International Figure Skating Seminar for Coaches and Skaters Bangkok 2026
27-30 May 2026
IWIS International Training Center - ISU Center of Excellence

Schedule

DAY 1 **27 May, 2026**

	Group 1	Group 2	Location
7:00-8:00	Registration		Ice Rink - IWIS International Training Center - ISU Center of Excellence
8:00-8:45	Seminar opening and warm-up game		
8:45-9:45	On-ice: Lean, posture and extensions skating skills/Extreme ankle and knee motion	Off-Ice: Dance Class	
9:45-10:45	Off-ice: Rotations and jumps	On-ice: Lean, posture and extensions skating skills/Extreme ankle and knee motion	
10:45-11:00	Break		
11:00-12:00	On-ice: Jumps – Entry and exit transitions into Axel, Salchow and Toeloop	Off-ice: Rotations and jumps	
12:00-13:00	Off-Ice: Dance Class	On-ice: Jumps – Entry and exit transitions into Axel, Salchow and Toeloop	
13:00-14:00	Lunch		
14:00-16:00	Seminar on Changes for 2026/2027 and Technical Rules (Coaches & Skaters)		Seminar Room - 6th Floor, Imperial World Samrong
16:00-16:15	Break		
16:15-17:15	Seminar on Safeguarding		

DAY 2 **28 May, 2026**

	Group 1	Group 2	Location
8:00-9:00	Off-Ice: Warm up and chat with Olympians	On-ice: Modern diffcult turns on serpentine patterns	Ice Rink - IWIS International Training Center - ISU Center of Excellence
9:00-10:00	On-ice: Modern diffcult turns on serpentine patterns	Off-ice: Explosiveness and coordination/introduction to pairs	
10:00-10:15	Break		
10:15-11:00	Off-ice: Explosiveness and coordination/intorduction to pairs	On-ice: Jumps – Entry and exit transitions into Loop, Flip and Lutz	
11:00-11:45	On-ice: Jumps – Entry and exit transitions into Loop, Flip and Lutz	Off-Ice: Cooldown and chat with Olympians	
11:45-12:00	Break		
12:00-13:00	On-Ice: Spins/intro to pairs		
13:00-14:00	Lunch		
14:00-15:30	Seminar on Technical and Components (Coaches & Skaters)		Seminar Room - 6th Floor, Imperial World Samrong
15:30-15:45	Break		
15:45-17:15	Seminar on Components (Coaches & Skaters)		

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DAY 3 **29 May, 2026**

	Group 1	Group 2	Location
8:00-9:00	On-ice: Modern diffcult turns on serpentine patterns	Off-Ice: Warm up and chat with Olympians	Ice Rink - IWIS International Training Center - ISU Center of Excellence
9:00-10:00	Off-ice: Explosiveness and coordination/introduction to pairs	On-ice: Modern diffcult turns on serpentine patterns	
10:00-10:15	Break		
10:15-11:00	On-ice: Jumps – Entry and exit transitions into Loop, Flip and Lutz	Off-ice: Explosiveness and coordination/intorduction to pairs	
11:00-11:45	Off-Ice: Cooldown and chat with Olympians	On-ice: Jumps – Entry and exit transitions into Loop, Flip and Lutz	
11:45-12:00	Break		
12:00-13:00	On-Ice: Spins/intro to pairs		
13:00-14:00	Lunch		
14:00-15:30	Seminar on ice: Spins (Coaches & Skaters)		
15:30-16:00	Break		
16:00-17:30	Seminar on ice: Stsq & Chsq (Coaches & Skaters)		

DAY 4 **30 May, 2026**

	Group 1	Group 2	Location
8:00-9:00	Off-ice: Drills and partner relay challenges/introduction to pairs	On-ice: Jump consistency drills	Ice Rink - IWIS International Training Center - ISU Center of Excellence
9:00-10:00	On-ice: Jump consistency drills	Off-ice: Drills and partner relay challenges/introduction to pairs	
10:00-10:15	Break		
10:15-11:15	On-ice: World-level footwork demonstrations and musical expression		
11:15-12:15	On-Ice: Group Games		
12:15-13:00	Photos		
13:00-14:00	Lunch		
14:00-15:30	Coach Discussion and various (Coaches only)		
15:30-15:45	Break		
15:45-16:45	Written Examination		
16:45-17:30	Wrap-up, Q&A and Certificate Ceremony		

** Schedule is subject to change