

All Classes will be taught by our Professional Coaching Staff

ON-ICE CLASSES

Spin

Skater will focus on a different spin each class, working on improving technique and positioning of a spin. Also the knowledge a skater must know for IJS.

Performance

(Open to Freeskate 1 & up)

Learning technical ability, musicality, emotional expressions, movement, creating and bringing all category's together to improve a skaters overall performance on this ice.

Edge & Power

Conditioning class of edges, power drills, turns, footwork combinations with a greater emphasis on the development of power and quality movement.

Program Practice

(Pre Juvenile & Up)

Will be ran as a competition with a 5min. Warm-up.

Individual Skaters placed in random skating order. Competition Dresses required.

OFF-ICE CLASSES

USPC Conditioning

Off-ice sessions, provided by the US Performance Center, focus on building strength, power, speed and agility to help Figure Skaters excel athletically on the ice. Incorporation of flexibility and mobility exercises, coupled with their strength training, emphasize injury prevention to keep athletes on the ice longer and in top shape.

Stretch

The Stretch session will focus on a progression of stretches to help skater's develop from range of motion, flexibility, mobility and strength needed for splits, spirals, back flexibility and much more! Skater's will receive weekly handouts to help them continue their flexibility training.

Pilates

Pilates is an ideal method of exercise for skaters since it improves core strength, posture, flexibility, coordination and balance. All the above helps skaters improve on their landings, air positions, spins and most importantly reduce the risk of musculoskeletal injury.



2017

Figure Skating

Summer Camp

Training Packages / A La Carte



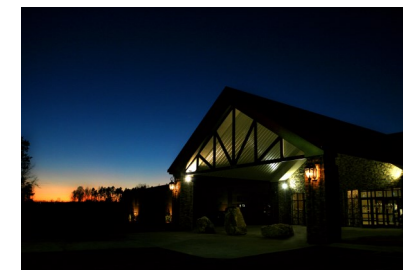
Register before May 31, 2017 to
receive a 10% DISCOUNT

DURING NON CAMP WEEKS

- ◆ ONLY freestyle will be offered during non camp weeks.
- ◆ Daily freestyle schedule will be listed on the monthly freestyle calendar found at the info center or www.xicenter.com
 - ◆ Colored stickers purchased for Figure skating camp are NOT allowed during non camp weeks. ONLY white stickers

Simplified Summer FS Camp - Instructions

1. You will receive an envelope with appropriate colored stickers to fill your order
2. YOU place stickers in the book for the classes & FS sessions that you choose!
3. Color coded stickers EXPIRE August 18, 2017
NO REFUNDS will be issued for unused stickers for any reason.
4. Pre purchased orders will be ready for pick up starting June 12, 2017.
5. To register call (704) 882-1830 or attach payment to mail in.
6. Finished forms– Turn into Danielle Logano



Questions Contact:

