

FIGURE SKATING CAMP



2023 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. Camp 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

CAMP DATES

JUNE 12-16	Register by June 5
JUNE 19-23	Register by June 12
JUNE 26-30	Register by June 19

PLEASE REGISTER EARLY!

CAMP FEES

ELITE FIGURE SKATING CAMP

Monday through Friday Juvenile MITF & above	
\$750	All 3 weeks of camp
\$275	5 days
\$200	3 days

ACADEMY FIGURE SKATING CAMP

Monday Wednesday Friday Pre-J MITF & below	
\$450	All 3 weeks of camp
\$175	3 days
\$75	1 day

DAILY FREESTYLE SESSIONS!

8:20-9:20am (open) 2:10-3:40pm (high)
3:50-5:50pm (open)

FREESTYLE FEES

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

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

ELITE SCHEDULE | 10AM - 2PM

ON-ICE 10:00-11:00	DAY 1: Acceleration, Knee Action, Basic Spins DAY 2: Difficult Turns, Choctaws, Flying Spins DAY 3: Quick Steps, Twizzles, DV Spins DAY 4: Edge Control/Presentation, Ice Coverage/Big Patterns, Spin positions DAY 5: Quickness & Relay Races
OFF-ICE 11:20-12:20	DAY 1: Ballet: Body Awareness/Flexibility DAY 2: Jump Specific/Strength DAY 3: Ballet: Presentation/Extensions DAY 4: Jump Specific/Strength DAY 5: Dance Class
ON-ICE 12:40-1:20	DAY 1: Rotational Exer. Comb. w/loop DAY 2: Big Jumps/Triples Technique DAY 3: Landings/Comb. w/Toe DAY 4: Consistency Drill DAY 5: Jump Series/Jump Games
OFF-ICE 1:30-2:00	DAY 1: Rotations/Spinners DAY 2: Vertical Jump Exercises DAY 3: Strength/Coordination DAY 4: Vertical Jump Exercises DAY 5: Power, Quickness, Ice Coverage

ACADEMY SCHEDULE | 10AM-1:30PM

OFF-ICE 10:00-11:00	DAY 1: Jump Specific/Strength DAY 2: Ballet: Extensions/Body Awareness DAY 3: Jump Specific/Strength
ON-ICE 11:10-12:30	DAY 1: Edge Control/Extensions, Alternating Turns/Steps, Basic Spin Technique DAY 2: Difficult Turns/Quick Steps, Ice Coverage/Presentation, Combination Spins DAY 3: Power, Stroking Technique, Combination Spins
OFF-ICE 12:50-1:30	DAY 1: Strength/Coordination DAY 2: Vertical Jumps DAY 3: Strength/Flexibility

PLEASE VISIT OUR WEBSITE TO REGISTER ONLINE

SPORTONE PARKVIEWICEHOUSE.COM

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