



SKELLEFTEÅ KONSTÅKNING

Sean Abram 2018 Skills & Performance Seminar

Skating skills and performance are an intricate part of all skater's programmes and together we will focus on these wonderfully exciting parts of being a figure skater – it's about more than just jumps and spins....yes skaters, like your coach always says, it's about more than jumps and spins.....

There are many different ways you can learn these different sides of skating but my belief is that having fun brings out the creative side more than anything so this will be 6 hours of laughter, learning and creating the side of your skating you don't think about each day.....

Day 1

4:00pm - 4:45pm
4:55pm - 5:25pm
5:35pm - 6:05pm
6:15pm - 7:00pm

Class
Power / Pattern Exercises
Step Sequences ("building your personal best")
Skate & Create ("improv mini-programmes")

Day 2

4:00pm - 4:45pm
4:55pm - 5:25pm
5:35pm - 6:05pm
6:15pm - 7:00pm

Class
Turns, Steps, Clusters & Movement
Step Sequences ("putting it all together")
Skate & Create ("improv mini-programmes")

Get ready to learn and hopefully find a side of your skating you can use for the rest of your life.....!

Helping any skater in any way is what I love to do and if you enjoy it along the way all the much better.....

Skate Well,
Sean

