

2017 SQSA Summer Camp Information

8:00am – 4:00pm July 10th – July 14th, 2017

Skate Camp will be held at BRECK ANDERSON ICE ARENA, 4210 Olson Memorial Highway, Mpls, MN 55422. Camp will begin promptly at 8:00AM, and it will run until 4:00PM, Monday – Friday the week of July 10 – 14, 2017.

This camp is recommended for skaters between the ages of 5 – 18, that are skating between the levels of beginner and Freestyle 9. We will be offering two levels of camp: “Skating Arts” (skate school levels) & “Training Team” (freestyle levels).

Proper equipment (for on ice / off ice activities) is required.

- Leather skates
- Gloves / mittens
- Skate Guards
- TENNIS SHOES
- Athletic clothing (Please make sure your child dresses in layers, as the rink is cold, but we will be doing off ice activities both indoors and outdoors). You will want to make sure that your child has a short sleeve shirt on underneath his / her warmer clothing.

Skaters are responsible for bringing their own lunches and snacks.

We will have two snack breaks and a lunch break each day. Please plan accordingly and pack a lunch, along with two snacks, for your child each day of camp.

Camp activities will include: (activities will not necessarily be held in this order, or on every day)

- Off Ice Stretch / Balance exercises
- On Ice Power Skating Class
- On Ice Jumps / Spins
- Off Ice Jumps
- On Ice Skating Patterns
- Music Interpretation
- On Ice Edges
- Competition Preparation
- Nutrition Discussion
- Muscle Health and Repair
- Off Ice Conditioning class
- Off Ice Dance
- Off Ice Acting / Improv
- Sports Psychology
- Team Service Project
- And MORE!

Cost of the camp is \$450.00. **Early Bird Special is \$425.00, and must be post marked no later than May 1, 2017. Please make checks payable to SQSA Parade.** Mail to / drop off at:
SQSA Parade, Attn: Raleigh Weld
600 Kenwood Parkway
Mpls, MN 55403

This camp features on ice and off ice activities, designed to help introduce and grow your skater in the multifaceted sport of figure skating!

Any questions regarding SQSA Summer Skating Camp should be directed to Raleigh Weld, at raleighweld@gmail.com.