

# Fernie Skating Club Summer Camp 2017

Pre-camp – August 14<sup>th</sup> to 18<sup>th</sup>, 2017

Main camp – August 21<sup>th</sup> to 31<sup>st</sup>, 2017



**Featuring:** off ice jump/stretch/strength classes  
Group lessons -Axel Zone, Double Trouble, Edge/Power Class, Spin to Win &  
Classroom Wellness Sessions

# Dear Parents:

This is the 2017 Summer Camp information booklet for the Fernie Skating Club. It is organized to give you as much information as possible in order for you to register, book lessons, be prepared and get the most out of the summer camp. Please don't hesitate to contact the coaching team with any questions.

This Camp is designed to give the skater a head start on the skating season. We have the privilege of having ice here in Fernie in the summer and then starting our season quite early. This summer camp is set up in a way where skaters can come and practice their basic skills in order to get their feet back under them after having been off the ice or have skated very little for 3 ½ months. This is a significant amount of time to be away from skating and our coaching team believes that having coach led special sessions where skaters can ease back into their basic skills, in addition to their private lessons, is the most efficient way to run summer camp. Therefore, you will find this year we are offering longer edge and power sessions, spin sessions as well as small group lessons in skills, dance and free skate. We are also offering off ice jump/stretch classes and a classroom wellness session. Our goal is not to run your skater ragged, but to offer fun and enjoyable sessions to help skaters feel like they are easing back into skating by prioritizing basics. This way they will be able to start the regular season with confidence.

In order for you to get what you need out of this camp we appreciate that your skater attends the camp as a whole and not pick and choose a couple of sessions daily. You will be paying for all of the sessions so why not jump in and enjoy them all with enthusiasm? If you are registering for one or two weeks, we expect that you will be there every day and every session. It's the only way to fully get the most out of your summer skating experience. Leave your skater with us well prepared for the day and we will help them have the best last couple of weeks of summer. Help your skater be committed to their sport as we are committed to helping them learn and enjoy it.

We will also be hosting a "Welcome New Coach: Sue" slash "Learn about Team Coaching" bar-b-que. All are invited! You will be able to formally meet and talk with Sue, the new member of our coaching team, and we will be holding a small information session to let you know how our sessions and team coaching will be run not only at this camp but in the upcoming season. We will have games for the kids and info for the adults! August 23<sup>rd</sup> 7pm (tentative date)

Sincerely,

Kathy and Sue

FSC Summer Coaching Team



SKATECANADA

Fernie Skating Club

# FSC Summer Pre-Camp

August 14-18<sup>th</sup>, 2017

9:00 to 11:00 am

- **Open ice time** for skaters wanting to get their feet under them or break in some new boots before main camp starts.
- **No group sessions planned.** Book lessons with your coach.
- Cost: \$85
- Must have 8 skaters registered by July 10<sup>th</sup> for the week or ice will be cancelled.



# FSC Summer Camp-Daily Schedule

Week 1: August 21 to 25<sup>th</sup>, 2017

Week 2: August 27 to 31<sup>st</sup>, 2017 (Sunday start)

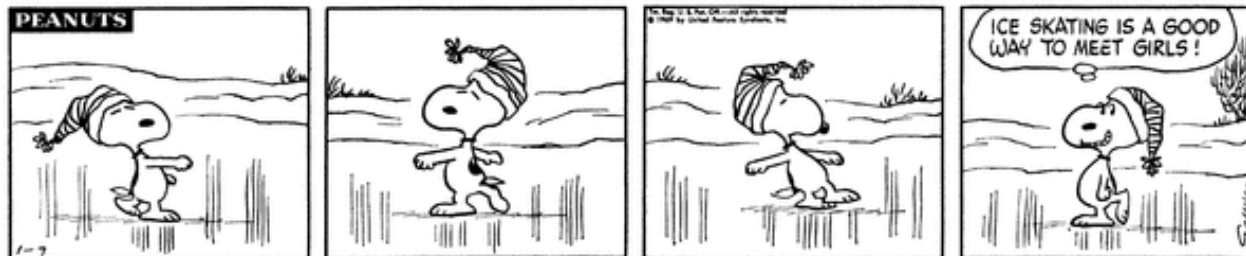
NOTE: AUGUST 27 TRAINING TIMES CHANGE DUE TO HOCKEY CAMP (REFER TO NEXT PAGE)

