



# Sk8ing Strong Camp

June 12 - August 25  
No Camp June 15, 16 & July 4



## 2017 Sk8ing Strong Summer: Basic Skills Track

| Time     | Monday           |                 | Tuesday          |                     | Wednesday        |                 | Thursday         |                     | Friday           |                 |
|----------|------------------|-----------------|------------------|---------------------|------------------|-----------------|------------------|---------------------|------------------|-----------------|
|          | Activity         | Coach/Counselor | Activity         | Coach/Counselor     | Activity         | Coach/Counselor | Activity         | Coach/Counselor     | Activity         | Coach/Counselor |
| 12:00 PM | Drop Off         | Briana          | Drop off         | Lauren              | Drop Off         | Hiedi           | Drop Off         | Jasmine             | Drop Off         | Maria           |
| 12:30 PM | Off-ice warm up  | Briana & Maria  | Off-ice warm up  | Lauren H. & Jocelyn | Off-ice warm up  | Hiedi & Briana  | Off-ice warm up  | Lauren H. & Jasmine | Off-ice warm up  | Jocelyn & Maria |
| 1:15 PM  | Learn to Skate   | Briana & Maria  | Learn to Skate   | Lauren H. & Jocelyn | Learn to Skate   | Hiedi & Briana  | Learn to Skate   | Lauren H. & Jasmine | Learn to Skate   | Jocelyn & Maria |
| 1:45 PM  | Skates Off/Snack |                 | Skates Off/Snack |                     | Skates Off/Snack |                 | Skates Off/Snack |                     | Skates Off/Snack |                 |
| 2:00 PM  | Outdoor Activity | Briana & Maria  | Outdoor Activity | Lauren H. & Jocelyn | Outdoor Activity | Hiedi & Briana  | Outdoor Activity | Lauren H. & Jasmine | Outdoor Activity | Jocelyn & Maria |
| 2:30 PM  | Skates on        |                 | Skates on        |                     | Skates on        |                 | Skates on        |                     | Skates on        |                 |
| 2:45 PM  | Skills & Drills  | Briana & Maria  | Skills & Drills  | Lauren H. & Jocelyn | Skills & Drills  | Hiedi & Briana  | Skills & Drills  | Lauren H. & Jasmine | Skills & Drills  | Jocelyn         |
| 3:30 PM  | Skates off       |                 | Skates off       |                     | Skates off       |                 | Skates off       |                     | Skates off       |                 |
| 3:45 PM  | Off-ice Activity | Briana & Maria  | Off-ice Activity | Lauren H. & Jocelyn | Off-ice Activity | Hiedi & Briana  | Off-ice Activity | Lauren H. & Jasmine | Off-ice Activity | Jocelyn         |
| 4:15 PM  | Strech           |                 | Strech           |                     | Strech           |                 | Strech           |                     | Strech           |                 |
| 4:30 PM  | Pick Up          | Maria           | Pick Up          | Jocelyn Buchholtz   | Pick Up          | Briana          | Pick Up          | Lauren H            | Pick Up          | Jocelyn         |

