



The Federation of Artistic Roller Skating

From: Head of Figures & Free – Ben Prior | Email: HoFF@fars.co.uk | Date: 11 Jan 2018

To everyone attending the FARS Free Skating Seminar 10th/11th Feb 2018,

RE: TIMETABLE

Date : 10th & 11th Feb 2018 - 09:00 to 18:00

Venue : Walsall E-Act Academy, Primley Avenue, Walsall, West Midlands, WS2 9UA

I am pleased to be able to publish the initial timetable for the Free Skating seminar being held in Walsall on the 10th and 11th Feb. Please note that the sessions, groups and daily timetables are intended as a guide at this stage and may be subject to change if required. In the event of any change, the start time for both days will remain at 09:00 unless otherwise advised.

Sessions

The following sessions will be run throughout the weekend with each group attending every session at least once:

Code	Session	Host	Location
JUMP	Jump Technique	Alessio Gangi	Rink
SPIN	Spin Technique	Alessio Gangi	Rink
GEN	General Principals	Alessandra Sain	Rink
SKSK	Skating Skills & Step Sequences	Alessandra Sain	Rink
DRY	Off Skates Jump Positions	Ben Prior	Studio
PHYS	Sports Psychology/Mental Imagery	Ben Prior	Classroom
FIT	Fitness Education	Chris Fox	Studio

Groups

For the duration of the weekend, skaters will be split into the following groups by age category and given a colour which corresponds with the daily time tables on the next page:

Colour	Age Category
	Tots & Minis
	Espoir
	Cadet
	Youth, Junior & Senior

Groups have been arranged as above based on the number of skaters attending with each group containing an average of between 20 and 25 skaters.



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Saturday 10th Feb

Colour	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00
Tots & Minis	GEN	SPIN		DRY	Lunch Break	SKSK		JUMP	
Espoir	GEN		SPIN	SKSK			DRY	JUMP	
Cadet	GEN		SKSK	SPIN		DRY	SPIN		JUMP
Youth, Junior, Senior	GEN	SKSK	DRY			SPIN	SPIN		JUMP

Sunday 11th Feb

Colour	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00
Tots & Minis	GEN	JUMP		FIT	Lunch Break	SKSK	PHYS	SPIN	
Espoir	GEN	SKSK		PHYS		JUMP	FIT	SPIN	
Cadet	GEN	FIT	SKSK	JUMP		PHYS	JUMP		SPIN
Youth, Junior, Senior	GEN	PHYS	JUMP	SKSK		FIT	JUMP		SPIN

Notes:

Age Groups: Please note that while skaters will be split by age category we will take into account skating ability and will ensure that the elements taught are suitable and tailored for everyone in the group where required.

Programme: A full programme for the weekend with supporting information will be made available on the day in printed form and also released electronically on or before Friday 9th Feb. Please keep an eye on the FARS website and Facebook page for announcements.