

FIGURE SKATING CAMP



2022 SUMMER CAMP

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

Summer Camp is specially designed for figure skaters to improve skating skills, power, jumping abilities, strength, quickness, stamina as well as developing 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. Camp level is determined by USFS Moves in the field test.

Athletes require 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

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 13 - 17	June 6
JUNE 20 - 24	June 13
JUNE 27 - JULY 1	June 20
JULY 25 - 29	July 18
AUGUST 1 - 5	July 25

CAMP FEES & DISCOUNTS

HIGH | Prejuvenile - Senior

Monday, Tuesday, Thursday, Friday
\$50/day | \$160/week* | \$700 all 5 weeks*

INTERMEDIATE | Preliminary - Basic 5

Wednesdays
\$50/day | \$225 - 5 days registered*
*10% Off second family member

DAILY FREESTYLE SESSIONS!

M-F: 8:50-9:50am | M/T/W: 3:10-5:50pm
T: 3:10-5:40pm | F: 3:10-5:10pm

FREESTYLE FEES

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

Freestyle sessions not included in camp price. High freestyle only for those enrolled in high level camp.

SCHEDULE:

9:30	Off-Ice Warm Up
ON-ICE 10:00	DAY 1: Edge Acceleration & Knee Action DAY 2: Power Skating Technique/Spins DAY 3: Steps & Turns/Spins DAY 4: Edge Control/Difficult turns/Spins DAY 5: Quickness & Relay Races
OFF-ICE 11:00	DAY 1: Ballet Class DAY 2: Rotations/Spinner/Jump Specific DAY 3: Ballet Class DAY 4: Rotations/Spinner/Jump Specific DAY 5: Dance Class
OFF-ICE 12:00	DAY 1: Vertical Jumps & Plyometrics DAY 2: Static DAY 3: Vertical Jumps & Plyometrics DAY 4: Static DAY 5: Big Jumps/Speed & Quickness
ON-ICE 12:40	DAY 1: Big & Open & Delay Jumps DAY 2: Multi-Revolution Jumps & Series DAY 3: Big & Open & Delay Jumps DAY 4: Multi-Revolution Jumps & Series DAY 5: Jump Series/Jump Games
OFF-ICE 1:20	DAY 1, 2, 4, 5: Freestyle - High DAY 3: Balance & Stretching*
OFF-ICE 1:20	DAY 1: Strength & Conditioning DAY 2: Circuit Training /Stretching DAY 4: Circuit Training /Stretching DAY 5: Body Movement/Interpretation
2:30	Camp End *Camp ends at 2pm Wednesdays

PLEASE VISIT OUR WEBSITE TO REGISTER ONLINE

SPORTONE PARKVIEWICEHOUSE.COM

3869 Ice Way, Fort Wayne IN 46805 | 260-387-6614