



SCHEDULE 2018 ISU Coaching for Performance Seminar, Bangkok

During August 6-10, 2018



AT 6th Floor, Imperial World Samrong & 5th Floor, Imperial World Ice Skating (IWIS)

Date August 6, 2018

Time	Place	Subject	Moderator
09.30 - 10.00	6th Floor, Imperial World Samrong	Register	
10.00 - 10.15 10.15-10.30	6th Floor, Imperial World Samrong	Welcome Presentation of the moderators	Mrs. Suwanna Silpa-archa, ISU Development Commission Member Mr. Tatsoro Matsumura ISU Council Member (Figure Skating)
10.30 - 12.00	6th Floor, Imperial World Samrong	Guidline for marking + GOE Of Single Elements (positive aspects)	Ms. Yukiko Okabe
12.00 - 13.00	Lunch Break		
13.00 - 14.00	6th Floor, Imperial World Samrong	Method of Coaching	Mr. Peter Grutter
14.00 - 15.00	On Ice (IWIS International Training Center)	Basic skating	Mr. Peter Grutter & Misha Ge
15.00 - 15.30	Coffee Break		
15.30 - 16.30	On Ice (IWIS International Training Center)	Basic skating	Mr. Peter Grutter & Misha Ge
16.30 - 17.30	On Ice (IWIS International Training Center)	Basic element of skating	
17.30 - 18.30	6th Floor, Imperial World Samrong	Sport Medicine	Dr. Ead Lorprayoon



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Date August 7, 2018

Time	Place	Subject	Moderator
08.30 - 09.00	6th Floor, Imperial World Samrong	Register	
09.00 - 10.30	6th Floor, Imperial World Samrong	Guildline in establishing GOE for errors	Ms. Yukiko Okabe
10.30 - 11.00	Coffee Break		
11.00 - 12.30	On Ice (IWIS International Training Center)	Basic elements on Jumps	Mr. Peter Grutter & Misha Ge
12.30 - 13.30	Lunch break		
13.30 - 15.00	On Ice (IWIS International Training Center)	Basic elements on Jumps	Mr. Peter Grutter & Misha Ge
15.00 - 16.00	Coffee Break		
16.00 - 17.30	6th Floor, Imperial World Samrong	Sports Nutririon	Mr. Anon Adirojananon



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Date August 8, 2018

Time	Place	Subject	Moderator
08.30 - 09.00	6th Floor, Imperial World Samrong	Register	
09.00 - 10.30	6th Floor, Imperial World Samrong	Singl's Elements	Ms. Yukiko Okabe
10.30 - 11.00	Coffee Break		
11.00 - 12.30	On Ice (IWIS International Training Center)	Basic elements on Spins	Mr. Peter Grutter & Misha Ge
12.30 - 13.30	Lunch break		
13.30 - 15.00	On Ice (IWIS International Training Center)	Basic elements on Spins	Mr. Peter Grutter & Misha Ge
15.00 - 16.00	Coffee Break		
16.00 - 17.30	6th Floor, Imperial World Samrong	Sport Psychology / Mental Training	Ass.Prof.Dr. Suebsai Boonverabut



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AT 6th Floor, Imperial World Samrong & 5th Floor, Imperial World Ice Skating (IWIS)

Date August 9, 2018

Time	Place	Subject	Moderator
08.30 - 09.00	6th Floor, Imperial World Samrong	Register	
09.00 - 10.30	6th Floor, Imperial World Samrong	Components	Ms. Yukiko Okabe
10.30 - 11.00	Coffee Break		
11.00 - 12.30	On Ice (IWIS International Training Center)	Double Axel and Triple jumps training Methodology	Mr. Peter Grutter & Misha Ge
12.30 - 13.30	Lunch break		
13.30 - 15.00	On Ice (IWIS International Training Center)	Overall Skating skills and Choreograph technic	Mr. Peter Grutter & Misha Ge
15.00 - 16.00	Coffee Break		
16.00 - 17.30	6th Floor, Imperial World Samrong	Fitness & Performance Training	Mr. Thassana Trairat



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Date August 10, 2018

Time	Place	Subject	Moderator
08.30 - 09.00	6th Floor, Imperial World Samrong	Register	
09.00 - 10.30	6th Floor, Imperial World Samrong	Analysis of video of elements and programs	Ms. Yukiko Okabe & Mr. Peter Grutter
11.00 - 13.00	On Ice (IWIS International Training Center)	On Ice Practical Exam	Mr. Peter Grutter & Misha Ge
13.00 - 14.00	Lunch break		
14.00 - 15.00	6th Floor, Imperial World Samrong	Written Exam	Ms. Yukiko Okabe, Mr. Peter Grutter & Misha Ge
16.00 - 17.00	6th Floor, Imperial World Samrong	Question & Answers	Ms. Yukiko Okabe, Mr. Peter Grutter & Misha Ge
17.00 - 18.00	6th Floor, Imperial World Samrong	Certificates of Completion Handout Ceremony	Ms. Yukiko Okabe, Mr. Tatsuhiro Matsumura Mr. Peter Grutter & Misha Ge