



SWC Speedskating Summer Camp

July 7th -9th, 2017

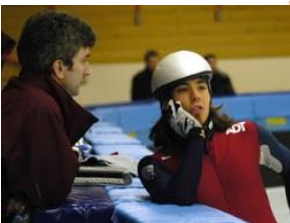
Coaches

US Team Coach Paul Marchese

Olympic and US Team Coach Patrick Maxwell

5 Time Olympian Amy Peterson

2010 Winter Olympic silver medalist Trevor Marsicano



All skaters of various skill levels (must be 8 years old at camp day) are welcome

Olympic size rink with advanced pad protection system

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 at Eagles Club for all the campers and family, a free SWC camp T-shirt

Ice rink and dryland training near beautiful Saratoga Spa State Park

\$200 per person, only 50 spots available. To get a T-shirt at your desired size, please register before June 19th.

Registration will be at USS website, contact Xiaoyun xlin16@gmail.com for questions.

MARK YOUR CALENDER! BE READY TO HAVE FUN, MAKE FRIENDS AND WORK HARD!

Schedules (subject to change)

July 7th

4:00-5:00 pm, check in and warm up at Weibel avenue ice rink

5:00-6:30 pm, on ice

6:30-8:30 pm, BBQ and fun activities for skaters and families at Eagles club (no charge)

July 8th

9:00-10:00 am, warm up and dryland training

10:15am-12:00 pm, on ice

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

2:00-3:45 pm, on ice

4:00-5:00 pm, cool down and dryland training

July 9th

8:30-9:00 am, breakfast (no charge) in the rink

9:00-10:00 am, warm up and dryland training

10:00 am-12:00pm, on ice

Camp will be ended at 12:00pm.

No host hotels available. Booking a hotel in advance is highly recommended.