



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  |
|---------------|---|---|--|
| 08.30 - 09.00 | 6th Floor, Imperial World Samrong           | Register  |  |
| 09.00 - 09.15 | 6th Floor, Imperial World Samrong           | Welcome Presentation of the moderators                            | Mrs. Suwanna Silpa-archa,<br>ISU Development Commission Member |
| 09.15 - 10.15 | 6th Floor, Imperial World Samrong           | Guildline for marking + GOE Of Single Elements (positive aspects) | Ms. Yukiko Okabe   |
| 10.15 - 11.15 | 6th Floor, Imperial World Samrong           | Method of Coaching  | Mr. Takeshi Honda  |
| 11.15 - 12.00 | Coffee Break                                |   |  |
| 12.00 - 13.00 | On Ice (IWIS International Training Center) | Basic skating   | Mr. Takeshi Honda & Misha Ge                                   |
| 13.00 - 14.00 | Lunch Break                                 |   |  |
| 14.00 - 15.00 | On Ice (IWIS International Training Center) | Basic skating   | Mr. Takeshi Honda & Misha Ge                                   |
| 15.00 - 15.30 | Coffee Break                                |   |  |
| 15.30 - 16.30 | On Ice (IWIS International Training Center) | Basic elements of skating   | Mr. Takeshi Honda & Misha Ge                                   |
| 16.45 - 18.00 | 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. Takeshi Honda & Misha Ge |
| 12.30 - 13.30 | Lunch break                                 |  |                              |
| 13.30 - 15.00 | On Ice (IWIS International Training Center) | Basic elements on Jumps                  | Mr. Takeshi Honda & 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. Takeshi Honda & Misha Ge     |
| 12.30 - 13.30 | Lunch break                                 |                                    |                                  |
| 13.30 - 15.00 | On Ice (IWIS International Training Center) | Basic elements on Spins            | Mr. Takeshi Honda & 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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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. Takeshi Honda & 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. Takeshi Honda & 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. Takeshi Honda                                 |
| 11.00 - 13.00 | On Ice (IWIS International Training Center) | On Ice Practical Exam                       | Mr. Takeshi Honda & Misha Ge   |
| 13.00 - 14.00 | Lunch break                                 |   |  |
| 14.00 - 15.00 | 6th Floor, Imperial World Samrong           | Written Exam                                | Ms. Yukiko Okabe, Mr. Takeshi Honda & Misha Ge                       |
| 16.00 - 17.00 | 6th Floor, Imperial World Samrong           | Question & Answers                          | Ms. Yukiko Okabe, Mr. Takeshi Honda & Misha Ge                       |
| 17.00 - 18.00 | 6th Floor, Imperial World Samrong           | Certificates of Completion Handout Ceremony | Ms. Yukiko Okabe, Mr. Tatsuro Matsumura Mr. Takeshi Honda & Misha Ge |