



NATIONAL ICE DANCE INITIATIVE SEMINAR (PILOT)
SEPTEMBER 19, 2026
TYNE VALLEY, PEI



Time	Session
08:15-08:30	Registration - Keesha Participant check-in
08:30-08:45	Welcome, Introductions & Seminar Overview – Keesha, Paul, Ashlynnne - Facilitator and participant introductions - Overview of the seminar format - Seminar objectives and learning outcomes
08:45-10:05	Block 1 (Off-Ice): Foundational Skating Skills - Back to basics. What does good skating look like? - Foundational skating skills (quality development & execution) - Common errors and corrections - Video analysis and group discussion - What about solo dance?
(10 min only)	Skates On
10:15–11:15	Block 1 (On-Ice): Foundational Skating Skills - FSS: Edges, turns, brackets, rockers, counters, C-Step, S-Step, - Quality edge control and blade work - Posture, balance, and body alignment - Power generation, flow, ankle & knee action, extension - Solo dance: key development skills
(10 min only)	Skates Off
11:25-12:25	Block 2 (Off-Ice): Technical Ice Dance Elements & Exercises - Putting a team together/spatial awareness/tracking - Safety on-ice and off-ice - Shorthand language - Progressive teaching methods for technical elements - Solo dance technical requirements 2026-2027
(20 min only)	Quick Refuel-Skates On
12:45–13:55	Block 2 (On-Ice): Technical Ice Dance Elements & Exercises - Elements: twizzles, step sequences, one-foot step sequence, - Quality of execution and performance skills - Applying technical standards to solo and partnered dance - Solo dance technical requirements
(5 min only)	Hydration Break
14:00-15:00	Block 3 (On-Ice Only): Pattern Dances - Timing, rhythm and pattern accuracy - Edge quality and tracking - Dance holds and partner connection - Solo vs partnered dance concepts - Teaching progressions for pattern dances/steps/foot placements - Body lines, good posture, unison, etc.
(10 min only)	Skates Off
15:10-15:25	Seminar Debrief, Reflection & Next Steps - Participant reflection and discussion - Pilot feedback (QR code survey) & mentorship opportunities
15:30	Departures

Please Bring:

- Skates and comfortable off-ice clothing and footwear
- Water bottle
- Notebook and pen (if you prefer)
- Phone/tablet to access the NIDI Participant Guide