



SWC Speedskating Summer Camp

July 5-7, 2019

Featuring Former Olympic Head Coach Pat Maxwell
and Five-time Olympian Amy Peterson-Peck

*** Also including USS Official Tom Porter, two-time Olympian
Dan Weinstein, and former Olympic Physical Technical Advisor
Maureen Cormier***



All skaters of various skill levels are welcome!

On ice time focusing both on advanced techniques (with video analysis) and basic drills

Dryland training reinforcing techniques and precision of movement on the ice

A fun BBQ night for skaters and family

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

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

Registration will be at USS website, contact Matt Davis daks46@gmail.com or Becky Brown rebeccawilber@yahoo.com with questions.

**MARK YOUR CALENDER! BE READY TO HAVE FUN, MAKE
FRIENDS AND WORK HARD (Registration Closing June 21, 2019)**

Schedule (subject to change)

July 5th

3:00 - 4:00pm, registration at Weibel Ave ice rink
4:00 - 5:00pm, welcomes, warm up
5:00 - 7:00pm, on ice (video recording for analysis at 6:30)

July 6th

9:00 - 11:00am (arrive at 8:45am), dry-land (location TBD)
11:00 - 12:30pm, break / video analysis
12:30 – 1:30pm, lunch time (lunch on your own)
1:30 – 2:00pm, warm-ups
2:00 - 4:15pm, on-ice
4:15 - 5:00pm, cool-down / stretch
5:00 - 7:00pm, BBQ for skaters and families

July 7th

8:30 - 9:30am, breakfast at the rink and warm up
9:30 - 10:00am, dryland
10:00 - 12:00pm, on ice

Camp will end at approximately 12:00pm.