

FREESTYLE SESSIONS:

Offered Monday through Friday all Summer Long.

\$10 per session

\$85 for a 10 session card

\$225 for a 30 session card

This ice time is designated for skaters to brush up on skills or practice programs. Skaters may also use this time for private lessons. Please check the Public Events calendar for the scheduled times and prices.

ICE LINE

Skate School Camp



August 13-16, 2007

For Ages 6-Adult

SUMMIT SPORTS TRAINING

STRICTLY HOCKEY

Stickhandling & Shooting Sessions
60 minutes in length
Dynamic warm-up
Eye-hand coordination exercises
Balancing exercises w/ stickhandling
Breakdown of shooting technique
Exercises isolating stages of shooting
All sessions with Hockey Performance
Coach: **DREW COX**

PERFORMANCE TRAINING

Elite training methods to improve your strength, flexibility, agility and speed through...

- Plyometrics
- Change of Direction
- Running Treadmill
- Hockey Treadmill
- Functional (balance, flexibility)



STOP IN AND SEE US ON
THE 2ND FLOOR OF ICE LINE.
CALL 610-436-1600 FOR
PACKAGES AND RATES.
summitsportstc.com



700 Lawrence Drive
West Chester, PA 19380
Phone: 610-436-9670
Fax: 610-436-4622
www.iceline.info



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ICE LINE

Skate School Camp

About the Camp

ICE LINE'S ISI sanctioned learn to skate program is pleased to bring you our annual Summer Camp. This camp provides students 6 thru adult the opportunity to learn how to ice skate, improve their skating and have fun. Students will develop skills they can use when they skate recreationally or figure skate.

Camp Dates

Monday-Thursday

August 13, 14, 15, 16, 2007

The Coaches

Our professional skating staff teaches our students all year round. They are knowledgeable and talented. Our instructors work hard to meet the needs of each individual skater.

What to Bring

-On Ice Gear: warm clothing & Skates

-Off Ice Gear: sports clothing & running shoes

Camp Cost

\$325.00

Includes:

*On and off ice training

*Snack

*4 session Freestyle Card

Daily Schedule

8:15 AM: Drop Off

8:30-8:45 AM: Stretch

8:45-9:00 AM: Prepare for On Ice Activities

9:00-9:30 AM: Moves in the Field On Ice Clinic*

9:30-10:00 AM: On Ice Practice

10:00-10:15 AM: Prepare for Off Ice Activity

10:15-11:00 AM: Off Ice Activity

11:00-11:15 AM: Break Time & Snack

11:15-11:30 AM: Prepare for On Ice Activities

11:30 AM-12:00 PM: Power Stroking On Ice Clinic**

12:00-12:30 PM: On Ice Clinic**

12:30-1:00 PM: On Ice Practice

1:15 PM: Pick-up

Schedule subject to change without notice.

*Moves-in-the-Field are specific elements of skating designated by the U.S.F.S.A. required for completion of each skating level. These elements emphasize edge quality, flexibility, balance, speed, and agility.

**On Ice Clinics will include dance and choreography as well as jumps and spins.

Contact

Courtney Bang, Customer Service Manager

610-436-9670 x 126

cbang@iceline.info

Figure Skating Camp

Registration Deadline with Payment:
Friday, August 10, 2007

Name

Date of Birth

Age

Street Address

City

State

Zip

Parent(s) Name(s)

Home Phone

Cell Phone

Email

Please Circle Level:

Pre-Alpha

Alpha

Beta

Gamma

Delta

Freestyle 1-3

Hold Harmless Agreement

Having full knowledge of the nature of this activity and the hazards involved, I hereby certify that I have personal Medical Insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless ICE LINE, its insurers, their agents, and employees, and any of its associates from any claim related thereto.

Parent/Guardian Signature _____

Please Print Name _____

Relation to Player _____ Date _____

*Please Complete Registration Form
And Return with Payment to:*

ICE LINE
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