

COME JOIN US!

Registrations are scheduled based on date received with priority given to skaters skating full week sessions.

Please contact

Penny Kuckkahn

Phone: 715-493-9352 (evenings)

Email: lfscamp@gmail.com (preferred)

USFS GOLD TEST SESSION

The Lakeland Figure Skating Club will host a test session on **Friday July 21 and Saturday, July 22**. Skaters not participating in the camp are welcome to participate in the test session, however all partner practice and practice ice must be reserved by registering for the camp.

Test applications must be received by July 8, 2017. Skaters attending camp may pull a test until Noon on July 19, 2017.

INTRODUCTORY OFF-ICE PLYOMETRICS CLASS

Mon/Wed 7:00-8:00 PM - \$15

This class is designed to educate skaters on the benefits of off-ice plyometric training and how it can improve performance on the ice. Simply defined, plyometrics is a form of training in which muscles exert maximum force in short intervals of time in order to increase power and explosiveness during athletic performance. Think of the times that you have skipped, hopped or jumped around on a playground or in a gym class. Plyometric movements closely mimic some of those same dynamic movements but in a more progressive and systematic format. This class will introduce you to some of the basic plyometric exercises and how to properly perform them. It is open to skaters of all ages and levels and the exercises will be designed according to age-appropriate windows of training.

Contact Marcie to register: p.o.w.e.r.skating@aol.com

SPECIALTY CLASS INSTRUCTION

KOURTNEY ROWE

OFF-ICE STRETCHING & CORE

BRITTYNI CALRSON

ON-ICE P.O.S.E.

ELENA RODRIGUES

OFF-ICE JUMPS

HEIDI STROSAHL

OFF-ICE S.T.A.R.S



20th ANNUAL

SUMMER SKATING CAMP

July 10-21, 2017

Test Session
Friday Evening, July 21
&
Saturday, July 22

2017 LAKELAND FSC SUMMER CAMP COACHING STAFF

Coach	15 Minute Lesson	Biography	Availability	Coach	15 Minute Lesson	Biography	Availability
Philippe Poirier	\$20.00	Partners all dances except Austrian, Midnight and Finnstep	All Sessions	Brittyni Carlson	\$15.00	Senior Moves, Senior Freestyle, Gold Dance and Choreography	All Sessions
Kourtney Rowe	\$13.00	Senior Moves, Intermediate Freestyle, Int'l Dance and Choreography	All Sessions	Elena Rodrigues	\$16.00	Senior Moves, Senior Freestyle and Int'l Dance and Choreography	All Sessions
Danielle Wolosek	\$8.50	Senior Moves, Intermediate Freestyle, Int'l Dance and Choreography	All Sessions	Heidi Strosahl	\$7.50	Coaches through Intermediate Moves, Intermediate Freestyle, Bronze Dance and Choreographer	All Sessions
Marcie Kierpiec	\$21.00	Senior Moves, Int'l Dance, Power Hockey, Choreography	Week 2				

SESSION GUIDELINES

Any deviations from the session guidelines are at the sole discretion of the directors.

- High Sessions:

Landing Axels & working on doubles
Intermediate through Senior Moves in the Field
Silver through International Dances
- Intermediate Sessions:

Landing most single jumps & working on axels
Pre-Juvenile through Intermediate Moves in the Field
Bronze through Pre-Silver Dances
- Low Sessions:

Beginner through single jumps
Pre-Preliminary through Pre-Juvenile Moves in the Field
Preliminary through Bronze Dances

General Sessions are open to skaters of any level. Dance partnering and lessons may be done on any session in order to accommodate everyone.

SKATER NAME: _____ USFS # _____

PARENT NAME: _____ PHONE: _____

EMAIL ADDRESS: _____

50% of ALL FEES must accompany the application with the balance due by June 15, 2017.

Scheduling priority will be determined by amount of ice session bought before May 1st and skaters using LFS camp coaches. Fees are refundable (minus registration fee) upon cancellation until June 15, 2017. Cancellations after June 15th are only refundable with a written doctors excuse provided to the club prior to the end of the camp. LFSC reserves the right to cancel reservations if fees are not paid as required. Late arrivals or early departures do not justify discounts.

