

Programme overview*

The camp starts at The PEAK each day at 9.00am and finishes at 4.30pm.

Day/times	9.30am-11.00am	11.00am-12.00pm	12.15pm-1.15pm	1.15pm-2.15pm	2.15pm-3.15pm	3.15pm-4.15pm
Monday	On-ice class (Edge work)	Off-ice class – Ballet	Lunch	On-ice class (jumps)	Off-ice class – Judging	On-ice class (spirals, spins and steps)
Tuesday	On-ice class (Edge work)	Off-ice class – Trampoline	Lunch	On-ice class (jumps)	Off-ice class – Goalsetting	On-ice class (spirals, spins and steps)
Wednesday	On-ice class (Edge work)	Off-ice class – Gymnastics	Lunch	On-ice class (jumps)	Off-ice class – Nutrition	On-ice class (spirals, spins and steps)
Thursday	On-ice class (Edge work)	Off-ice class – Dance	Lunch	On-ice class (jumps)	Off-ice class – Drama	On-ice class (spirals, spins and steps)
Friday	On-ice class (Edge work)	Off-ice class – Flexibility	Lunch	On-ice class (jumps)	What does it take to be a Figure skater	On-ice class (spirals, spins and steps)

*Content and schedule times may vary

1 week
Figure skating
PROcamp
cost

£175*
per person

* for all bookings made by 31 March. Bookings made from 1 April will be charged at the full programme price of £200.



PROcamps
Training for success

Booking information

The Figure skating PROcamp is £200 per skater for five intensive training days.

To order your FREE skater kit for the camp you need to book by Friday 8 June. We're sorry but if you book after this date we can't promise you'll get your training kit in time for the start of the camp.

Book by
Friday 8 June
to get your
FREE kit

- Full PROcamp training Kit
- Daily nutritional lunch
- PROcamp information pack
- Identified areas for development
- Access to state of the art facilities at The PEAK and Forthbank performance sport centre
- Specialist coaching

You can book onto the Figure skating PROcamp in one of the following ways:

- 1 Phone **Forthbank performance sport centre** at Stirling Sports Village on **01786 448308** and pay by credit/debit card.
- 2 Book and pay in person at **Forthbank performance sport centre** at Stirling Sports Village.
- 3 Please give us the size you need for your skater kit when you book.

Please note when you book we need the size for your skater kit.

Refunds – Please note that refunds will only be given in exceptional circumstances. Please write with details of your refund request to Active Stirling, at the address below.

Photographs – Photographs may be taken for promotional purposes. If you don't want your child photographed, please let us know by writing in advance.

Active Stirling No. 23, 15 Borrowmeadow Road, Stirling FK7 7UW

PROcamps
Training for success

Figure skating development camp

Monday 2 July –
Friday 6 July 2012

Train to your true potential and experience a week as a top level figure skater, with expert tuition and guidance in state of the art facilities at Stirling Sports Village.

8 – 18 years
(must have passed Skate UK grade 8)

Save
£25
Book by
31st March and pay
only £175



Stirling
SPORTS VILLAGE

Stirling
SPORTS VILLAGE

01786 448308
activestirling.org.uk

ActiveStirling

Stirling
SPORTS VILLAGE

Figure skating development camp Monday 2 July – Friday 6 July 2012

8-18 years
(Must have passed Skate UK grade 8)



What's the figure skating PROcamp about?

Find out what it's really like to be an elite figure skater at this figure skating development camp and face the challenges head on of daily training commitments. Ideal for skaters across a range of abilities and stages - whether you've just passed Skate UK Grade 8 or working towards NISA test level 3 (includes Skate Star).

You'll receive the very best of on-ice coaching along with a number of off-ice classes including, ballet, trampolining, gymnastics, goal setting and flexibility.

What's included –

Full PROcamp training Kit

Daily nutritional lunch

PROcamp information pack

Identified areas for development

Access to state of the art facilities at The PEAK and Forthbank performance sport centre

Specialist coaching

Expert advice

Nutrition – Hear from a qualified dietician how best to fuel your body to maximise performance.

Goal setting – Identify your SMART goals to increase motivation and train harder.

Ballet and dance – Integrate artistic impression, rhythm, co-ordination and creativity into your choreographed routines.

Trampolining – Flexibility and gymnastics – improve your core strength, jumps, rotations and co-ordination with this off-ice class led by a qualified instructor.

Elite skater talk – Hear from an elite level skater and find out what it take to be the best.



'What does it take to be a figure skater?'

Hear from a real life elite skater and learn from the best in this question and answer session.

Coach details

Alice Fell – Head coach

Alice brings over 30 years of ice skating coaching experience, and has coached at a number of levels. Alice is a NISA level 4 qualified coach and International Technical Specialist. She's coached skaters to both British Junior and Senior champions and gained extensive experience working alongside top international coaches.

Assistant Coaches - A number of NISA Level 2 coaches are present throughout the camp with a wide variety of experience both in coaching and competing at national and international level. At PROcamps, quality coaching is paramount to everything we do and we aim to bring you the best coaches to ensure you have a fantastic experience and to maximise your development as a skater.

