



## Welcome to Advance Development Program at Olympicview Arena

Seattle Skating Club offers Advanced Development Program (ADP) on Tuesdays for our FS skaters over to our training center, Olympicview Arena, in Mountlake Terrace.

ADP is also offered to skaters registered in our LTS program for Basic 4 or above, based on coach recommendation. If you are a skater in our LTS series & want to see if you can qualify to add ADP, contact Steve Baker @ [sscltsdirector@yahoo.com](mailto:sscltsdirector@yahoo.com) for evaluation.

Due to the way that we purchase the ice, **ADVANCED REGISTRATION IN ESSENTIAL**, we may not be able to take any registrations on the day, just walking in. Upon arrival at the arena, you must check in with the ice monitor EVERY WEEK. They will have the list of the skaters authorized to skate on the session.

Skaters need to have their own skates to participate. Rental skates will not be available at OVA. Please put your skates on at ice level, we do not want skaters “booting up” in the lobby. If you enter arena with your skates on make sure you are wearing guards. Skates without guards are prohibited in the lobby of Olympicview Arena.

The format of the class is as follows:

- 4:15 Arrive at OVA
- 4:30 to 5:00 independent practice ice
- 5:00 to 5:30 on ice instruction. (The skaters will be split into two groups with two coaches, one coach will spend the first 15 minutes working on edges which are the basis of everything you do on the ice while the other coach will work on jumps and spins. After 15 minutes the coaches will swap classes and repeat the syllabus. That way all the skaters will get full coverage every week)
- 5:30 ice session ends
- 5:35/40 all skaters must be in the ballet room for their 30 minute off-ice class. Please make sure you are wearing appropriate clothing (Strictly No Jeans) and running shoes. In addition to other skating related work out, you will be warming up & stretching.

We are excited to see how the skaters will progress once we get them into a different environment at our training center. If you have any questions, please do not hesitate to reach out to:

- Sanju (any administration or operations related questions) – [sscltsadm@gmail.com](mailto:sscltsadm@gmail.com)
- Steve (any skating related questions) - [sscltsdirector@yahoo.com](mailto:sscltsdirector@yahoo.com)