

2009 Summer Skate Camp Registration

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Email: _____

Emergency Contact Name _____

Phone # _____

Dates of skate camp:

June 8 to June 12 ()

June 15 to June 19 ()

June 22 to June 26 ()

total fee _____

Option #1 : \$175 per week 8:00 AM to 1:30 PM

*Includes: 30 minutes stretching
2 1/2 hours Freestyle skating
30 minute On-Ice Class
45 minute Off-Ice Class*

Option #2 : \$40.00 per day (drop in)

Maximum number of participants will be 22 skaters.

Full camp enrollees will have priority to be included in the 22 member limit.

Fee may be paid in whole (\$25.00 discount), by the week, or by drop-in day.

During the freestyle sessions you may purchase private lessons from your skater's coach.

Summer 2009 Skate Camp Schedule

Monday through Friday:

8:00 AM	to	8:30 AM	STRETCHING
8:30	to	10:00	FREESTYLE
10:15	to	11:00	OFF ICE CLASS
11:00	to	11:45	Lunch (bring or buy at snack bar)
12:00	to	1:00	FREESTYLE
1:00	to	1:30	

Monday POWER STROKING CLASS

Tuesday ICE DANCING CLASS

Wednesday JUMP / SPIN CLASS

Thursday EDGE CLASS

Friday POWER STROKING CLASS

To distinguish our skate camp participants from other GCCC members, please have your skater wear black stretch pants, dresses, and/or skirts.

POWER STROKING

Power stroking for figure skaters is designed to build the skater's endurance, strength, and quality of edges. Power stroking was developed by Hans Gerschwiler, former World Champion, who was Martin Levy's main coach during Mr. Levy's competitive career.

The purpose of power skating is to develop the edge quality and speed of the

skater, which gives our skaters more confidence and stamina as they skate at a higher speed.

All nationally ranked skaters today participate in stroking classes in order to build endurance and confidence for their freestyle and pairs routines.

ICE DANCING

Ice dancing is about listening to music and having fun with your skating edges. We will focus on the quality of our edges and turns, such as mohawks, three turns, twizzles, and choctaws. Ice dancing helps anyone interested in freestyle because it enables the skater to develop confidence and greater strength of all the edges.

We will learn some of the basic dances, and maybe create some of our own dance steps!

FREESTYLE

Free skating includes many elements. Today's skaters must perform a variety of "move" elements, intricate footwork, jumps, spins, and show a distinctive choreographic style. Skating school classes enable our skaters to develop the full range of their skating skills with special emphasis on building good technique and confidence in their jumps and spins.

As each skater develops the techniques to skate strong edges and smooth turns, the skater will become more proficient in their jumping and spinning styles.

At the Chavez Center we focus on helping each skater develop his or her skating skills to the highest level, embracing stroking, dance, and freestyle exercises. Freestyle is fun and allows the skater to move quickly and smoothly over the ice, incorporating strong choreography to highlight and develop the skaters technical expertise.