



AIR is pleased to announce our National Open Development Camp from 2nd to 5th October, 2022. This 3 days' camp will be an intensive technique camp with video analysis of individual skater both on ice and off ice. The footage will be made available to skaters after the camp so they can continue to work on their technique with their own local coaches.

We have secured the following accredited AIR coaches to facilitate the camp:

1. Deanna Lockett - 2 times Olympian, represented Australia in World Cups, Junior and Senior World Championships, and 2017 Sapporo Asian Winter Games.
2. Denali Blunden – represented Australia in 5 Junior World Championships (2015/16 to 2019/20), World Cup and 2017 Sapporo Asian Winter Games. Denali is currently completing a coaching internship in Seoul, South Korea.
3. Jonathan Lam – represented Australia in the 2018/2019 Junior World Championships and he has also completed the Certificate IV in Training and Assessment.

A level 1 coaching course will also be held in conjunction with the development camp. Other available club coaches who are interested in assisting with coaching at the camp are encouraged to contact Margaret Blunden at generalsecretary@australianiceracing.org.

Date	From Monday 2 nd to Wednesday 5 th October, 2022
Venue	O'Brien Icehouse, 105 Pearl River Road, Docklands, VIC
Eligibility	All financial members of AIR State Association members or financial members of ISU members. This camp is open to all ages and abilities and skaters will be divided into various groups in the first session.
Cost	\$225 (with 11 hours ice time plus off ice sessions over 3 days) For those who cannot make the full 3 days, there is also a one day option for \$100 and 2 days for \$200. Please note that the cost exclude travel and accommodation which is to be organised by participants
Registration	Registration is now open via online entry only with credit card payment. Registration will close on Sun, 25th September to allow proper assessment of participants and finalisation of the training program. Click here to register. If you have registered for 2022 Australian Open Championships, you can use the same user ID and password as before. Once you have logged in, all the personal information should be prefilled for you.
Contact	If you have any questions, please email generalsecretary@australianiceracing.org

Program

	<u>AIR Development Camp Schedule</u>	<u>AIR Coaches Course Schedule</u>
<u>3rd October 2022</u>		
6:00am	Arrive at Rink	
6:15am - 7:30am	WarmUp/Land Training	Discussion upstairs and join with training group
7:30am	Preparation for Ice Training	Briefing for Ice Training
8:00am - 10:00am	Ice Training	
10:00am - 10:45am	Warm Down	Morning session debrief
10:45am - 12:30pm	Mid Day Break	
12:30pm - 1:30pm	Video Review Session	Video Review Session
1:30pm	Preparation for Ice Training	Briefing for Ice Training
2:00pm - 4:00pm	Ice Training	
4:30pm - 5:15pm	Land Training	Debrief/ Theory Session (Coaching Principles-Feedback)
<u>4th October 2022</u>		
6:00am	Arrive at Rink	
6:15am - 7:30am	WarmUp/Land Training	
7:30am	Preparation for Ice Training	Briefing for Ice Training
8:00am - 10:00am	Ice Training	
10:00am - 10:30am	Warm Down	Sharpening Workshop
10:30am - 12:00pm	Mid Day Break	
12:00pm - 1:00pm	Anti-Doping Session	
1:00pm - 1:30pm	WarmUp/Preparation for Ice Training	Briefing for Ice Training
2:00pm - 4:00pm	Ice Training	
4:30pm - 5:45pm	Video Review Session/ Land Training	Afternoon session debrief
<u>5th October 2022</u>		
6:00am	Arrive at Rink	
6:15am - 7:30am	WarmUp/Land Training	Lesson Planning Session
7:30am	Preparation for Ice Training	Briefing for Ice Training
8:00am - 11:00am	Ice Training	
11:00am - 11:45am	Warm Down	Course Conclusion Discussion
12pm to 2pm	Team lunch (optional, venue TBC)	