

Why Summer Day Camp?

Our summer camp is a fun, cost effective way to improve your skating skills, meet new friends and make you a well rounded skater. Your skater will receive an entire day of high quality instruction in the areas of Jump and Spin technique, Edges, Power skating, Off-ice/dry land jumping, Yoga, core strengthening and flexibility. Skaters will also stretch their artistic ability in Ballet, Hip Hop & Jazz Class in order to become an expressive athlete. On the last day of camp we will have an exhibition for parents & family members to see all the fun things we have been working on.

Who can attend? Figure Skaters of all levels. Skaters must have Primary Coach's approval.

Camp Attire: Skating dresses/leggings, snug fitted skating jacket or sweater. Athletic shoes and socks required for off-ice training. Hair pulled back in a pony tail or bun. Bring skates, hard guards, water bottle, jump rope, yoga mat, sunscreen & bug spray.

Lunches & Snacks: Skaters need to provide their own snack, lunch and beverage each Tuesday. Please label everything with your skater's first and last name and place lunches/snacks in a bag.



*Building Self Esteem
& Confidence for Life*

Amanda Truax, Director, River Blades



Amanda has spent 20+ years perfecting the art of edges, jumps, spins and choreography. She is one of the few premiere coaches in Minnesota to develop a unique training regimen tailored specifically for Figure Skaters using the skills she has developed during her skating career. Amanda performed & travelled the World with Disney on Ice, was the Disney on Ice Edge Class, Ballet Instructor and cast Line Captain during her career with Disney on Ice. She has also worked closely with World & Olympic Coaches and recently worked on a project for US Figure Skating and Stars on Ice.

The River Blades team of star studded Resident & Guest Instructors presenting at camp include:

Dima Boyenko

US Figure Skating National Coach
Jr. World Competitor in Pairs Skating

Laurey Kropacz

USFS Gold Medalist, Woodbury FSC Professional

Bre O'Connor

Double Gold Medalist in US Figure Skating
Coach to USFS Regional Competitors

Karri Nachtigal

Egan FSC Professional, USFS CER-A Coach

Maggie Panetta

US Figure Skating Gold Medalist
USFS Team USA World Synchronized Skating
Team Member

Carey Tinkelenberg

Owner & Director Northfield Skating School
Master Rated Coach
Coach for Shattuck St. Mary's Figure Skating
Center
Consultant to US Figure Skating & Learn to Skate
USA

Sasha Terin

Egan FSC Professional, Certified Yoga Instructor



*2019 Summer Figure
Skating Camp*

*Tuesdays
July 9th-August 20th
All levels*

*Hastings Civic Arena
2801 Red Wing Blvd, Hastings, MN 55033*

Camp Details

Dates:

Tuesdays July 9-August 20, 2019 (7 weeks)

Camp Time:

July 9-July 23 9am-4:45 pm

July 30-Aug 20 8:00am-3:45 pm

(Open Freestyle follows our camp for any skaters wanting private lessons-Open Freestyle is \$6.00/week)-please add to your camp total cost if you plan on attending 7 weeks of Open Freestyle: \$42.

Location:

Hastings Civic Arena
2601 Redwing Blvd., Hastings, MN 55033

Cost:

1st Family Member:

Register before 4/30 cost: \$435.00

Register after 4/30 cost: \$455.00

2nd Family Member:

Register before 4/30 cost: \$380.00

Register after 4/30 cost: \$400.00

Cost includes ice time, coaching & materials.

Checks payable to River Blades Skating School

Payment and Registration Deadline:

Early Bird Registration form and payment are due no later than April 30th. Regular registration and payment are due no later than May 15th.

Mail to:

AMANDA TRUAX
c/o Summer Camp
P.O. Box 243
Hastings, MN 55033

Figure Skating Camp 2019 Registration Form

SKATER'S NAME : _____

AGE: _____ SKATER'S LEVEL: _____

PARENT'S NAME : _____

MAILING ADDRESS: _____

CITY: _____ STATE _____ ZIP CODE: _____

CELL PHONE: (_____) _____ - _____ HOME: (_____) _____ - _____ WORK: (_____) _____ - _____

E-MAIL ADDRESS: _____@_____

PARENT'S NAME : DAYTIME PHONE: (_____) _____ - _____

**PRIVATE COACH'S NAME: _____

COACH SIGNATURE _____

COACH'S PHONE: (_____) _____ - _____ COACH'S E-MAIL _____

PARENT SIGNATURE: _____ DATE: _____ / _____ / 2019

BECAUSE I WILL NOT BE ATTENDING, PRESENT THE ENTIRE TIME, AND/OR TRAVELING WITH MY SKATER, I GIVE PERMISSION FOR MY SKATER TO PARTICIPATE IN THE EVENT LISTED ABOVE. (PARENT INITIALS) _____

THE ABOVE NAMED PARTICIPANT IS SKATING IN THIS CAMP AT THEIR OWN RISK AND HEREBY RELEASES RIVER BLADES, AMANDA TRUAX, GUEST COACHES, TRAINERS AND THE HASTINGS ICE ARENA AND STAFF FROM ANY AND ALL LIABILITY, INJURY, ILLNESS OR PRE-EXISTING CONDITION. _____ (PARENT INITIALS)

IN THE EVENT I CANNOT BE REACHED IN AN EMERGENCY DURING THE DATES SPECIFIED ON THIS FORM, I HEREBY GIVE MY PERMISSION TO AMANDA TRUAX-RIVER BLADES SKATE SCHOOL, HASTINGS ARENA MANAGEMENT, AND/OR TO A PHYSICIAN OR DENTIST SELECTED BY AMANDA TRUAX AND/OR THE HASTINGS ARENA MANAGEMENT TO HOSPITALIZE, TO SECURE PROPER TREATMENT, AND/OR ORDER AN INJECTION, ANESTHESIA, OR SURGERY FOR MY SON OR DAUGHTER AS DEEMED NECESSARY.

PARENT OR GUARDIAN'S SIGNATURE: _____ DATE: _____

HEALTH HISTORY:

ALLERGIES _____ INSECT STING _____

OTHER CONDITIONS:

___DIABETES ___CHRONIC ASTHMA ___PHYSICAL HANDICAP ___HEARTCONDITION ___FREQUENT

COLDS___EPILEPSY___HAY FEVER ___FREQUENT STOMACH UPSETS

IF YOU CHECKED ANY OF THE ABOVE, PLEASE GIVE DETAILS (I.E., INCLUDE NORMAL TREATMENT OF ALLERGIC REACTIONS): _____

DATE OF LAST TETANUS SHOT: _____ / _____ / _____

NAME OF MEDICATIONS AND DOSAGES _____

INSURANCE: _____

IF YOU HAVE MEDICAL INSURANCE, YOUR CARRIER WILL BE BILLED FOR MEDICAL CHARGES IN THE CASE OF ILLNESS OR INJURY WHILE YOUR DAUGHTER/SON IS ATTENDING AND/OR PARTICIPATING IN THIS CAMP.

INSURANCE? ___YES ___NO

NAME OF INSURANCE: _____

POLICY NUMBER: _____ GROUP NUMBER: _____