

REGISTRATION FORM

Continued on reverse side

REGISTRATION OPTIONS (check to register):

Thursday – Friday

_____ \$175, if registered by May 30, 2019

*Lunch included

_____ \$200, if registered by May 31, 2019

PAYMENT OPTIONS:

Payment: \$100 due with registration.(nonrefundable)

_____ pay in full

_____ \$100.00 deposit included, balance due by 7/1/19

Please note: There will be no refunds after July 1, 2019

Accepted forms of payment: Check, Visa or Mastercard
Checks made payable to 'NSC'

CIRCLE ONE: VISA MASTERCARD

_____/_____/_____/_____

EXPIRATION DATE: ____/____/____

NAME ON CARD: _____

SIGNATURE: _____

Please mail completed form with payment to:
NSC - Reach Figure Skating Camp
1700 105th Avenue Northeast
Blaine, MN 55449

REACH CAMP - DELTA-FS3

This camp is open to any skater working on ISI Delta through Freestyle 3.

This two-day camp will introduce skaters to many specialty classes to help them in their training and skating development.

We will build a strong foundation of skating fundamentals that skaters will use in their training throughout their skating careers.

Skaters will learn a number to perform at the conclusion of camp.

Presented by great coaches. Visit the website for updated coach information.



REACH 2019 SKATING CAMP

DELTA-FREESTYLE 3



R - REACH

E - EXCELLENCE

A - ACHIEVE

C - CHALLENGING

H - HEIGHTS

JULY 25-26, 2019
SUPER RINK
BLAINE • MN

1700 105TH AVE NE • BLAINE, MN • 55449
763.717.3880 • superrink.org



This skating camp will offer both on and off-ice classes to help individual skaters "REACH" their full potential.

REACH CAMP SCHEDULE*

Thursday, July 25 • 9 am – 5 pm

Friday, July 26 • 9 am – 3 pm

**Schedule subject to change, lunch included*

CLASSES OFFERED

JUMPS: Technique for all the jumps broken down into different sections; edge jumps, toe jumps and axel jumps. Single, double and triple jumps will be covered working on power and height of the jumps. Skaters will explore difficult entries, enhanced air positions and maintaining proper run of edge for jump combinations and sequences.

SPINS: Information on all basic position spins and flying entrances continuing into spin enhancing features. Skaters will work on preparation, entry, balance, body axis and also explore creativity in spinning and learn the mechanics of changing feet and changing positions and edges in spins as well as accurate positions and rotational force.

CHOREOGRAPHY: Enhance the skaters performance of movement and projection through Choreography set to a selected piece of music.

ON ICE POWER CLASS: An innovative explanation of how we generate power in skating using drills to help skaters develop knee and ankle rhythm, proper weight transfer, coordination, and agility to achieve greater power on the ice.

EDGE CLASS: Involves music and edge work, helping skaters understand that practicing edges, three turns, brackets, loops, counters, rockers, and twizzles can be practiced everyday to your favorite music. Embrace all the different edges, turns and steps fundamental for skating skills/transitions.



DANCE CLASS (off-ice): Classes will include ballet bare, which will encourage skaters to find their strength through balance and posture as well as Jazz technique which will guide the skaters to find more of their creative side through movement.

JUMP TECHNIQUE AND ALIGNMENT (off-ice): Focus on drills to improve body awareness, coordination, balance and alignment. We will do rotation exercises and jumping exercises focusing on good form as well as working on foam rollers to maintain balance and proper alignment.

ENDURANCE/CARDIO: On-ice endurance training is very difficult, and requires some component of off-ice training. In this segment, we will discuss how to best train off the ice to increase cardiovascular endurance for skating to help you get through your program.

CONDITIONING CLASS (off-ice): Skaters will learn exercises that will develop the strength and flexibility needed for a complete figure skating training program.

FOR MORE INFORMATION, CONTACT:

Jane Schaber

jschaber@superrink.org • 763.717.3891

Karen Olson

kolson@superrink.org • 763.717.3886

REGISTRATION FORM

Continued on reverse side

NAME: _____

ADDRESS: _____

HOME CLUB: _____

EMAIL: _____

**This will be our primary means of communication*

PHONE NUMBER: _____

T-SHIRT SIZE (circle) CS CM CL AS AM AL

AGE: _____

PLEASE INDICATE YOUR CURRENT SKILLS:

Current ISI level: _____ **Current USFS level:** _____

Your competition level for the 2019–20 season:

They need to be

_____ working on 1/2 jumps and two foot
and one foot spins

_____ mastered all 1/2 jumps working on sal,
toe and loop intro to sit and camel spins

REQUIRED

COACHES SIGNATURE / APPROVAL:

COACHES EMAIL: _____