

What does this camp offer?



Summer can be sweltering, but it's still important to be active! Ages 6 and up are welcome to join us for a fun filled week of skating! Groups will be broken down by age and levels for various activities. Our camps are appropriate for skaters that have never stepped on the ice as well as those working on their double jumps. Come join the fun!

What are the times and dates?

Week 1: June 6—June 10

Learn to Skate & Figure Skating

Week 2: June 13—June 17

Learn to Skate only

Week 3: June 20—June 24

Learn to Skate & Figure Skating

Special Figure Skating Dates:

- **June 25-26:** Super Camp Weekend with Jackie Brenner and Diane Miller (Freestyle/Synchro focus — 40 registrations needed by May 7 to secure seminar!)
- **July 10:** US Figure Skating S.T.A.R.S. Combine at KC Sports Lodge (Registration through USFS)

What do I need to wear and bring?

Learn to Skate Campers: Wear crew socks, long athletic pants that allow movement, a short sleeve shirt, and a comfortable, warm jacket (be sure your name is written on the inside). Skaters new to the ice are welcome to bring a rounded helmet and gloves.

Figure Skating Campers: Wear proper athletic attire and be sure to bring a water bottle, yoga mat, jump rope, and proper shoes.

How are levels grouped?

Learn to Skate (no experience—Basic 2)

Bronze (Basic 3-5)

Silver (Basic 6-8)

Gold (Free Skate 1-3)

Platinum (Free Skate 4-6)

Diamond (Clean Axel and/or double jumps)

Registration Open Now!

Enroll through one of these options:

In person: Centerpoint Community Ice

Email: nick_kraft@comcastspectacor.com

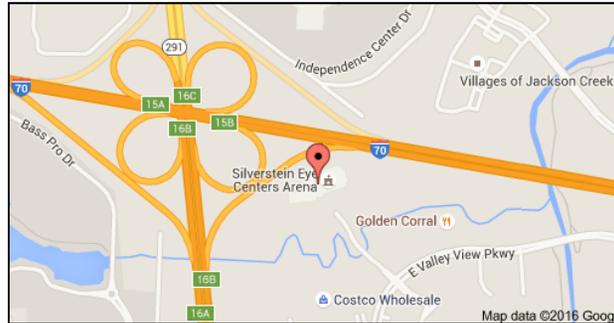
Phone: 816-442-6128

Register early to ensure your spot, which will not be reserved until payment is received. Register at least one week before the first day of camp to reserve your spot, t-shirt, and allow for proper planning.

****Bronze Camp and above: Alert director to any food allergies.****

Multi-Camp Discounts and Benefits!

Sign up for a second week of camp and receive 20% off, and a third week for 30% off! All campers receive a t-shirt (one per camper—must register at least one week prior to camp) and special perks—see camp description for exact perks.



SECA is conveniently located off I-70 or I-470

Questions?

Nick Kraft, Skating Director

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**Centerpoint Community Ice
at Silverstein Eye Centers Arena**

19100 E. Valley View Parkway
Independence, MO 64055



CENTERPOINT
MEDICAL CENTER

COMMUNITY ICE



No Experience Required | Ages 6+

JUNE 6-10

JUNE 13-17

JUNE 20-24

**Learn to Skate Camps
Advanced Training Camps**

www.silversteineyecentersarena.com
www.centerpointcommunityice.com

LEARN TO SKATE, \$75

Time: Mon– Fri, 1p–4p

Daily: 30 min on ice class (1-1:30p), supervised public skate with Fun & Games (until 3p) followed by 60 min off ice activity

Description: The best way to stay cool over the summer is to stay chilled on the ice! Let the pros teach you the “fun”damentals in ice skating, including standing up, falling down, forward & backward skating, gliding, and stopping. This is perfect for those new to the ice!

Skills Include: Proper way to fall and get up, marches, glides, stops, curves, swizzles, dips, two foot spins, and hops

Camp Perks: Souvenir t-shirt, 5 guest public admissions (valid until 8/31), unlimited public session and skate rental during the week of camp

BRONZE (B3-5), \$100

Time: Mon–Thurs, 9:15a–4p

Daily: 60 min on ice classes, 60 min off ice classes, 30 min free skate practice ice, public skate (1-3p), off ice activity (3-4p)

Description: For skaters that have experience in our Learn to Skate classes and are working on three turns, forward and backward crossovers, and excited to push their skating up to the next level! Jumps and spins are introduced, as well as further exploration into edges.

Classes Include: (On Ice) Jumps, Spins, Turns, Edges, Crossovers, (Off Ice) Cardio, Conditioning, Speed & Agility, Ab Intervals, Lower Focus, Stretching

Camp Perks: Souvenir t-shirt, daily lunch and snack, 3 freestyle pass sign up bonus, 5 guest public admissions (valid until 8/31), unlimited public session and skate rental during the week of camp

SILVER (B6-8), \$125

Time: Mon–Thurs, 8:45a–4p

Daily: 80 min on ice classes, 60 min off ice classes, 30 min free skate practice ice, public skate (1-3p), off ice activity (3-4p)

Description: Delve deeper into figure skating! The basics are reinforced as more free skating technique is introduced. Skaters will begin learning the mechanics of various half and single rotation jumps, one foot spins, and learning to master turns with more speed.

