**NUST SKATING TRAINING CAMP FOR (MALE STUDENTS/ WARDS)**

**10-14 Jun 2024 (Time – 1700hrs to 1800hrs)**

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| **Ser** | **Day/Date** | **Subject** | **Timing**  **45-60 Mins** | **Remarks** |
| 1 | 10 Jun 24 | 1. Introduction  2. Stretching/Warm-up  3. Briefing on Controlling on Body and Mind  4. Briefing on Skating Stance  5. Standing and Balancing  6. Cool Down | 2-5 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | **Venue**  **Skating Rink** |
| 2 | 11 Jun 24 | 1. Introduction  2. Stretching/Warm-up  3. Briefing on Controlling on Body and Mind  4. Standing and Balancing  5. Forward Stepping  6. Cool Down | 2-5 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | “ |
| 3 | 12 Jun 24 | 1. Stretching/Warm-up  2. Controlling on Body and Mind  3. Standing and Balancing  4. Forward Stepping  5. Cool Down | 5-10 Min  5-10 Min  10-15 Min  15-20 Min  2-5 Min | “ |
| 4 | 13 Jun 24 | 1. Stretching/Warm-up  2. Standing and Balancing  3. Forward Stepping  4. Supporting Foot Pushes  5. Briefing on Moving Arms  6. Cool Down | 5-10 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | “ |
| 5 | 14 Jun 24 | 1. Stretching/Warm-up  2. Balancing  3. Forward Stepping  4. Supporting Foot Pushes  5. Briefing on Moving Arms  6. Braking Techniques  7. Cool Down | 5-10 Min  2-5 Min  5-10 Min  5-10 Min  2-5 Min  5-10 Min  2-5 Min | “ |

**NUST SKATING TRAINING CAMP FOR (FEMALE STUDENTS & WARDS)**

**10 - 14 Jun 24 (Time – 1800hrs to 1900hrs)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ser** | **Day/Date** | **Subject** | **Timing**  **45-60 Mins** | **Remarks** |
| 1 | 10 Jun 24 | 1. Introduction  2. Stretching/Warm-up  3. Briefing on Controlling on Body and Mind  4. Briefing on Skating Stance  5. Standing and Balancing  6. Cool Down | 2-5 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | **Venue**  **Skating Rink** |
| 2 | 11 Jun 24 | 1. Introduction  2. Stretching/Warm-up  3. Briefing on Controlling on Body and Mind  4. Standing and Balancing  5. Forward Stepping  6. Cool Down | 2-5 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | “ |
| 3 | 12 Jun 24 | 1. Stretching/Warm-up  2. Controlling on Body and Mind  3. Standing and Balancing  4. Forward Stepping  5. Cool Down | 5-10 Min  5-10 Min  10-15 Min  15-20 Min  2-5 Min | “ |
| 4 | 13 Jun 24 | 1. Stretching/Warm-up  2. Standing and Balancing  3. Forward Stepping  4. Supporting Foot Pushes  5. Briefing on Moving Arms  6. Cool Down | 5-10 Min  5-10 Min  5-10 Min  10-15 Min  5-10 Min  2-5 Min | “ |
| 5 | 14 Jun 24 | 1. Stretching/Warm-up  2. Balancing  3. Forward Stepping  4. Supporting Foot Pushes  5. Briefing on Moving Arms  6. Braking Techniques  7. Cool Down | 5-10 Min  2-5 Min  5-10 Min  5-10 Min  2-5 Min  5-10 Min  2-5 Min | “ |