## Junior Summer Training

- **8-8:45a Junior off ice** (community center)
- **9-9:30a skills/dance/field moves** (on ice)
- **9:30-10:15a Free skate** (on ice)
- **10:15-10:30a Spin to Win** (on ice)
- **10:30-10:45a Flood/snack**
- **10:45-11:30a Edge and Power Class** (on ice)
- **11:45a-12:30p Lunch/3P Program** (annex room)
- **12:45-1:30p FS -shared with seniors – including Axel Zone** (on ice)

## Senior Summer Training

- **11:30a-12:15p off ice** (community center)
- **12:30-1:30p –Free skate shared with juniors – including double trouble** (on ice)
- **1:30-2p skills/dance/field moves** (on ice)
- **2-2:15p Flood/snack**
- **2:15-2:45p Spin to Win** (on ice)
- **2:45-3:45p Edge and Power Class** (on ice)
- **3:45-4p flood/snack**
- **4-5p Free skate** (on ice)
- **5:15-6p 3P Program** (annex room)



# \* \* Sunday, August 27<sup>th</sup> Schedule \* \*

## Junior Schedule

- **8-8:30a skills/dance** (on ice)
- **8:30-9:30a Free skate** (on ice)
- **9:30-9:45a Spin to Win** (on ice)
- **9:45-10:30a Edge and Power Class** (on ice)
- **10:30a snack**
- **10:45-11:30a off ice** (community center)
- **11:30a-12:15p 3P program/lunch** (annex room)
- **12:45 - 1:30p Free Skate shared with seniors**  
- including **Axel Zone** (on ice)

## Senior Schedule

- **11:30a-12:15p off ice** (community center)
- **12:45-1:45p free skate shared with the juniors – including double trouble** (on ice)
- **1:45 - 2:15p skills/dance/field moves** (on ice)
- **2:15p flood/snack**
- **2:30 – 3p Spin to Win** (on ice)
- **3 – 4p Edge and Power Class** (on ice)
- **4p Flood/snack**
- **4:15 – 5:15p free skate** (on ice)
- **5:30-6:15p 3P Program** (annex room)



# FSC Summer Coaching Team

Private and semi-private/small group lessons can be booked with coaches. Want to be a part of Axel Zone and Double Trouble? Make sure your coach knows. All official summer group programs will be taught by Kathy and Sue.

## Kathy Sutherland

- NCCP National Coach Certified
- 34 years coaching experience
- Bachelor of Physical and Health Education from U of Toronto and Diploma in High Performance Coaching from National Coaching Institute, University of Calgary.
- Teaches all disciplines but specialist in free skate, choreography and skating skills.
- Specialist in the New Star 1-5 Test Program
- Level 2 Essentrics instructor
- 2009 Skate Canada Recreation Coach Award Winner
- *“As a coach I am the most satisfied with skaters who have achieved specific goals they have set. These skaters have gone on to become well rounded adults. Some continuing coaching in skating or becoming respected engineers, nurses, architects, paramedics and mothers, as examples. I believe that a successful skater and person must be dedicated, have great work habits, be respectful, yet still have plenty of fun. I believe that teaching this philosophy from Learn to Skate through Can skate and Star skate produces not only accomplished skaters but great people.”*
- [backspinms@gmail.com](mailto:backspinms@gmail.com)

## Sue Bullick

- NCCP National Coach – in training
- 24 years coaching experience
- Naturopath Diploma from Alternative College of Canada
- Teaches all disciplines but a Specialist in dance and skating skills as well as power skate certified.
- Can Skate Director
- Efficient in the Star 1-5 Test program
- *“I have always loved sport and creativity. Figure Skating has given me the opportunity to express myself in endless ways, nourishing my inner passion and joy. Coaching has given me the chance to share all I’ve learned about technique and performance. I absolutely love teaching and strive to inspire all of those I work with. My efforts are always to reach each individual’s goals & potential; all the while, appreciating the journey and relishing the rewards hard work will bring. I believe that skating can teach us important life skills and the positive attitude we all need to earn our own success.”*
- [altersue@aol.com](mailto:altersue@aol.com)

## Also Attending:

### Lisa Skubovius

- NCCP National coach – in training
- [skatecoachlisa@gmail.com](mailto:skatecoachlisa@gmail.com)
- 250-910-0060
- Skaters from other clubs are encouraged to bring their coaches with permission from the FernieSC.