Danielle Logano, Director of Figure Skating

DanielleL@xicenter.com, (704)882-1830

4705 Indian Trail-Fairview Rd

Indian Trail, NC 28079

2017 Summer Figure Skating Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:30am OPEN Freestyle	6:00-6:30am OPEN Freestyle	6:00-6:30am OPEN Freestyle	6:00-6:30am OPEN Freestyle	6:00-6:30am OPEN Freestyle
6:30-7:00am OPEN Freestyle	6:30-7:00am OPEN Freestyle	6:30-7:00am OPEN Freestyle	6:30-7:00am OPEN Freestyle	6:30-7:00am OPEN Freestyle
7:00-7:30am OPEN Freestyle	7:00-7:30am OPEN Freestyle	7:00-7:30am OPEN Freestyle	7:00-7:30am OPEN Freestyle	7:00-7:30am OPEN Freestyle
7:30-8:00am OPEN Freestyle	7:30-8:00am OPEN Freestyle	7:30-8:00am Low Freestyle	7:30-8:00am OPEN Freestyle	7:30-8:00am OPEN Freestyle
8:10-8:40am Low Freestyle	8:10-8:40am Low Freestyle	8:10-8:40am Low Freestyle	8:10-8:40am Low Freestyle	8:10-8:40am Low Freestyle
8:40-9:10am Low Freestyle	8:40-9:10am Low Freestyle	9:00-10:00am Low Pilates Class	8:40-9:10am Low Freestyle	8:40-9:10am Low Freestyle
9:10-9:40am High Freestyle	9:30-10:30am Low USPC off ice	8:40-9:10am High Freestyle	9:30-10:30am Low USPC off ice	9:10-9:40am High Freestyle
9:40-10:10am High Freestyle	9:10-9:40am High Freestyle	9:10-9:40am High Freestyle	9:10-9:40am High Freestyle	9:40-10:10am High Freestyle
10:20-10:50am High Freestyle	9:40-10:10am High Freestyle	9:40-10:10am High Freestyle	9:40-10:10am High Freestyle	10:20-10:50am OPEN Freestyle
10:50-11:20am OPEN Freestyle	10:20-10:50am High Edge/Power	10:20-10:50am Low Edge/Power	10:20-10:50am Program Practice	10:50-11:20am OPEN Freestyle
11:20-11:50am OPEN Freestyle	10:50-11:20am OPEN Freestyle	10:50-11:20am OPEN Freestyle	10:50-11:20am OPEN Freestyle	11:20-11:50pm Performance Class
11:50-12:10pm High Spin Class	11:20-11:50am OPEN Freestyle	11:20-11:50am OPEN Freestyle	11:20-11:50am OPEN Freestyle	
12:10-12:30pm Low Spin Class	12:00-1:00pm High USPC off ice	12:00-1:00pm High Pilates Class	12:00-1:00pm High USPC off ice	
12:30-1:00pm High Stretch Class				
1:50-2:20pm Low Stretch Class				

SKATING CAMP WEEKS

- Wk#1 June 19-June 23 _____pkg.
- Wk#2 June 26- June 30_____pkg.
- Wk#3 July 10- July 14 _____pkg.
- Wk#4 July 18-July 22 _____pkg.
- Wk#5 July 24-July 28 _____pkg.
- Wk#6 July 31- August 4 _____ pkg.
- Wk#7 August 7- August 11 _____ pkg.
- Wk#8 August 14-August 18 _____ pkg.

Level Requirements- Freestyle ,On ice & Off-ice Classes

OPEN Freestyle/ Freeskate 1 & Up

LOW Freestyle/ Pre Juvenile - Int. Freestyle
 LOW On Ice Class/ Freeskate 1 - Pre Juvenile MIF
 LOW Off Ice Class/ Freeskate 1- Pre Juvenile MIF

HIGH Freestyle/ Novice - Senior Freestyle
 HIGH On Ice Class / Juvenile FS - Senior Freestyle
 HIGH Off Ice Class/ Juvenile FS -Senior Freestyle
 Program Practice / Pre Juvenile-Senior Freestyle

- Skaters below session level may skate on a higher session ONLY when in a lesson
- Please consult with your coach prior to purchasing packages to ensure you have selected the correct level for classes & freestyle sessions.
- Skaters Highest Freestyle test passed decides skaters session level.

Gold Package = \$234.00

- (20) Freestyle Sessions
- On Ice Spin Class
- Edge/Power Class
- On Ice Performance Class
- Stretch Class
- Pilates Class
- (2) Off Ice Conditioning USPC

Silver Package= \$180.00

- (12) Freestyle Sessions
- On Ice Spin Class
- Edge/Power Class
- On Ice Performance Class
- Stretch Class
- Pilates Class
- (1) Off Ice Conditioning USPC

A La Carte /Design own package

- (30min.) Edge/Power Class \$20 _____
- (30min.) Performance On Ice Class \$20 _____
- (20min.) On Ice Spinner Class \$15 _____
- Program Practice \$10 _____
- (30min.) Stretch Class \$15 _____
- (1Hr.) Off Ice Conditioning Class-USPC \$25 _____
- (1Hr.) Pilates Class \$25 _____
- TOTAL AMOUNT: \$ _____**

Skaters Name: _____ Skating Level _____ Coach _____ Email _____

Total Amount \$ _____