Classes Include: Jumps, Spins, Turns, Edges, Crossovers, Power, (Off Ice) Cardio, Conditioning, Speed & Agility, Ab Intervals, Lower Focus, Stretching

Camp Perks: Souvenir t-shirt, daily lunch and snack, 8 freestyle pass sign up bonus, 5 guest public admissions (valid until 8/31), unlimited public session and skate rental during the week of camp

GOLD (FS 1-3), \$150

Time: Mon–Thurs, 8a–4p

Daily: 80 min on ice class, 60 min off ice class, 75 min free skate practice ice, public skate (1-3p), off ice activity (3-4p)

Description: Skaters that have mastered the “Basic 8s” are ready to jump into this camp. In addition to learning new jumps and more challenging spins, new disciplines of skating are introduced, such as moves in the field and ice dance.

Classes Include: (On Ice) Jumps, Spins, Edges, Power, Moves in the Field, Ice Dance, Interpretive, (Off Ice) Cardio, Conditioning, Speed & Agility, Ab Intervals, Lower Focus, Stretching

Camp Perks: Souvenir t-shirt, daily lunch and snack, 8 freestyle pass sign up bonus, 5 guest public admissions (valid until 8/31), unlimited public session and skate rental during the week of camp

PLATINUM (FS 4-6), \$175

Time: Mon–Thurs, 7:30a–4p

Daily: 80 min on ice class, 60 min off ice class, 105 min free skate practice ice, public skate (1-3p), off ice activity (3-4p)

Description: Mastery of single jumps is encouraged at this level as skaters begin or continue to work on the first multi-rotation jump, the Axel. Perfect your walkthrough as you learn new and exciting spins: camels, sits, and different variations. Move in the field skills and patterns are taught as well as ice dances (to modern songs!).

Classes Include: (On Ice) Jumps, Spins, Edges, Power, Moves in the Field, Ice Dance, Interpretive, (Off Ice) Cardio, Conditioning, Speed & Agility, Ab Intervals, Lower Focus, Stretching

Camp Perks: Souvenir t-shirt, daily lunch and snack, 13 freestyle pass sign up bonus, 5 guest public admissions (valid until 8/31), unlimited public session during the week of camp

DIAMOND (AXEL+), \$200

Time: Mon–Thurs, 7a–4p

Daily: 80 min on ice class, 60 min off ice class, 135 min free skate practice ice, public skate (1-3p), off ice activity (3-4p)

Description: Dedication and hard work expected are expected from athletes at this level. This is for the skater used to spending multiple hours on and off the ice training. Utilizing an axel as a prerequisite, this level is for those skaters that are either starting or working on double jumps, combinations, flying spins, and dangerous turns at high speeds. Push your training to next level and have fun while doing it!

Classes Include: (On Ice) Jumps, Spins, Edges, Figures, Power, Moves in the Field, Ice Dance, Interpretive, (Off Ice) Cardio, Conditioning, Speed & Agility, Ab Intervals, Lower Focus, Stretching

Camp Perks: Souvenir t-shirt, daily lunch and snack, 13 freestyle pass sign up bonus, 5 guest public admissions (valid until 8/31), unlimited public session during the week of camp

REGISTRATION FORM

First Camper:

Name _____ DOB _____

Camp Level _____ T-Shirt Size Y or A _____

Week 1 _____ Week 2 (LTS only) _____ Week 3 _____

Over 12? Interested in being a “Big Skater” to younger skaters? _____

Second Camper:

Name _____ DOB _____

Camp Level _____ T-Shirt Size Y or A _____

Week 1 _____ Week 2 (LTS only) _____ Week 3 _____

Over 12? Interested in being a “Big Skater” to younger skaters? _____

Contact Info:

Parent Name _____

Email _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Alt Phone _____

How did you hear about our program?

Payment: (Cash, check, Visa, MC, Discover, & AmEx)

_____ First Camp (full price) = _____

_____ Second Camp (20% off) = _____

_____ Third Camp (30% off) = _____

TOTAL _____

CC # _____

Sec Code _____ Exp Date _____

Terms & Conditions/Waiver Release of Liability:

Each person (“Participant”) using Silverstein Eye Centers Arena assumes all risk of personal injury, which may result from participation in all activities conducted at the Silverstein Eye Centers Arena. The Participant will not hold Silverstein Eye Centers Arena, Global Spectrum LP, and the City of Independence, or any of its officials, staff, owners, or the proprietor, liable for injury, which the Participant may sustain while participating in any activities, conducted at the Silverstein Eye Centers Arena. The participant understands and agrees that the sport of ice hockey, ice-skating and all on-ice activities has physical dangers, which may result in serious injury or death. The Participant is advised to carry medical insurance. The Participant certifies that he/she has no known medical condition, which would prohibit him/her from playing the sport of ice hockey or ice-skating.

Signature _____

Date _____