



# 2009 Figure Skating Day Camp

*August 10-12*

SSM Shattuck-St. Mary's Day Camp is a high-energy sport specific program focusing on developing athletic skill and building self-esteem through participation in fun and appropriately competitive setting. Our Skating Day Camp is designed to motivate campers of the basic skills through Freestyle levels. Our focus is ice skating, with an emphasis on-ice and off-ice classes, outdoor sporting activities, indoor arts and crafts, performance, exhibitions and all formats of dance. Camp is open to boys and girls ages 7 to 16 and meets at Shattuck-St. Mary's. Enrollment is limited.



**Diana G. Ronayne**  
*Director of Figure Skating:*

- World and Junior World Coach
- PSA Master Rated
- PSA Level VII Ranking



**Tom Hickey**  
*Director of Figure Skating Operations:*

- National and International Coach
- USFS Gold Medalist: Singles & Pairs
- Co-Creator of "CEP" (Coaches Education Program)

Go to [www.s-sm.org](http://www.s-sm.org) for more info...

# Day Camp Training Program:

# 2009 August 10-12

Few camps can compare in space and setting to the renowned Shattuck-St. Mary's School. The school boasts an expansive wooded campus and a complete athletic complex, including two ice arenas, a domed indoor soccer field, eight tennis courts, outdoor ropes course, climbing tower, gymnasium, basket ball courts and all-weather track, and newly remodeled strength facility. Skaters will also have access to DARTFISH Video Technology, the use of harness both on and off the ice, weight and conditioning equipment, and dance studio. Located in Faribault, just 45 minutes south of Minneapolis and Mall of America, the entire 250-acre campus is designated as Historic District on the National Register of Historic Places.

## Early Bird Registration!!! Before June 1st 2009

### Sample Daily Schedule Monday - Wednesday

8:50 – 9:00 a.m.	Arrival/Check-in
9:10 – 10:00 a.m.	Off-Ice Dance
10:20 – 11:00 a.m.	On-Ice Class
11:00 – 11:30 a.m.	On-Ice Practice
11:40 – 12:20 p.m.	Lunch
12:30 – 2:00 p.m.	Sports & Recreation
2:00 – 2:20 p.m.	Snack & Change
2:20 – 3:00 p.m.	Off-Ice Jump Class
3:20 – 3:50 p.m.	On-Ice Jump Class
3:50 – 4:30 p.m.	On-Ice Practice

### Private Lessons

Skaters may take private lessons on scheduled practice sessions. Additional non-scheduled sessions are available for purchase.

### Camp Levels

Athletes are placed in one of two levels based on their skating level, age and ability. Only staff coaches may request a skater to move up a level.

- **Level I:** USFS: Basic 3-8    ISI: Gamma – FS 3
- **Level II:** USFS: FS 1 – Pre-Juv.    ISI: FS 4 – FS 7

### Equipment Requirements *(provided by skater)*

- Skates            • Water Bottle
- Sneakers        • Clothing for Skating, Dance and Outdoor Activities

### On-ice Classes

Athletes have the opportunity to work on the following classes such as Stroking, Field Moves, Power, Style, Jumps, Spins, Advanced Level Steps and Choreography.

### Off-ice Classes

Injury free athlete begin with Education, Stretch, Dance, Conditioning, Video Analysis

### Meals

Shattuck-St. Mary's Synchronized Development Camp includes nourishing, well-balanced and generous meals for all athletes. A delicious healthy afternoon snack is offered every day.

### Recreational & Cross Training

In addition to their day daily skating and off-ice training, campers have the opportunity to experience outdoor cross-training sports and arts & crafts. Our recreation staff features mature experienced day camp counselors.



# Questions?

Contact Tom Hickey at 800-421-2724 or [thickey@s-sm.org](mailto:thickey@s-sm.org)



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# Registration Form

(one form per skater - please print)

(Please Print)

Skaters Name				Second Skaters Name			
Date of Birth		Age		Date of Birth		Age	
Female	Male	T-Shirt Size: Child <input type="checkbox"/> Adult <input type="checkbox"/> Small <input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/>		Female	Male	T-Shirt Size: Child <input type="checkbox"/> Adult <input type="checkbox"/> Small <input type="checkbox"/> Med <input type="checkbox"/> Large <input type="checkbox"/>	

Mother / Guardian: \_\_\_\_\_

Father / Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Skaters: Email Address: \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Mother/Guardian: Email Address: \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Fax: \_\_\_\_\_

Father/Guardian: Email Address: \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Fax: \_\_\_\_\_

Membership: USFS  ISI  Skate Canada  Other \_\_\_\_\_

Level: Basic 3 - 4  Basic 5 - 6  Basic 7 - FS  Preliminary / Pre-Juv.  Juvenile

Other \_\_\_\_\_ Club Name: \_\_\_\_\_

Program Fees:	<u>Before 6/1/09</u>	<u>After 6/1/09</u>
<input type="checkbox"/> 1 Day Program:	<input type="checkbox"/> \$95 _____	<input type="checkbox"/> \$105 _____
<input type="checkbox"/> 2 Day Program:	<input type="checkbox"/> \$190 _____	<input type="checkbox"/> \$210 _____
<input type="checkbox"/> 3 Day Program: (\$45 savings)	<input type="checkbox"/> \$240 _____	<input type="checkbox"/> \$270 _____
<input type="checkbox"/> Additional T-Shirt	<input type="checkbox"/> \$15 _____	<input type="checkbox"/> \$15 _____
	Total _____	Total _____

Parent/Guardian Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Payment Information: Check  Visa  MasterCard  AMEX  Wire Transfer

Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVC # \_\_\_\_\_

Note: The following section is to be completed by a parent or guardian.

Parental Release – I release all employees of the Shattuck-St. Mary's School and any other party involved in the organization and administration to and from the site. I hereby declare that the participant is in good physical health, and, in case of emergency, I grant permission for me or my child to receive medical treatment at a local hospital. We will abide by all Facility Rules and Regulations. By signing this form, I hereby accept all responsibility and assume all costs that might be incurred in the event of an injury or accident. I agree that I will not receive payment refund for any circumstances with the exception of a medical emergency. All cancellations must be received prior to the first week of the start of the program to qualify for refund of fee, less any non-refundable deposits. Failure to meet this deadline means forfeiture of all payments. Parents/Guardians agree to promotional use of the email address and photos taken of participants, children or adults, during activities associated with any Shattuck-St. Mary's School functions and/or activities.

Mail To: Tom Hickey P.O. Box 218 Faribault, MN. 55021 / To Submit This Registration Via Fax: (507) 333 -1683

If you have questions, contact us at: (507) 333 -1516 or (800) 421 -2724

Email: [thickey@s-sm.org](mailto:thickey@s-sm.org) Visit us on our website: [www.s-sm.org](http://www.s-sm.org)