\* Fee Structure- Daily: \$25/\$35 Weekly Half Day: \$100/\$124

## 2017 Sk8ing Strong Summer: Freeskate Track

| Time     | Monday             |                      | Tuesday          |                      | Wednesday              |                      | Thursday         |                      | Friday             |                      |
|----------|--------------------|----------------------|------------------|----------------------|------------------------|----------------------|------------------|----------------------|--------------------|----------------------|
|          | Activity           | Coach/Counselor      | Activity         | Coach/Counselor      | Activity               | Coach/Counselor      | Activity         | Coach/Counselor      | Activity           | Coach/Counselor      |
| 7:00 AM  | Off-ice Warm-up    | Megan Schultz        | Off-ice Warm-up  | Megan Schultz        | Off-ice Warm-up        | Megan Schultz        | Off-ice Warm-up  | Megan Schultz        | Off-ice Warm-up    | Kacy Nelson          |
| 7:30 AM  | Freestyle (G)      | practice/lesson time | Freestyle (G)    | practice/lesson time | Freestyle (G)          | practice/lesson time | Freestyle (G)    | practice/lesson time | Freestyle (G)      | practice/lesson time |
| 8:00 AM  | Spin Class (G)     | Chelsea Goessl       | Axel/Jump (G)    | Hiedi Walsh          | Moves in the Field (G) | Chelsea Goessl       | Power (G)        | Hiedi Walsh          | Jump               | Chelsea Goessl       |
| 8:30 AM  | Ice Cut            |                      | Ice Cut          |                      | Ice Cut                |                      | Ice Cut          |                      | Ice Cut            |                      |
| 8:45 AM  | Freestyle (B)      | practice/lesson time | Freestyle (B)    | practice/lesson time | Freestyle (B)          | practice/lesson time | Freestyle (B)    | practice/lesson time | Freestyle (B)      | practice/lesson time |
| 9:45 AM  | Skates Off/Snack   |                      | Skates Off/Snack |                      | Skates Off/Snack       |                      | Skates Off/Snack |                      | Skates Off/Snack   |                      |
| 10:00 AM | Buns & Abs         | Jessica Ventura      | Off-ice Jumps    | Megan Schultz        | Yoga                   | Jessica Ventura      | Buns & Abs       | Jessica Ventura      | Killin' It W/ Kacy | Kacy Nelson          |
| 10:30 AM | Skates On          |                      | Skates On        |                      | Skates On              |                      | Skates On        |                      | Skates On          |                      |
| 10:45 AM | Power/Stroking (B) | Megan Schultz        | Power/Edge       | Chelsea Goessl       | Program Run Through    | Britni Trinidad      | Jump Technique   | Megan Schultz        | Spin Class         | Britni Trinidad      |
| 11:15 AM | Skates Off         |                      | Skates Off       |                      | Skates Off             |                      | Skates Off       |                      | Skates Off         |                      |
| 11:30 AM | Off-ice Class      | TBD                  | Off-ice Class    | TBD                  | Go the Distant         | Megan Schultz        | Off-ice Jump     | Megan Schultz        | Mind & Body        | Kacy Nelson          |
|          | Camp Monitor       | Jasmine Zeidan       | Camp Monitor     | Jasmine Zeidan       | Camp Monitor           | Hiedi Walsh          | Camp Monitor     | Lauren Z             | Camp Monitor       | Lauren Z             |

