

SkateRaiser On-Ice Training Camp

Event Date: Friday, June 14 Time: 6:00 PM - 7:30 PM

Location: Rink A

Event Overview

Join us for an exclusive educational on-ice mentorship skating event featuring worldclass coaching from Olympians Tai Babilonia and Debi Thomas, along with a team of renowned world and national level coaches. Skaters will have the unique opportunity to learn from these elite coaches through a series of engaging and instructive stations.

Event Schedule

6:00 PM - 6:45 PM: Session 1 (All Levels)

- 6:00 PM 6:05 PM: Welcome and Warm-Up (All Groups)
- 6:05 PM 6:45 PM: Rotating Stations (15 minutes per station)
- Station 1: Technique and Artistry
 - Coach: Tai Babilonia (Olympian)
 - Focus: Artistic expression and advanced skating techniques.
- Station 2: Spins and Jumps
 - Coach: Debi Thomas (Olympian)
 - o **Focus:** Mastering spins and jumps with tips on execution and form.
- Station 3: Skills and Drills
 - Coaches: World and National Level Coaches
 - o **Focus:** Fundamental skills, drills for agility, and speed improvement.

6:45 PM: Intermediate and BeLow Level Skaters Exit

- **Low level skaters** will conclude their session and exit the ice to attend Dance class upstairs.
- Medium and high level skaters will continue to the next rotation on the ice.

6:45 PM - 7:30 PM: Session 2 (Medium and High Levels)

- **6:45 PM 6:50 PM:** Brief Break and Transition
- 6:50 PM 7:30 PM: Rotating Stations (20 minutes per station)
- Station 1: Advanced Technique and Artistry

- o Coach: Tai Babilonia
- o **Focus:** Advanced techniques in artistic expression and performance.
- Station 2: Advanced Spins and Jumps
 - o Coach: Debi Thomas
 - Focus: Complex spins and jump combinations with a focus on precision and height.
- Station 3: Advanced Skills and Drills
 - Coaches: World and National Level Coaches
 - o **Focus:** High-intensity drills and skill refinement for competitive skaters.

SkateRaiser Training Camp Station A Station B Station C Tai Debi Kori

^{*}Group leads by Olympian Tai Babilonia, Debi Thomas, and Olympic coach, Kori Ade With support from renowned Diversify Ice coaches

Group Rotations

Session 1 (6:05 PM - 6:45 PM)

- Low Level Group
 - o 6:05 PM 6:20 PM: Station 1 with Tai Babilonia
 - o 6:20 PM 6:35 PM: Station 2 with Debi Thomas
 - 6:35 PM 6:45 PM: Station 3 with World and National Level Coaches
- Medium Level Group
 - o 6:05 PM 6:20 PM: Station 2 with Debi Thomas
 - o 6:20 PM 6:35 PM: Station 3 with World and National Level Coaches
 - o 6:35 PM 6:45 PM: Station 1 with Tai Babilonia
- High Level Group
 - 6:05 PM 6:20 PM: Station 3 with World and National Level Coaches
 - o 6:20 PM 6:35 PM: Station 1 with Tai Babilonia
 - o 6:35 PM 6:45 PM: Station 2 with Debi Thomas

Session 2 (6:50 PM - 7:30 PM)

- Medium Level Group
 - o 6:50 PM 7:10 PM: Station 1 with Tai Babilonia
 - o 7:10 PM 7:30 PM: Station 2 with Debi Thomas
- High Level Group
 - o 6:50 PM 7:10 PM: Station 2 with Debi Thomas
 - o 7:10 PM 7:30 PM: Station 1 with Tai Babilonia

Both groups will share **Station 3** during the second session for a combined high-intensity practice led by World and National Level Coaches.

Important Information

- Arrival: Please arrive at least 15 minutes early to check in and prepare.
- Attire: Wear appropriate skating attire and bring necessary equipment.
- **Safety:** Ensure all skaters have proper safety gear. Signing a waiver is required for participating in each event.

Contact Information

For any questions or additional information, please contact:

- Event Coordinator: Joey Velasco and Nathan Truesdell
- **Email:** info@diverisfyice.org

We look forward to seeing you on the ice for this exceptional educational experience!