



NORTHERN LIGHTS FSC PRESENTS

SYNCHRONIZED SKATING CAMP!

3-Day Camp designed to develop youth synchronized skating athletes in the area of team elements, skating quality, moves in the field, power and presentation.

**August 5-7, 2019 Icon Sports Arena
Grand Forks, ND**

All registered athletes will learn from area's top synchronized coaching staff including national coach, Mallory Olson (Team North Dakota). The latest information and technique presented at the National Synchronized Skating Summit will be shared at all classes! Don't miss out on this great opportunity to grow your skating skills and develop yourself as a synchronized skating ATHLETE! We promise, you will NOT regret this.

Athletes from ALL CLUBS are welcome to join! Information on prices and schedule are available online at www.northernlightfsc.com

Register TODAY @ www.northernlightfsc.com

Welcome to our 2019 Synchronized Skating Camp: "ALL IN"

Details: Our 2019 camp is planned to be an event unlike any other camp we have hosted! Our coaching staff consists of Mallory Olson, Ashley Peterson, Ellie Akerlind, Grace Vetter, Katie Nelson, Madison Estad, Kimmy Fenton (Northern Lights FSC) and Michayla Burckhard (Dance, Etc.).

Taking technique, knowledge, skills and drills from the 2019 U.S. Figure Skating Synchronized Skating Summit for Athletes & Coaches, our synchro coaches will implement the knowledge gained from attending this national event to our athletes at this camp! Athletes will have on ice classes such as: individual drills, team elements, power, moves-in-the-field, movement, etc. Athletes will have off ice classes such as: theater and expression, stretching, warm-up and workout, and games to get to know other athletes. We are going ALL IN this camp and can't wait to see the athletes develop this mindset!

Athletes are divided into groups based on current team level for the 2019-2020 season. If athletes do not know their level, please select the level you believe you will be on for the upcoming season.

Our camp will run Monday, August 5th through Wednesday, August 7th. Each group has a different schedule each day so please be sure to read the schedule. Once athletes start for the day, they will be with a coach or volunteer until the end of their day to guide them through each day.

On Wednesday, August 7th, each group will be learning choreography for a group performance. Our group performance will consist of all athletes who participated in the camp - showcasing a fun routine for parents and friends to come watch! The performance will take place at 1:45PM on Wednesday. This is the last event of the day, so come early to pick up your athlete and see what they have to show you!

Lunch & Snack: Each day has a snack and lunch break planned. It is the responsibility of the athlete to bring their own snacks and lunch! Skaters will not be allowed to leave for lunch break - we will remain together at the arena.

Dress code:

Monday: Color Day - wear all the colors you'd like!

Tuesday: Black Day - please wear black leggings and black top

Wednesday: Black & Color Day: please wear black leggings and *color top.

**Each group will wear a different color, decided on Monday by the team - for the performance.*

What to Bring: Each athlete must bring tennis shoes and a water bottle. A change of comfortable/workout clothes for off ice classes is recommended but not necessary. Don't

forget, each athlete NEEDS lunch and snacks! Last but not least, bring a positive attitude and a smile.

Check in: Athletes must check in prior to their first class each day. This can be done at the table in the lobby. Once checked in, athletes will be able to use a locker room to keep their items for the day. Please keep in mind all belongings left in the locker room are at the risk of the athlete. We are not responsible for any lost or stolen items.

Please keep in mind - this camp is three days of a lot of skating! Athletes will need to rest at night and eat well (nutritiously) to fuel their bodies correctly for this camp. Extra stretching is recommended for skaters on their own time.

For any questions, please contact our camp director:

Mallory Olson
malloryolsonfsc@gmail.com
 701-351-6946

Please see the detailed schedule below for what to expect each day

*All on ice classes are in blue | *All off ice classes are in grey | * Other times in green

MONDAY					
	SPS + SS1	SS2	PJ	OJ	INT
8:00 AM	Indi Drills	Indi Drills			
8:15 AM	Indi Drills	Indi Drills			
8:30 AM	Indi Drills	Indi Drills			
8:45 AM			Indi Drills	Indi Drills	Indi Drills
9:00 AM	Theater & Expression	Theater & Expression	Indi Drills	Indi Drills	Indi Drills
9:15 AM	Theater & Expression	Theater & Expression	Indi Drills	Indi Drills	Indi Drills
9:30 AM	Theater & Expression	Theater & Expression	ICE MAKE	ICE MAKE	ICE MAKE
9:45 AM			Theater & Expression	Theater & Expression	Theater & Expression
10:00 AM	Team Drills	Team Drills	Theater & Expression	Theater & Expression	Theater & Expression
10:15 AM	Team Drills	Team Drills	Theater & Expression	Theater & Expression	Theater & Expression
10:30 AM	Team Drills	Team Drills			
10:45 AM			Team Drills	Team Drills	Team Drills
11:00 AM	Break & lunch	Break & lunch	Team Drills	Team Drills	Team Drills
11:15 AM	Break & lunch	Break & lunch	Team Drills	Team Drills	Team Drills
11:30 AM	Off Ice Game	Off Ice Game	Team Elements	Team Elements	Guide Teams
11:45 AM	Off Ice Game	Off Ice Game	Team Elements	Team Elements	Guide Teams
12:00 PM	Off Ice Game	Off Ice Game	Team Elements	Team Elements	Break & lunch
12:15 PM			ICE MAKE	ICE MAKE	Break & lunch
12:30 PM	Team Elements	Team Elements	Break & lunch	Break & lunch	Off Ice Game
12:45 PM	Team Elements	Team Elements	Break & lunch	Break & lunch	Off Ice Game
1:00 PM	Team Elements	Team Elements	Off Ice Game	Off Ice Game	
1:15 PM			Off Ice Game	Off Ice Game	Team Elements
1:30 PM			Off Ice Game	Off Ice Game	Team Elements
1:45 PM					Team Elements
2:00 PM					Team Elements