## 2017 Sk8ing Strong Summer: Elite Freeskate Track

| Time     | Monday             |                      | Tuesday          |                      | Wednesday            |                               | Thursday           |                      | Friday                 |                      |
|----------|--------------------|----------------------|------------------|----------------------|----------------------|-------------------------------|--------------------|----------------------|------------------------|----------------------|
|          | Activity           | Coach/Counselor      | Activity         | Coach/Counselor      | Activity             | Coach/Counselor               | Activity           | Coach/Counselor      | Activity               | Coach/Counselor      |
| 7:00 AM  | Off-ice Warm-up    | Megan Schultz        | Off-ice Warm-up  | Megan Schultz        | Off-ice Warm-up      | Megan Schultz                 | Off-ice Warm-up    | Megan Schultz        | Off-ice Warm-up        | Kacy Nelson          |
| 7:30 AM  | Freestyle (B)      | practice/lesson time | Freestyle (B)    | practice/lesson time | Freestyle (B)        | practice/lesson time          | Freestyle (B)      | practice/lesson time | Freestyle (B)          | practice/lesson time |
| 8:00 AM  | Spin Features (B)  | Katie Luburich       | Doubles & Up (B) | Katie Luburich       | High Moves (B)       | Kelly Rossbach/Kristen Mersch | High Power (B)     | Megan Schultz        | Moves in the field (B) | Kristen Mersch       |
| 8:30 AM  | Ice Cut            |                      | Ice Cut          |                      | Ice Cut              |                               | Ice Cut            |                      | Ice Cut                |                      |
| 8:45 AM  | Freestyle (B)      | practice/lesson time | Freestyle (B)    | practice/lesson time | Freestyle (B)        | practice/lesson time          | Freestyle (B)      | practice/lesson time | Freestyle (B)          | practice/lesson time |
| 9:45 AM  | Skates Off/Snack   |                      | Skates Off/Snack |                      | Skates Off/Snack     |                               | Skates Off/Snack   |                      | Skates Off/Snack       |                      |
| 10:00 AM | Buns & Abs         | Jessica Ventura      | Off-ice Jump     | Megan Schultz        | Yoga                 | Jessica Ventura               | Buns & Abs         | Jessica Ventura      | Killin' It W/ Kacy     | Kacy Nelson          |
| 10:30 AM | Skates On          |                      | Skates On        |                      | Skates On            |                               | Skates On          |                      | Skates On              |                      |
| 10:45 AM | Power/Stroking (B) | Megan Schultz        | Power / Edge (B) | Kristen Mersch       | Program Run Thru (B) | Britni Trinidad               | Jump Technique (B) | Kristen Mersch       | Flying Spin (B)        | Kristen Mersch       |
| 11:15 AM | Skates Off         |                      | Skates Off       |                      | Skates Off           |                               | Skates Off         |                      | Skates Off             |                      |
| 11:30 AM | Off-ice Class      | TBD                  | Off-ice Class    | TBD                  | Go the Distant       | Megan Schultz                 | Off-ice Jump       | Megan Schultz        | Mind & Body            | Kacy Nelson          |
|          | Camp Monitor       | Jasmine Zeidan       | Camp Monitor     | Jasmine Zeidan       | Camp Monitor         | Hiedi Walsh                   | Camp Monitor       | Lauren Z             | Camp Monitor           | Lauren Z             |

Freeskate and Elite Camp Fee Structure- Daily: \$40/\$50. Weekly: \$160/\$200. Sk8ing Passport: \$120/\$140. Buy on: \$15/\$17

## Sk8ing Strong

Sk8ing Strong Camp will offer 3 different skill levels to accommodate all ages and abilities.

The Basic Skills track is designed for skaters in the Basic 1-6 classes. These skaters will attend a half day camp in which they will have designated time on the ice to work on their Learn to Skate skills, stroking, spins, and even a power class. The Basic Skills track will also have fun and creative indoor and outdoor activities to allow skaters to begin some necessary off-ice training skills. Skaters will need to bring proper skating attire, snack, tennis shoes and yoga mat.

The Freeskate Track is designed for skaters in the Freeskate levels. These skaters will have the option to buy-on to an individual class or purchase a half day camp. During camp, skaters will receive practice time, two on-ice training classes and two off-ice training classes in the RecPlex fitness center. It is important that skaters come to camp with things to do during their practice time. They are also free to schedule private lessons during this time. Skaters will need to bring a yoga mat, tennis shoes, and a snack. They should also wear proper skating attire.

The Elite Freeskate Track is designed for skaters that are beyond the Freeskate levels provided in the Learn to Skate USA curriculum. A variety of classes will be offered each day to allow skaters to also pair this camp, with the Freeskate track when necessary. Skaters will have the option to buy-on to an individual class or purchase a half day of camp. During camp they will receive practice time, two on-ice training classes, and two off-ice training classes in the RecPlex fitness center. Skaters will need to bring a yoga mat, tennis shoes, and a snack. They should also wear proper skating attire.

A final schedule of classes for the Freeskate and Elite Freeskate tracks will be posted by May 15th 2017.

If you have any questions on which level of camp your skater should attend, please email Katie Luburich at kluburich@plprairiewi.com.