

# SUMMER TRAINING CAMP

## On Ice

Jump & Spin Class: Skaters will develop better jumping and spinning skills by improving body awareness, body positioning, and faster rotation.

Edge Class / Artistry: Skaters will increase depth and control of edges, enhance stroking technique, power, and overall agility and flow. Additionally, skaters will be introduced to different types of body movement with music.

## Off Ice

Skaters will work to increase muscle control, body awareness, flexibility and muscle endurance through exercises aimed towards optimal performance on the ice.

- Proper stretching techniques
- Conditioning exercises
- Nutritional and sports psychology information

## Professional Staff

Cassie Joyce, Stephanie Fletcher, Cassie Nelson - Three Rivers Figure Skating Club Professionals

Who: Skaters must have passed Basic 3 to participate

Where: Brooklyn Park Ice Arena, 5600 - 85th Ave N

When: Wed, July 10 - Aug 14

Time: 3:15-3:45 pm ~ Off ice

3:45-5:15 pm ~ On ice

Fee: \$160 per skater (6 week session)

**All registration forms must be received by June 12, 2019.**

Brooklyn Park Summer Training Camp Registration Form

Make checks payable to: Cassie Joyce

Mail registration and check to: BPCAC, Attn: Cassie Joyce, 5600 - 85th Ave N, Brooklyn Park, MN 55443

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Highest Test Level Passed: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

I, the undersigned, parent or guardian of above mentioned participant, agree to indemnify and hold all professionals associated with the instruction of this skating camp harmless from and against any and all liability or an injury which may be suffered by the participant arising out of or in any way connected with his or her participation in this activity.

Parent or Guardian's Signature: \_\_\_\_\_