TUESDAY					
	SPS + SS1	SS2	PJ	OJ	INT
8:00 AM	Team Time	Team Time		Team Time	
8:15 AM	Team Time	Team Time		Team Time	
8:30 AM	Team Time	Team Time		Team Time	
8:45 AM	Team Time	Team Time		Team Time	
9:00 AM			Team Time		Team Time
9:15 AM	Off Ice Warm-up & Wod	Off Ice Warm-up & Wod	Team Time	Off Ice Warm-Up & Wod	Team Time
9:30 AM	Off Ice Warm-up & Wod	Off Ice Warm-up & Wod	Team Time	Off Ice Warm-up & Wod	Team Time
9:45 AM	Off Ice Warm-up & Wod	Off Ice Warm-up & Wod	Team Time	Off Ice Warm-up & Wod	Team Time
10:00 AM	ICE MAKE	ICE MAKE	ICE MAKE	ICE MAKE	ICE MAKE
10:15 AM	Snack & Break	Snack & Break	Field Moves	Snack & Break	Field Moves
10:30 AM	Snack & Break	Snack & Break	Field Moves	Snack & Break	Field Moves
10:45 AM			Field Moves		Field Moves
11:00 AM	Field Moves	Field Moves		Field Moves	
11:15 AM	Field Moves	Field Moves	Snack & Break	Field Moves	Snack & Break
11:30 AM	Field Moves	Field Moves	Snack & Break	Field Moves	Snack & Break
11:45 AM	Break & lunch	Break & lunch	ICE MAKE	ICE MAKE	ICE MAKE
12:00 PM	Break & lunch	Break & lunch	Body Movement	Body Movement	Body Movement
12:15 PM	Break & lunch	Break & lunch	Body Movement	Body Movement	Body Movement
12:30 PM			Body Movement	Body Movement	Body Movement
12:45 PM	Body Movement	Body Movement	Break & lunch	Break & lunch	Break & lunch
1:00 PM	Body Movement	Body Movement	Break & lunch	Break & lunch	Break & lunch
1:15 PM	Body Movement	Body Movement			
1:30 PM	Power	Power	Power	Off Ice Stretching	Off Ice Stretching
1:45 PM	Power	Power	Power	Off Ice Stretching	Off Ice Stretching
2:00 PM	Power	Power	Power		
2:15 PM				Power	Power
2:30 PM	Off Ice Stretching	Off Ice Stretching	Off Ice Stretching	Power	Power
2:45 PM	Off Ice Stretching	Off Ice Stretching	Off Ice Stretching	Power	Power

WEDNESDAY					
	SPS + SS1	SS2	PJ	OJ	INT
8:00 AM	Theater	Theater	Theater	Theater	Theater
8:15 AM	Theater	Theater	Theater	Theater	Theater
8:30 AM	Theater	Theater	Theater	Theater	Theater
8:45 AM	Theater	Theater	Theater	Theater	Theater
9:00 AM					
9:15 AM	Choreography	Break & Snack	Choreography	Break & Snack	Choreography
9:30 AM	Choreography	Break & Snack	Choreography	Break & Snack	Choreography
9:45 AM	Choreography		Choreography		Choreography
10:00 AM	Break & Snack	Choreography	Break & Snack	Choreography	Break & Snack
10:15 AM	Break & Snack	Choreography	Break & Snack	Choreography	Break & Snack
10:30 AM		Choreography		Choreography	
10:45 AM	Choreography	Break & lunch	Choreography	Break & lunch	Choreography
11:00 AM	Choreography	Break & lunch	Choreography	Break & lunch	Choreography
11:15 AM	Choreography	Choreo OFF ICE	Choreography	Choreo OFF ICE	Choreography
11:30 AM	Choreography		Choreography		Choreography
11:45 AM	Break & lunch	Choreography	Break & lunch	Choreography	Break & lunch
12:00 PM	Break & lunch	Choreography	Break & lunch	Choreography	Break & lunch
12:15 PM	Choreo OFF ICE	Choreography	Choreo OFF ICE	Choreography	Choreo OFF ICE
12:30 PM		Choreography		Choreography	
12:45 PM	ICE MAKE	ICE MAKE	ICE MAKE	ICE MAKE	ICE MAKE
1:00 PM	All Team Choreo	All Team Choreo	All Team Choreo	All Team Choreo	All Team Choreo
1:15 PM	All Team Choreo	All Team Choreo	All Team Choreo	All Team Choreo	All Team Choreo
1:30 PM					
1:45 PM	ALL TEAM PERFORMANCE FOR PARENTS AND FRIENDS! PARENTS: Please come watch :)				

