

British Ice Skating Adult Development Camp

IceSheffield, Coleridge Road, Sheffield

Sunday 7th September 2025

SUNDAY	SESSION	LOCATION
11:15-11:45	Meet & Greet, Check-in & Waivers	IceSheffield Reception
12:00-12:45	Warm up & Edges (everyone)	On Ice
12:45-13:45	Basics, Transitions & Jump Technique (group A)	On Ice
12:50-13:40	Dynamic Flexibility & Conditioning (group B)	Off Ice
13:50-14:45	Dynamic Flexibility & Conditioning (group A)	Off Ice
13:45-14:45	Basics, Transitions & Jump Technique (group B)	On Ice
14:45-15:15	BREAK	
15:15-16:15	Jump Technique & Pattern Dance Information (group A)	On Ice
15:15-16:10	Choreography & Performance (group B)	Off Ice
16:20-17:10	Choreography & Performance (group A)	Off Ice
16:15-17:15	Jump Technique & Pattern Dance Information (group B)	On Ice
17:15-18:00	Kelly Buddery Performance (everyone)	On Ice

OFF-ICE COACH:

Kelly Buddery

Sessions may be subject to change



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Monday 8th September 2025

MONDAY	SESSION	LOCATION
08:00-08:30	Check-in	IceSheffield Reception
08:45-09:45	Warm up & Edges (everyone)	On Ice
09:45-10:45	Competition simulation or Skills Info (group A)	On Ice
09:50-10:45	Dynamic Flexibility & Conditioning (group B)	Off Ice
10:50-11:45	Dynamic Flexibility & Conditioning (group A)	Off Ice
10:50-11:45	Competition simulation or Skills Info (group B)	On Ice
11:45-12:45	LUNCH	
12:45-13:45	Program elements, free dance elements & spins (group A)	On Ice
12:45-13:45	Agility/Plyometrics (group B)	Off Ice
13:50-14:45	Agility/Plyometrics (group A)	Off Ice
13:50-14:45	Program elements, free dance elements & spins (group B)	On Ice
14:45-15:00	Ice Resurface	
15:00-15:40	Open Supervised Session (everyone)	On Ice

OFF-ICE COACH:
Louisa Parker-Monks

Sessions may be subject to change