I/We the undersigned minor student and parent/legal guardian, agree to assume all risks of participating in the program and waive all claims for any personal injury and/or loss or damage to property and hereby release the Lakeland Figure Skating Club, members, instructors, coaching staff and employees from any liability whatsoever, which may arise as a result of participation in the Summer Figure Skating School. This release shall extend to all future damages and injuries of every nature, however sustained, even due to the negligence or alleged negligence of the school or their staff or employees. All risks attendant to observing and/or participating in the Summer Figure Skating School are hereby assumed by the student and his/her parent(s)/guardian(s) and this assumption and release are acknowledged and approved by their signatures below. The Lakeland FSC Summer School reserves the right to terminate the stay of any student, without refund, when it is deemed to be in the best interest of either the student or the Summer Figure Skating School. I/We the undersigned give permission of any pictures that may be taken of our child during the Summer Figure Skating School to be used for advertising or instructional purposes. In the event that we are unable to be contacted or are unavailable for immediate authorization, I/We agree to hold harmless any hospital and its staff. I/We give permission for our child to be treated by a local physician. I/We have read the statements above and explained its meaning to our child or ward, and hereby do approve and consent to the terms and conditions stated. I/We further represent that I/we are the parent(s) or legal guardian(s) of the signed registrant and consent to the participation of below in the 2017 LFSC Skate Camp.

Signature _____ Date _____

Moves/Freestyle/Dance

Lakeland FSC Summer Skating Camp Fees

14 Sessions or Fewer \$12.00 each

15—29 Sessions \$11.00 each

30 Session or More \$10.00 each

Walk-On Sessions \$15.00

Pre-register for 3 or more specialty classes - \$10/class

Description	Quantity	Priced	Total
Total Ice Sessions			\$
Specialty Classes		\$ 15.00	\$
Registration Fee			\$ 30.00
Total Fees			\$
Amount Included			\$
Balance Due			\$

Please pay coaches their fees directly before the end of the camp.

No-show lessons do not justify non-payment.

MAKE CHECKS PAYABLE TO:

Lakeland Hawks Ice Association (LHIA) post dating June 1, 2017

MAIL TO:

Penny Kuckkahn – Skate Camp Director

For Camp Director Use

Date Received:

Total Amount Received with Application \$

Place coach's initials in the desired session boxes - Indicate the number of lessons you would like in that session with the coaches name. You may have lessons with more than one coach in a session, please remember to indicate the number of lessons with each coach. For desired sessions with no coach, write in "ICE". THANK YOU!

FREESTYLE:		MOVES:		DANCE:	
◇ Pre-Preliminary	◇ Intermediate	◇ Pre-Preliminary	◇ Intermediate	◇ Pre- Preliminary	◇ Silver Pre-
◇ Preliminary	◇ Novice	◇ Preliminary	◇ Novice	◇ Pre-Bronze	◇ Gold Gold
◇ Pre-Juvenile	◇ Junior	◇ Pre-Juvenile	◇ Junior	◇ Bronze	◇ International
◇ Juvenile	◇ Senior	◇ Juvenile	◇ Senior	◇ Pre-Silver	◇

Time	Level	Mon. 7/10	Tues. 7/11	Wed. 7/12	Thurs. 7/13	Fri. 7/14		Mon. 7/17	Tues. 7/18	Wed. 7/19	Thurs. 7/20	Fri. 7/21
8:00	Low											
8:45	Low											
9:30	Low/Int											
10:15	Zam											
10:30	Low/Int											
11:15	Intermediate											
Noon	Intermediate											
12:45	Specialty	Elena	Heidi	Brittyni	Kourtney			Hockey				
1:15	Zam											
1:30	Int/High											
2:15	High											
3:30	High											
4:15	Zam											
4:30	General											Test Session
5:15	General											
6:00	Specialty	Brittyni	Kourtney	Elena	Heidi			Hockey				
6:45	Zam											
7:00	General											
7:45	General											
8:30	General											
9:15	General											

Please indicate 2nd choice for Coaches

If _____ is not available, my 2nd choice is _____

If _____ is not available, my 2nd choice is _____