# Main Camp Costs/Guidelines



## Junior

- **One week:** \$150 before July 10<sup>th</sup>  
\$200 after July 10, 2017
- **Two weeks:** \$275 before July 10<sup>th</sup>  
\$325 after July 10, 2017

## Senior

- **One Week:** \$175 before July 10<sup>th</sup>  
\$225 after July 10, 2017
- **Two Weeks:** \$325 before July 10<sup>th</sup>  
\$375 after July 10, 2017

**Pre-camp:** \$85 per week for both Junior and Senior

- Costs include: off ice classes, edge/power sessions, 3P program and full camp supervision.
- Skaters are responsible for tying their own skates, have shorts/t's, running shoes and mats for off ice sessions and bring their own "healthy" lunch/snacks and water bottles.
- Skaters need to be appropriately dressed for on ice sessions: tights or skating dresses, gloves and no baggy clothes or hoodies. Skaters also need proper well fitted, sharpened skates.
- Please dress warm – it will be cold!
- No heely's or phones allowed in class sessions or on the ice.
- Get used to your skates by wearing them for a couple hours a few times before showing up to camp.

**Come prepared for a serious day of hard work and learning but most importantly, fun!**

# What is.....?

- **Spin to Win:** skaters will tell you that they “lost points on their spins”, so we will offer regular group spin lessons working on drills and techniques so that skaters can maximize their spin points. Sessions will be run like a stroking session for maximum movement and technique training.
- **Edge and Power Class:** a 45 minute to 1 hour skating class. Skaters will either run through skating drills to work on skating power and aerobic endurance, or perfect their edge and turn expertise to use with transitions between their program elements. It will be a high paced session full of fun, loud music and challenging drills. Bring your water bottles!
- **Axel Zone:** the axel zone is a group ½ hour to 45minute lesson offered only for those working on the axel. This is a team based program where skaters practice axel preparation, jump drills, axel set up, full axel attempts and adding the axel to the program/competition. All skaters accomplishing the axel will get to sign the “Axel Zone Official Skate.”
- **Double Trouble:** is basically the same as the Axel Zone, only meant for double jumps. Just like the Axel Zone, there will be a set time arranged to join a Double Trouble lesson. Drills and instruction plus on ice harness time will be given to accomplish the double jumps with confidence! Small stuffies will be given out for each consistent double landed.
- **Classroom 3P sessions (Prepare-Persevere-Perform):** this program is designed to incorporate programs that coaches have difficulty implementing into the skater’s busy regular school/extracurricular schedule. Programs such as: visualization practice, time management, sport/school priorities, mental/physical competition planning, goal-setting and re-evaluation will be taught. Each day in the summer will be something new for the skaters to learn and think about to apply to their skating and life. We will also incorporate days where we will watch memorable skating programs and review technical skills on video. Guest speakers have also been invited to enhance the program. The Juniors will be doing this program during lunch and the seniors will finish their day with the 3P Program. It will be valuable information for all to attend and learn.





## How do I sign up?

-print the last page of this information package

-Mail form and payment to:

(cheques made out to: Fernie Skating Club)

1A Spruce Place

Fernie, BC

VOB 1M4

-To receive the summer discount registrations and payment must be **received by:**

**July 10<sup>th</sup>, 2017**

-confirmation emails will be sent out when registration and payment is received.

## Skate Fitting and Sharpening?

-skate fitting day will be set up just before summer, TBD.

-Coaches (Kathy and Lisa) offer quality skate sharpening. Please ensure that your skates fit and are ready to use prior to summer start. Contact us and we can help.



# Registration Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_

## Weeks you will be skating:

Pre-camp: Aug 14<sup>th</sup> - 18<sup>th</sup>

Week 1: Aug 21<sup>st</sup> to 25<sup>th</sup>

Week 2: Aug 27<sup>th</sup> to 31<sup>st</sup>

## Level of skater:

Junior (Star 1-4)

Senior (Star 5 to Gold or permission from the coaching team)

Email address: \_\_\_\_\_

(NOTE: all updated camp information and registration confirmation will be sent to the above address so print legibly)

Phone: \_\_\_\_\_

Parent name: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

(FSC requires at least 50% of payment on July 10<sup>th</sup>, 2017 and remaining payment is due on August 14<sup>th</sup>, 2017.)

I, \_\_\_\_\_ give \_\_\_\_\_

permission to skate at the Fernie Skating Club Summer Camp. I release the FSC and its coaches from any responsibility for any injuries suffered by my child while participating in any activity at this camp.

Care Card #: \_\_\_\_\_

Skate Canada #: \_\_\_\_\_

Emergency Phone #: \_\_\_\_\_

## Send to: (cheques made payable to Fernie Skating Club)

Fernie Skating Club

c/o Kathy Sutherland

1A Spruce Place

Fernie, BC

VOB 1M4

- High test day to be determined. Possible September 1<sup>st</sup> – morning only.
- Star tests from 1-5 will be evaluated by the coaching team during regular ice time.