

ARTISTIC INTERNATIONAL SEMINAR FOR FREE SKATING & DANCE 2024		
25/11/2024	<i>FREESKATING-PAIRS</i>	
09:00	WELCOME/OPENING	ATC
09:15	General Rules	ATC
10:15	Freeskating-Pairs - New Rules	ATC
11:15	Break	
11:45	How to build a champion	Sara Locandro
13:15	Lunch Break	
14:45	Mobility and postural control for spins	Francesca Genesin
16:15	Break	
16:45	Pairs - How to Create a Pair and its preparation through the year	Cristina Pelli
18:15	Break	
18:45	Triple Jumps development	Manel Villaroya
20:15	End	
20:30	Dinner	
26/11/2024	<i>FREESKATING-PAIRS</i>	
09:00	A study on a jumps' flight phase	Oscar Molins
10:30	Break	
11:00	QOE and Components Freeskating and Pairs - Problems	ATC
13:00	Lunch Break	
14:30	Setting up a Choreography for Freeskating and Pairs	Sandro Guerra
16:00	Break	
16:30	Freeskating Video Training	ATC
18:00	Break	
18:30	Pairs Video Training	ATC
20:00	End	
20:15	Dinner	
27/11/2024	<i>DANCE - QUARTETS - SHOW - PRECISION</i>	

09:00	Compulsory Dances	Di Giacomantonio/Gaudy/Passini/Lago
11:00	Break	
11:30	Dance Rules including style dance themes/rhythms 2025	ATC
13:00	Lunch Break	
14:30	Design a Couple Dance Choreography	Andrea Bassi
16:00	Break	
16:30	Dance QOE and components - Problems	ATC
18:00	Break	
18:30	Design a Solo Dance Choreography	Pedro Romero
20:00	End	
20:15	Dinner	
28/11/2014	<i>DANCE - QUARTETS - SHOW - PRECISION</i>	
09:00	Dance Video Training	ATC
11:00	Break	
11:30	Quartets - QOE and Components	ATC
13:00	Lunch Break	
14:30	Design a Quartet Choreography	Oscar Molins
16:00	Break	
16:30	Quartet & Show Video Training	ATC
18:00	Break	
18:30	Precision - Rules, QOE, Components, Video Training	ATC
20:00	Close	
20:15	DINNER	
21:30	Exams briefing for exam candidates ONLY	ATC
29/11/2024	<i>OFFICIALS EXAMS</i>	
09:00	EXAMS	Written
12:00	EXAMS	Practical