

# FIGURE SKATING CAMP



## 2020 SUMMER CAMP

**We are making a difference...  
Athletes working together in a challenging  
and supportive environment!**

Summer Camp is specially designed for figure skaters to improve skating skills, power, jumping abilities, strength, quickness, stamina as well as to develop skaters balance, flexibility and presentation to advance in overall on ice performance.

Camp is available for all Compete USA, Excel and Well-Balanced US Figure Skating Levels. Freestyle is optional but not included.

Athletes daily diet requires constant hydration and refueling during physical activities. Please remember to send your skater with plenty of snacks and water bottle.

### CAMP INSTRUCTORS

**Alena Lunin:** PSA level V Ranking Coach and coach of US National Champions

**Alexander Lunin:** PSA Master Rated Coach and coach of US National Champions

**Eleonora Pokhitonova:** Former Russian Ballerina + full-time Ballet Instructor at Fort Wayne Ballet

**Tiffany Winling:** Professional Dance Instructor, Choreographer, Owner of Tiffany & Dance Co.

**For more information please contact Alena Lunin, Skating Director**  
alunin@sportoneparkviewicehouse.com | 260-387-6614 ext.108

### CAMPS ALL SUMMER LONG!

CAMP DATES	REGISTER BY
JUNE 1-5	May 25
JUNE 8-12	June 1
JUNE 15-19	June 8
JUNE 22-26	June 15
JULY 6-10	June 30
JULY 13-17	July 6
AUGUST 3-7	July 27

**PLEASE REGISTER EARLY!**

### CAMP FEES & DISCOUNTS

#### CAMP FEES

\$169	weekly
\$109	any 3 days of the week
\$39	any 1 day of the week

#### CAMP DISCOUNTS

FULL PRICE	1st Camp
10% OFF	2nd Camp (M-F only)
20% OFF	3rd - 7th camp (M-F only)
10% OFF	Second Family Member

### SCHEDULE: MON-FRI | 10AM-2PM

9:30	Drop Off
9:35	Off-Ice Warm Up
<b>ON-ICE</b> 10:00	<b>DAY 1:</b> Edge Acceleration & Knee Action <b>DAY 2:</b> Power Skating Technique/Spins <b>DAY 3:</b> Steps & Turns/Spins <b>DAY 4:</b> Edge Control/Difficult turns/Spins <b>DAY 5:</b> Quickness & Relay Races
<b>OFF-ICE</b> 11:00	<b>DAY 1:</b> Ballet Class <b>DAY 2:</b> Rotations/Spinner/Jump Specific <b>DAY 3:</b> Ballet Class <b>DAY 4:</b> Rotations/Spinner/Jump Specific <b>DAY 5:</b> Dance Class
<b>OFF-ICE</b> 12:00	<b>DAY 1:</b> Vertical Jumps & Plyometrics <b>DAY 2:</b> Static <b>DAY 3:</b> Vertical Jumps & Plyometrics <b>DAY 4:</b> Static <b>DAY 5:</b> Big Jumps/Speed & Quickness
<b>ON-ICE</b> 12:40	<b>DAY 1:</b> Big & Open & Delay Jumps <b>DAY 2:</b> Multi-Revolution Jumps & Series <b>DAY 3:</b> Big & Open & Delay Jumps <b>DAY 4:</b> Multi-Revolution Jumps & Series <b>DAY 5:</b> Jump Series/Jump Games
<b>OFF-ICE</b> 1:30	<b>DAY 1:</b> Strength & Conditioning <b>DAY 2:</b> Body Jam & Stretching <b>DAY 3:</b> Circuit Training /Stretching <b>DAY 4:</b> Body Jam & Stretching <b>DAY 5:</b> Circuit Training /Stretching
2:00	Pick Up

### DAILY FREESTYLE SESSIONS!

**8:00-10:00am (1 hour sessions)**  
**3:10-5:50pm (40 min. sessions)**

#### FREESTYLE FEES

\$300	Monthly Unlimited
\$200	30 freestyle sessions
\$80	10 freestyle sessions
\$9.50	Walk-On

**PLEASE VISIT OUR WEBSITE TO REGISTER ONLINE**

**SPORTONE PARKVIEWICEHOUSE.COM**

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