



SWC Speedskating Summer Camp

July 13-15, 2018

Featuring Olympian's
Amy Peterson-Peck & Trevor Marsicano

Also including USS Official Tom Porter



All skaters of various skill levels are welcome!

7 hours of ice time, focuses both on advanced techniques and basic drills

3 hours of dryland training reinforces techniques and precision of movement on the ice

A fun BBQ night.

Ice rink and dryland training near / in beautiful Saratoga Spa State Park

Price: \$200/skater Includes Camp T-Shirt & Picnic on Saturday Evening at the Eagles Club

Registration will be at USS website, contact Becky Brown rebeccawilber@yahoo.com with questions.

MARK YOUR CALENDER! BE READY TO HAVE FUN, MAKE FRIENDS AND WORK HARD (Registration Closing June 25, 2018)

Schedules (subject to change)

July 13th

5:00-6:00pm, check in at Weibel Ave ice rink

6:00-6:30pm, warm up

6:30-8:30pm, on ice

July 14th

9:00-9:30am, warm up

9:30am-12:00pm, on ice

12:00-2:00pm, lunch time (lunch on your own)

2:00-4:00pm, dryland training at Saratoga Spa State park

5:00pm-8:00pm, BBQ for skaters and families at Eagles club

July 15th

8:30-9:30am, breakfast in the rink and warm up

9:30am-12:00pm, on ice

Camp will be ended at 12:00pm.