

Registration will take place at the venue beginning at 8:30 A.M. each day.  
 Since our time is limited, skaters are encouraged to pack a lunch!  
 Schedule is subject to change.

**Friday, February 3, 2012**

	<b>Track 1 (Beginner - Intermediate I)</b>	<b>Track 2 (Intermediate II - Advanced)</b>	<b>Off-skate</b>	<b>Coach camp</b>
<b>10 - 11 A.M.</b>	Agility 101 with Frida Beater	Staying in the Zone with Ziv (track awareness, pack control, trading penalties for points)		<b>Coach camp begins on Saturday and is open to registered skaters as well as coaches.</b>
<b>11:15 - 12:15</b>	Speed skating form and technique with Frida Beater	Assisting Your Jammer: Offensive pack strategies for all scenarios with Iron Maiven	Stairs and Sprints with Ziv: Efficient aerobic/anaerobic workouts to build your speed and endurance	
<b>12:30 - 1:30 P.M.</b>	Partner blocking and building walls with Iron Maiven	Resistance Training to Build Your Skate Muscles with Ziv	Off-skate blocking: Perfecting technique and building muscle memory with Teflon Donna	
<b>1:30 - 2:45 P.M.</b>	<b>Lunch break</b>			
<b>2:45 - 3:45 P.M.</b>	Blocking below the waist with Frida Beater	When to Switch to Offense with Ziv (including lap-by-lap "pack resets")	Basics of Rules: Using them to your advantage with Teflon Donna	
<b>4 - 5 P.M.</b>	Faking Out Your Opponents: Basics of juking with Teflon Donna	Multi-tasking in a Pack: How to balance offense and defense with Iron Maiven (Partner Blocking and Assisting your Jammer classes recommended prerequisites)	Circuit training on the "game clock" for your living room with Ziv	
<b>5 - 6 P.M.</b>	Beginner open skate	Scrimmage		

**Saturday, February 4, 2012**

	<b>Track 1 (Beginner - Intermediate I)</b>	<b>Track 2 (Intermediate II - Advanced)</b>	<b>Off-skate</b>	<b>Coach camp</b>

<b>10 - 11 A.M.</b>	Beginning footwork and lateral movement with Smackya Sideways	Escaping the Lean Block with Teflon Donna (using transitions, toe stops, and contact points) [open to all skill levels]	Agility ladders with Iron Maiven	Introduction and discussion of goals for the weekend (moderated by Black Dahlia)
<b>11:15 - 12:15</b>	Slow Starts/Fast Starts and Appropriate Countermeasures with Ziv	3 in the Box, 2 on the Track: How to dominate a pack with only 2 blockers with Iron Maiven	Goal setting and mental preparation with Teflon Donna	Team building and conflict resolution with Frida
<b>12:30 - 1:30 P.M.</b>	Single skater and partner blocking with Smackya Sideways	Pack Dynamics with Frida Beater (defensive cohesion, offensive and defensive transitioning, awareness, and communication)	Ab Circuit with Iron Maiven	Coaching "musts" with Ziv
<b>1:30 - 2:45 P.M.</b>	<b>Lunch break (ref on-skate classes)</b>			
<b>2:45 - 3:45 P.M.</b>	Pack "building blocks" with Ziv (including sharks and walls, jammer defense, and disaster scenarios)	Partner Blocking with Teflon Donna (baiting, angling, and assisting to get your opponent under your control)	Visualization for Champions with Frida Beater	Body Care for Skaters Black Dahlia (stretching, cross training, diet, etc.)
<b>4 - 5 P.M.</b>	Whips with Smackya Sideways	Final Bout Preparation with Ziv: Concept review on the 10 minute game clock focusing on "closing the gap" or "closing the deal"	Dealing with an injury or an injured teammate with Teflon Donna	Creating Line-ups with Frida: Identifying strengths and weaknesses of a roster/team goals to create the best line-ups
<b>5 - 6 P.M.</b>	Beginner open skate	Scrimmage (with coach camp coaches bench managing)		Bench manage scrimmage

**Sunday, February 5, 2012**

	<b>Track 1 (Beginner - Intermediate I)</b>	<b>Track 2 (Intermediate II - Advanced)</b>	<b>Off-skate</b>	<b>Coach camp</b>
<b>10 - 11 A.M.</b>	Wearing the Pivot Panty: Getting comfortable with commanding a	Scrum starts with Teflon Donna (plowing through as a blocker and	Strategy Q&A with Frida Beater	Practice structure and planning with Black Dahlia

	pack on the track with Iron Maiven	defending as a blocker)		
<b>11:15 – 12:15</b>	Transitions with Teflon Donna and Smackya Sideways [open to all skill levels]	Advanced Blocking Techniques with Frida Beater	Captaining a Championship Team with Iron Maiven	Roller Derby in 4 Steps with Ziv: Decision trees for improved pack decisions and bout-time execution
<b>12:30 – 1:30 P.M.</b>	Jammer Survival Skills with Teflon Donna (choosing your path, using your speed, and gaining the upper hand)	Single skater blocking with Smackya Sideways	Stats and Penalties: Improving your game by reviewing and understanding stats with Iron Maiven	The importance of communication and delivery with Black Dahlia
<b>1:30 – 2:30 P.M.</b>	<b>Lunch break (ref on-skate classes)</b>			
<b>2:30 – 3:30 P.M.</b>	Toe Stop Derby: Starting, stopping, and everything in between with Teflon Donna [open to all skill levels]	Pack is HERE! with Iron Maiven: Using pack definition to maximize your offense and defense (ref participation encouraged)	Nutrition for Champions with Frida Beater	Managing your bouts “by the numbers” with Ziv (jam by jam breakdowns to reverse engineer your future success)
<b>3:45 – 4:45 P.M.</b>	Communication is Key: Learning to be a better communicator with Teflon Donna	Crowd Pleasing Hits with Smackya Sideways: Sternum hits	Awesome Jammer Workout with Frida Beater	Writing lines and rotations and running without them during the bout with Ziv
<b>4:45 – 5:15 P.M.</b>	Beginner open skate	Scrimmage (with coach camp coaches bench managing)		Bench manage scrimmage