



Join the fun!

Central Minnesota Compete USA Summer Camp Friday, August 24, 2018

Join us at the Municipal Athletic Complex in St. Cloud for a one day camp designed as a fun way to focus on improving your skills and learning new ones!!

THIS EXCITING CAMP OFFERS:

- » Small Group Instruction
- » Workshops with Specialists
- » Art Projects
- » Skate with Friends
- » Learn a Skating Program
- » Ice Dancing
- » Interpretive Skating
- » Synchronized Skating
- » Lots of FUN!!

WHO IS THIS CAMP FOR?:

- » We have classes for everyone!
- » This camp is designed for Basic 5—Preliminary.
- » Skaters will be placed in small groups with other skaters of the same level and age.
- » ***Any skater who is a member of Learn to Skate USA, USFSA or ISI is welcome to join our camp!***

TENTATIVE SCHEDULE:

8:00-8:30	Welcome
8:30-9:00	Off Ice: Training
9:00-9:15	Off Ice: Stretching
9:15-9:30	Snack/Foods to Fuel the Body
9:45-10:15	On Ice: Practice & Skills (Small Groups)
10:15-10:45	On Ice: Power & Edges (Small Groups)
11:00-12:00	On Ice: Interpretive Skating
12:00-1:00	Lunch/Art/Journal
1:00-1:45	Off Ice: Jumps & Spins (Small Groups)
2:00-2:45	On Ice: Jumps & Spins (Small Groups)
2:45-3:00	Snack
3:00-3:30	On Ice: Intro to Synchro (Small Groups)
3:30-4:00	On Ice: Intro to Dance (Small Groups)
4:00-4:15	On Ice: Take a bow/End of day

PRICE:

- » ***Past Central MN Compete USA Competition Series Participants—\$99.00***
- » ***All other participants—\$110.00***
- » ***Register online at centralmncompeteusasummercamp2018.eventbrite.com***
- » ***Deadline to register: July 27, 2018***

OTHER IMPORTANT INFORMATION TO KNOW:

- » Due to allergy restrictions, no snacks or lunch will be provided. Each camper must provide their own food and drinks.

**Don't Delay...
Register today!!**

2018 Central Minnesota Compete USA Camp Directors:
Janelle Honer (St. Cloud FSC) Phone: (320)493-6362
Laura Dewey (Fergus Falls FSC) Phone: (218)332-0196
Email: janellehoner@gmail.com Email: ffscopsdirector@gmail.com