



Rhythm & Blades Synchronized Skating Camp 2021

Friday August 13th

11:50-12:20 Open Juvenile – Warm-up with Kristina – New Lobby

12:30-2:00 Open Juvenile Team ice time with Becky Gallion - North

2:10-2:50 Open Juvenile Team – Games - New Lobby

2:15-3:30 Aspire Synchro ice time with Becky Gallion - North

2:50-3:35 Pre Juvenile Team – Games – New Lobby

3:00-4:00 Open Juvenile Team – Videos– Bob Fick

3:45-5:15 Pre Juvenile ice time with Becky Gallion - North

3:45-4:30 Aspire Synchro – Games - New Lobby

4:00-4:25 Open Juvenile - Team time – RFSC locker room

4:30-5:15 Aspire Synchro – Lip synch/Dance Practice – Gym Open Juvenile assists

5:30-6:00 Pre Juvenile – Stretching with Kristina – Gym

Locker rooms: OJ - RFSC PJ – will assign later Aspire – will assign later

Saturday August 14th

8:15-8:45 Pre Juvenile Team Building with Vikki Dalquist – assigned locker room

9:00-9:45 All Teams “Synchro Sense” - North

9:00-10:00 Open Juvenile Parents – Meeting in Activity 2

9:45-10:30 Pre Juvenile ice time with Becky Gallion – North

9:50-10:35 Open Juvenile – Healthy Habits - Makayla Krajewski – Gym

10:00-10:45 Aspire Synchro – Why synchro? - Sam Romenesko & Maggie Panetta – Bob Fick

10:45-11:30 Pre Juvenile “How did we do it?” – Sam Romenesko & Maggie Panetta - Bob Fick

10:45-12:00 Open Juvenile Team ice time with Becky Gallion - South

11:00-11:45 Aspire Synchro – Healthy Habits - Makayla Krajewski – Gym

11:30-12:30 Pre Juvenile & Aspire Synchro Teams Lunch – Activity 2

12:00-12:45 Open Juvenile Team Lunch – Activity 2

12:30-12:45 Aspire Synchro – Off ice warm-up – Kristina – Locker room

12:30-12:55 Pre Juvenile – Team time – assigned locker room

12:50-1:35 Open Juvenile – How did we do it? – Sam Romenesko & Maggie Panetta – Bob Fick

1:00-1:45 Aspire Synchro ice time with Becky Gallion - North

1:00-1:45 Pre Juvenile Acting & Performance – Dinah Toups – Gym

1:00-1:45 Parents – Fueling your athlete – Makayla Krajewski – Activity 2

1:45-2:45 Open Juvenile Team ice time with Becky Gallion - North

1:50-2:20 Parents – Ice Monitoring Class – Sue Eckenrode – Activity 2

2:00-2:45 Aspire Synchro Team – Acting & Performance – Dinah Toups – Gym

2:00-2:45 Pre Juvenile – Healthy Habits - Makayla Krajewski – Bob Fick

3:00-3:45 Open Juvenile – Acting & Performance – Dinah Toups – Gym

3:00-4:00 Pre Juvenile Team ice time with Becky Gallion – South

3:50-4:10 - Open Juvenile – measuring for costumes – RFSC locker room

4:15- 5:15 Open Juvenile Team ice time with Becky Gallion – South

4:15-5:15 Pre Juvenile & Aspire Synchro Chill Yoga Session - Gym

5:30-6:30 Open Juvenile Team - Chill Yoga Session - Gym

Locker rooms: OJ - RFSC PJ – will assign later

Aspire – will assign later

****Black Light Yoga: Please arrive 20 minutes ahead in order to paint yourself – all supplies provided.**

Sunday August 15th

8:30-9:30 Pre Juvenile ice time with Vikki & Kristina – North

8:45-9:30 Open Juvenile team – Lip synch/Dance Practice - locker room

9:30-10:15 *Parents – Judging with US Figure Skating Judge Stephanie Pusch – Bob Fick*

9:40-10:25 Pre Juvenile – Lip synch/Dance Practice – Locker room

9:45 - 11:00 Open Juvenile Team ice time with Vikki & Kristina - North

10:30-11:15 Pre Juvenile – **Judging with US Figure Skating Judge Stephanie Pusch – Bob Fick**

10:15-11:00 Aspire Synchro – Lip synch/dance Practice – Locker room

10:20-10:50 am Parents – Ice Monitoring Class – Sue Eckenrode – Activity 2

11:15-12:15 Aspire Synchro Team ice time with Vikki & Kristina - North

11:15-12:00 Open Juvenile – **Judging with US Figure Skating Judge Stephanie Pusch – Bob Fick**

11:20-12:00 Pre Juvenile – measuring for costumes – locker room

12:00-1:00 Lunch Open Juvenile & Pre Juvenile - Activity 2

12:15-1:00 Lunch Aspire Synchro – Activity 2

1:15-2:00 All Teams – Total Fun & silliness! NO Hard Work on this session! - South

2:15-2:45 Lip Synch/Dance Contest for all three Teams - Gym

Locker rooms: OJ - RFSC PJ – will assign later

Aspire – will assign later