

Packages

Fast Track & ExcellerSkate

Package A

Off-ice (10:00-10:45) & On-ice (11:00-12:00)

* Per Day: \$ 29 Per week: \$ 133

* All three weeks: \$ 370

Junior

Package B

Off-ice (10:00-10:45) & On-ice (11:00-12:30)

* Per Day: \$ 37 Per week: \$ 174

* All 3 weeks: \$ 483

Package C

Package B PLUS Freeski from 1:00-2:00

* Per Day: \$ 55 Per week: \$ 256

* All 3 weeks: \$ 710

Intermediate and Senior

Package D

On-ice (9:00-10:45) & Off-ice (11:00-12:00)

* Per Day: \$ 44 Per week: \$ 204

* All 3 weeks: \$ 565

Package E

Package D PLUS (Freeski from 1:00-2:00)

* Per Day: \$ 66 Per week: \$ 307

* All three weeks: \$ 850

* All on-ice lessons will be charged by coaches separately including FastTrack & ExcellerSkate

** Package D & E include 1 hour of Mental Skills Training once a week during lunch hour.

Coaches

Lynne McDonald-Stairs (403) 220-0560

lynnestairs@shaw.ca

Joye Dillimore (403) 243-0342

JDillimore@shaw.ca

Kailee Myhill (403) 616-7909

Kailee@myhill-controls.com

Other coaches and their skaters are welcome. Please contact Janet Dickey at dickeyj@xplornet.ca

Cancellation Policy

Cancellation in part or full must be made by May 27th in order to receive a refund.

In case of serious injury or illness:

A medical certificate must accompany a written request in order to obtain a refund for the remainder of the Summer School.

Location

The summer school will be conveniently located at the Edge School, just 3-1/2 km north of Springbank Park across the highway from Calaway Park.

Directions: Turn north (right) out of the SPFAS onto Range Rd 33 and drive 3 km to Twp Rd 250. Turn left onto Twp Rd 250. Take the first left into the Edge School parking lot.

Springbank Figure Skating Club

Summer School 2011

Held at 
EDGE SCHOOL
July 4 - 22, 2011

Figure Skate



Registration Deadline: May 18
Late Registration Fee: \$100

Registration

Online registration will be available after April 20th on the SFSC website:

<http://springbankskatingclub.wordpress.com/>

Off-Ice Training

Off-ice Dance and Fitness Classes

This program is customized for skaters and is included in the summer school fee. The emphasis will be on core strength, stamina, flexibility, and presentation using a variety of techniques, dance styles, and pilates.

Dance instructors from Edge School's high performance dance school will work with our skaters this summer. Besides being extremely well respected in the dance world, Artistic Director Cyndi Scott will bring a wealth of knowledge to our skaters.

Mental Skills Training

For intermediate and Senior skaters, we are offering mental skills training once a week. This program is also included in the summer school fee. Tammy Wickwire is an instructor of Psychology at Mount Royal University in Calgary, as well as a former figure skater. Her mental skills training class will include goal setting, self talk, visualization, managing emotions, and other sports related mental skills that enhance skating performance.

Junior

(Fast Track & Excellerskate)

Skaters who have not passed the Preliminary Freeskate test.

Intermediate and Senior

Skaters who have passed the Preliminary Freeskate test or higher and all skaters 12 and older.

Schedule

Junior (Fast Track & ExcellerSkate)	Times	Intermediate & Senior
	8:15 - 8:45	Jump Class (Speak with your Coach – not included in registration fees)
	9:00 - 10:00	Freeskate
Off Ice Training	10:00 - 10:30	Dance and Skills
	10:30 - 10:45	Stroking
BREAK (Flood)	10:45 – 11:00 (flood)	BREAK (Flood)
Freeskate (Junior, Fast Track, and ExcellerSkate)	11:00 – 12:00	Off Ice Training
Dance & Skills (JR only)	12:00 – 12:15	LUNCH (Mental Skills Training 1 day a week)
Stroking (JR only)	12:15 – 12:30	
LUNCH	12:30 - 12:45 (flood)	
	12:45 – 1:00	Edges, Turns, and Spins
Freeskate (OPEN)	1:00 – 2:00	Freeskate (OPEN)
2½ hrs ice time & ¾ hr off-ice		3 hrs ice time & 1 hr off-ice