**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. Introduction2. Stretching/Warm-up3. Briefing on Controlling on Body and Mind4. Briefing on Skating Stance5. Standing and Balancing6. Cool Down | 2-5 Min5-10 Min5-10 Min10-15 Min 5-10 Min2-5 Min | **Venue****Skating Rink** |
| 2 | 11 Jun 24 | 1. Introduction2. Stretching/Warm-up3. Briefing on Controlling on Body and Mind4. Standing and Balancing5. Forward Stepping6. Cool Down | 2-5 Min5-10 Min5-10 Min10-15 Min 5-10 Min2-5 Min | “ |
| 3 | 12 Jun 24 | 1. Stretching/Warm-up2. Controlling on Body and Mind3. Standing and Balancing4. Forward Stepping5. Cool Down | 5-10 Min5-10 Min 10-15 Min 15-20 Min 2-5 Min | “ |
| 4 | 13 Jun 24 | 1. Stretching/Warm-up2. Standing and Balancing3. Forward Stepping4. Supporting Foot Pushes5. Briefing on Moving Arms6. Cool Down | 5-10 Min5-10 Min5-10 Min 10-15 Min 5-10 Min 2-5 Min | “ |
| 5 | 14 Jun 24 | 1. Stretching/Warm-up2. Balancing3. Forward Stepping4. Supporting Foot Pushes5. Briefing on Moving Arms6. Braking Techniques7. Cool Down | 5-10 Min 2-5 Min5-10 Min5-10 Min 2-5 Min5-10 Min 2-5 Min | “ |

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

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

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| **Ser** | **Day/Date** | **Subject** | **Timing****45-60 Mins** | **Remarks** |
| 1 | 10 Jun 24 | 1. Introduction2. Stretching/Warm-up3. Briefing on Controlling on Body and Mind4. Briefing on Skating Stance5. Standing and Balancing6. Cool Down | 2-5 Min5-10 Min5-10 Min10-15 Min5-10 Min2-5 Min | **Venue****Skating Rink** |
| 2 | 11 Jun 24 | 1. Introduction2. Stretching/Warm-up3. Briefing on Controlling on Body and Mind4. Standing and Balancing5. Forward Stepping6. Cool Down | 2-5 Min5-10 Min5-10 Min10-15 Min5-10 Min2-5 Min | “ |
| 3 | 12 Jun 24 | 1. Stretching/Warm-up2. Controlling on Body and Mind3. Standing and Balancing4. Forward Stepping5. Cool Down | 5-10 Min5-10 Min10-15 Min15-20 Min2-5 Min | “ |
| 4 | 13 Jun 24 | 1. Stretching/Warm-up2. Standing and Balancing3. Forward Stepping4. Supporting Foot Pushes5. Briefing on Moving Arms6. Cool Down | 5-10 Min5-10 Min5-10 Min10-15 Min5-10 Min2-5 Min | “ |
| 5 | 14 Jun 24 | 1. Stretching/Warm-up2. Balancing3. Forward Stepping4. Supporting Foot Pushes5. Briefing on Moving Arms6. Braking Techniques7. Cool Down | 5-10 Min2-5 Min5-10 Min5-10 Min2-5 Min5-10 Min2-5 Min | “ |