1	Double Axel
11:30 - 12:30pm	Group 2	Double Axel
12:30 - 1:00pm	Group 1 & 2	Qualification Discussion-Off Ice (Multipurpose Room)
1:00 - 2:00pm	Group 1	Triple Jumps Development
2:00 - 3:00pm	Group 2	Triple Jumps Development
Flood		
3:15pm	Group 1 & 2	Challenge Competition

