

Camp Schedule

Mon/Wed/Fri

7:15-7:45 am: Early drop-off (addl. \$5 fee)
7:45-8:00 am: Drop off
8:00-8:30 am: Off-ice Discussion/Warm-up
8:45-9:30 am: Specialty On-ice Class 1
9:30-10:30 am: Freestyle #1
10:30-11:00 am: Specialty On-ice Class 2
11:15 am-11:45 pm: Specialty Off-ice Class 1
11:45-12:30 pm: Lunch
12:45-1:45 pm: Freestyle 2
1:45-2:30 pm: Specialty On-ice Class 3
2:30-3:30 pm: Freestyle 3
3:30-4:00 pm: Specialty On-ice Class 4
4:00-4:15 pm: Pick-up
4:15-4:45 pm: Late Pick-up (addl. \$5 fee)

Friday Only

1:45-2:15: Specialty On-ice class 4
2:15-3:15 pm: Freestyle 3
3:15-4:00 pm: Program Exhibition/Critique

Tues/Thurs

7:15-7:45 am: Early drop-off (addl. \$5 fee)
7:45-8:00 am: Drop off
8:00-8:30 am: Off-ice Discussion/Warm-up
8:45-10:15 am: Freestyle 1
10:15-11:00 am: Specialty On-ice Class 1
11:15-11:45 am: Specialty Off-ice Class 1
11:45 am-12:15 pm: Lunch
12:30-1:15 pm: Specialty On-ice Class 2
1:15-2:45 pm: Freestyle 2
2:45-3:15 pm: Specialty On-ice Class 3
3:30-4:00 pm: Specialty Off-ice Class 2
4:00-4:15 pm: Pick-up
4:15-4:45 pm: Late Pick-up (addl. \$5 fee)

Camp Coaches

Elena Betchke	Robyn Poe
Scott Cudmore	Jackie Pusztay
Aleksey Grokhalov	Sarah Schaars
Valerie Knopp	Natalie Schrader
Marilyn Nolte	Ann Tice

Off-Ice Specialist - Carl Poe

**June 15 - 17 Sandy Hurtubise
and Ross Lansel present**

“Hitting Ones Potential” (H.O.P.)

**July 20 & 21 Bobbe Shire
SPIN CLINIC**

August 12 & 13 CELEBRITY WEEK

POLAR ICE HOUSE

Skating Directors

Marilyn Nolte, Garner, 919-861-7465
Natalie Schrader, Cary, 919-460-2756
Scott Cudmore, Wake Forest, 919-453-1500

**Polar Ice House
Presents
The Garner
Ice House**

**SPORTS
PERFORMANCE
Figure Skating
Camp**

July 5 - 9, 2010



**103 New Rand Road
Garner, NC
919-861-7465**

Off-Ice Class Description

Ballet

Instruction in classical ballet techniques and positions applicable to figure skating; emphasis on how to use arms, legs, and head

Body Movement

Instruction in body awareness, artistry, and rhythmical interpretation of music.

Strength & Conditioning

Instruction in flexibility, stretch, jump and plyometric training; designed to aid injury prevention and performance enhancement.

Warm Up / Cool Down

Instruction in proper pre-activity warm up and post-activity cool down techniques.

On-Ice Class Description

Artistry

Instruction in arm and body expression as set to music; emphasis on flow, effortless glide, cleanliness and sureness of deep edges, steps, and turns.

Dance

Instruction in classical, introductory ice dance patterns.

Dartfish

Specialized class utilizing computerized video analysis to assess jumps and spins; frame by frame motion technology allows skaters to analyze four phases of jumping and spinning.

Figures

Study into historical elementary figures, the discipline out of which Moves-in-the-Field was created. Proposed MIF changes may include some of these elements.

Jumps

Focus on improvement of jumping fundamentals: preparation, takeoff, rotation (air position), and landing.

Power

Instruction in power skating to improve speed, endurance, and aerobic conditioning.

Skills

Instruction in overall skating quality: edge control and flow over the ice surface using effortless power to accelerate and vary speed; rhythmic knee action; precision of foot placement; mastery of multi-directional skating and one-foot skating.

Spins

Focus on improvement of spinning fundamentals: entry, centeredness, arm position, speed of rotation, and exit.



Camp Packages

Full Day:

Gold: 5 days \$300

Silver: 3 days \$200

Bronze: 2 days \$125

Half Day (8:00 am
until lunch break OR after
lunch until 4:00pm)

Blue: 5 days \$180

Red: 3 days \$120

White: 2 days \$75

-Early drop off / Late
pick up: \$10 per day
(\$5 early / \$5 late)