



Join the fun!

Central Minnesota Compete USA Summer Camp Sunday, August 25, 2019

Join us at the Essential Health Sports Center in Brainerd for a one day camp designed as a fun way to focus on improving your skills and learning new ones!!

THIS EXCITING CAMP OFFERS:

- » Small Group Instruction
- » Workshops with Specialists
- » Art Projects
- » Skate with Friends
- » Learn a Skating Program
- » Ice Dancing
- » Interpretive Skating
- » Synchronized Skating
- » Lots of FUN!!

WHO IS THIS CAMP FOR?:

- » We have classes for everyone!
- » This camp is designed for Basic 5—Preliminary.
- » Skaters will be placed in small groups with other skaters of the same level and age.
- » ***Any skater who is a member of Learn to Skate USA, USFSA or ISI is welcome to join our camp!***

TENTATIVE SCHEDULE:

8:00-8:30	Welcome
8:30-9:00	Off Ice: Training
9:00-9:15	Off Ice: Stretching
9:15-9:30	Snack/Foods to Fuel the Body
9:45-10:15	On Ice: Practice & Skills (Small Groups)
10:15-10:45	On Ice: Power & Edges (Small Groups)
11:00-12:00	On Ice: Interpretive Skating
12:00-1:00	Lunch/Art/Journal
1:00-1:45	Off Ice: Jumps & Spins (Small Groups)
2:00-2:45	On Ice: Jumps & Spins (Small Groups)
2:45-3:00	Snack
3:00-3:30	On Ice: Intro to Synchro (Small Groups)
3:30-4:00	On Ice: Intro to Dance (Small Groups)
4:00-4:15	On Ice: Take a bow/End of day

PRICE:

- » **2019 Central MN Compete USA Competition Series participant—\$99.00**
- » **Non-2019 Central MN Compete USA Competition Series participants—\$110.00**
- » **Register online at centralmncompeteusasummercamp2019.eventbrite.com**
- » **Deadline to register: August 2, 2019**

OTHER IMPORTANT INFORMATION TO KNOW:

- » Due to allergy restrictions, no snacks or lunch will be provided. Each camper must provide their own food and drinks.

2019 Central Minnesota Compete USA Camp Directors:

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**Don't Delay...
Register today!!**