

Additional Camp Information

Attire: Athletic pants and skating dresses are recommended. Tennis shoes are **REQUIRED** for off-ice activities.

Supplies: A yoga mat and jump-rope are recommended.

Locker rooms will be provided for changing and storage.



Participants needing special considerations for early drop-off or late pick-up may contact the skating director, Heather Piepenburg. She will also be happy to answer any additional questions you have about this

program.

Heather Piepenburg

410-612-1000 x 101

skating@iceworld.com

**Send completed application
and full payment to:**

**1300 Governor Court
Abingdon, MD 21009**



Send completed application
and full payment to:

1300 Governor Court
Abingdon, MD 21009

Phone: 410-612-1000 x 101

Fax: credit card payments to 410-612-1004

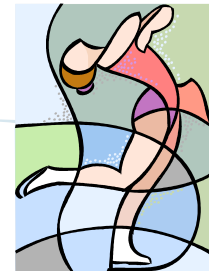
E-mail: skating@iceworld.com

www.iceworld.com



Advanced Figure Skating Camp

July 6 - 10, 2009
8:00 am - 2:00 pm



410-612-1000 x 101

Program Philosophy

Ice World's Advanced Figure Skating Camp is designed to give competitive skaters an opportunity to work with highly qualified coaches on all aspects of their skating, both on and off-ice. Training sessions will address:

- ◆ Conditioning/Stretching
- ◆ Jumps
- ◆ Spins
- ◆ Artistry
- ◆ Power
- ◆ Edges

To re-inforce proper training habits, a healthy morning snack, nutritious lunch, and bottled water are provided daily.



Special Guest coaches include Bobbe Shire, the World Renowned "Spin Doctor" and Champion Russian Singles and Pairs skater, Natalia Jones. Natalia also holds a Masters degree in Physical Therapy from the University of Maryland School of Medicine. Skaters will also be taught by Ice World coaches Joy Thomas and Heather Piepenburg. All camp coaches and Ice World coaches will be available for private lessons throughout the week.

Enrollment in this camp is offered to skaters in Pre-Preliminary Freestyle and

Sample Camp Schedule

- 8:00—8:30 am: Off-Ice Class
- 8:30-9:00am: Off-Ice Warm-up
- 9:10-10:10 am: On-Ice Class
- 10:10—10:25am: Morning Snack
- 10:25—11:15am: Freestyle Session
- 11:15am-Noon: Lunch
- 12:00—12:50 pm: Freestyle Session
- 1:00—1:50 pm Freestyle Session

Camp coaches and Ice World coaches will be available during the freestyle sessions to give private lessons. To schedule a lesson with Bobbi Shire, request time with her on your camp registration form. To schedule lessons with any of the other coaches, please contact them directly. Their credentials are available on the web at www.iceworld.com.



Registration Form

Name: _____
Parent's Name: _____
DOB: _____ Gender: _____
Address: _____
City _____
State: _____ Zip: _____
Home Phone: _____
Work Phone: _____
Cell Phone: _____
E-mail: _____

Additional Emergency Contact:

Name: _____
Phone: _____

Highest Test Level Passed:

MIF: _____ Freeskate: _____

Payment:

_____ \$385 for the week

_____ \$50 for a 25 minute private lesson
with Bobbe Shire

_____ \$25 late fee after June 15, 2009

_____ Total

Assumption of Risk Agreement and Release:

Upon entering events sponsored by Ice World and/or agents or affiliates, I/We agree to abide by the Rules of Ice World. I/We understand that participation in the sport constitutes a risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners I, LLC, event organizers and skating professionals from any liability therefore.

Signature of Parent/Guardian

Date