

POWERSTRIDE

SUMMER SKATING CAMP

Looking to take your skating to the next level this summer? Join us for our new PowerStride Skating Camp, an elite 8-week training program designed for skaters who are Freestyle 5 and above and have a consistent Axel jump. With top-tier coaching and specialized sessions, you'll elevate your skills on and off the ice! Ice will be shared with camp.

What to Expect at PowerStride Skating Camp

- **Freestyle Time:** Use this dedicated ice time to practice your own program, refine your jumps, spins, footwork, or choreography, and work on your personal skating goals.
- **Power Skating Class with *DAVID SANTEE*:** Take your skating to the next level with David Santee, focusing on building speed, strength, and agility with specialized power skating drills.
- **Off-Ice Workout:** Improve your flexibility, strength, and overall conditioning with off-ice workouts that complement your on-ice training. These exercises will help you become a stronger, well-rounded skater.
- **Small Group Focus:** Benefit from personalized attention in a supportive, small-group environment. Our goal is to help each skater achieve their full potential!
- **Motivating and Positive Atmosphere:** Surround yourself with like-minded athletes in a camp that encourages growth, discipline, and a passion for skating.

Tentative Schedule on Tuesday & Thursday

Time	Activity
7:50 – 8:50 am	Freestyle Ice Time
9:00 – 9:35 am	Power Skating with David Santee
9:45 – 10:30 am	Off Ice Workout



Cost: \$234 in district/\$254 out of district (2x a week on Tue & Thur). **Registration:** April 22 (in-district)/April 23 (out of district)