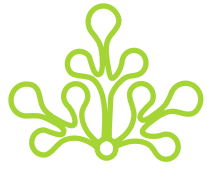
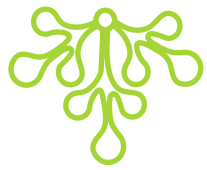


LISBON 2020

ARTISTIC SKATING



PROVISIONAL  
PROGRAM





# LISBON 2020 ARTISTIC SKATING INTERNATIONAL SEMINAR

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## THURSDAY 30 JAN

**17:30 - 19:30** Accreditation - Welcome Desk

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## FRIDAY 31 JAN

### WELCOME DESK

**7:00 - 8:00** Accreditation

### ROOM 1

**8:00 - 8:15** OPENING

**8:15 - 8:45** Code of Ethics

**8:45-10:30** Dance - Lifts 2020 - Levels

**10:30-12:00** Free Skating New Rules 2020

**12:00-13:30** Dance New Rules 2020

**15:00-16:30** Components - Skating Skills, Transitions

**16:30-18:00** Dance - Free Dance Elements

**18:00-19:30** Free - High Level Spin's Features

**20:30-22:00** Sports Psychology  
"Development of excellence in sports:  
How can coaches intervene?"

## ROOM 2

**16:30-18:00** Pairs - Elements, Contacts Spins

**18:00-19:30** Precision New Rules 2020

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## SATURDAY 1 FEB

## ROOM 1

**9:00-10:30** Free - Flip

**10:30-12:00** Dance - KP Couple 2020, Couples

**12:00-13:30** Components - Performance, Choreography

**15:00-16:00** Show - The Future

**16:00-18:00** Free - Short and Long Term Planning

**18:00-19:30** Dance - KP Solo 2020

**20:30-22:00** Components: Analysis of the requirements and suggestions.

## ROOM 2

**9:00-10:30** Precision New Elements 2020

**10:30-12:00** Pairs New Rules 2020

**15:00-16:00** Free - Technique

**18:00-19:30** Pairs - Lifts

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# SUNDAY 2 FEB

## ROOM 1

- 9:00-10:30** World Skate Academy - DANCE Level 1
- 10:30 - 12:00** World Skate Academy - PRECISION Level 1
- 12:00 - 13:30** World Skate Academy - FREE Level 1
- 15:00-16:30** World Skate Academy - DANCE Level 2
- 16:30-18:00** World Skate Academy - FREE Level 1
- 18:00-19:30** World Skate Academy - PAIRS Level 1
- 20:30-22:00** World Skate Academy - DANCE Level 1

## ROOM 2

- 9:00-10:30** TS Calls - Free Skating
- 10:30 - 12:00** QOE - Free Skating
- 12:00 - 13:30** Judging. Components - Skating Skills, Transitions
- 15:00-16:30** TS Calls - Precision
- 16:30-18:00** QOE - Precision
- 18:00-19:30** Video Analysis - Free Skating
- 20:30-22:00** Study Session - Judges and TS

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# MONDAY 3 FEB

## ROOM 1

- 9:00-10:30** World Skate Academy - FREE Level 2
- 10:30-12:00** World Skate Academy - DANCE Level 2
- 12:00-13:30** World Skate Academy - PAIRS Level 2
- 15:00-16:30** World Skate Academy - FREE Level 2
- 16:30-18:00** World Skate Academy - DANCE Level 2
- 18:00-19:30** World Skate Academy - PRECISION Level 2
- 20:30-22:00** World Skate Academy - PAIRS Level 2

## ROOM 2

- 8:30-9:00** Technical Panel Protocol
- 9:00-10:30** TS Calls - Dance
- 10:30-12:00** QOE - Dance
- 12:00-13:30** Judging. Components - Performance, Choreography
- 15:00-16:30** TS Calls - Pairs
- 16:30-18:00** QOE - Pairs
- 18:00-19:30** Video Analysis - Dance
- 20:30-22:00** Study Session - Judges, TS

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# TUESDAY 4 FEB

## ROOM 1

**08:30-13:30** Judges/ TS Exams Theory

**15:00-19:30** Judges/ TS Exams Practical







WORLD  
SKATE

