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

Eagan FSC Professional, USFS CER-A Coach

Maggie Panetta

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

Carey Tinkelenberg

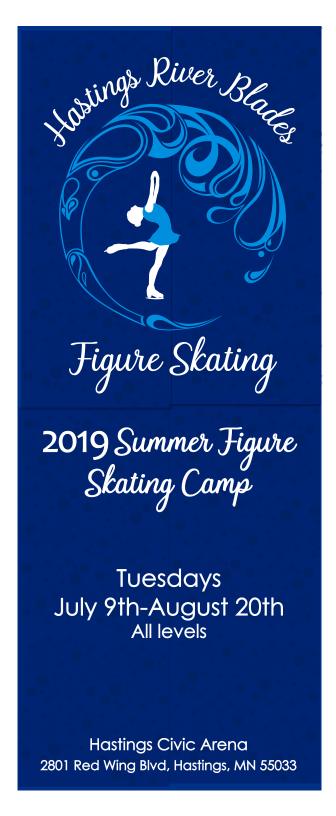
Owner & Director Northfield Skating School Master Rated Coach

Coach for Shattuck St. Mary's Figure Skating Center

Consultant to US Figure Skating & Learn to Skate USA

Sasha Zerin

Eagan FSC Professional, Certified Yoga Instructor



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: SK	ATER'S LEVEL:	
PARENT'S NAME :		
MAILING ADDRESS:		
CITY:	STATE	ZIP CODE: WORK: ()
B . B		<u>@</u>
**DDIVATE COACH'S NAME:		
COACH SIGNATURE		
		DATE: / /2019
BECAUSE I WILL NOT BE ATTENDING, PRES PERMISSION FOR MY SKATER TO PARTICIPAT THE ABOVE NAMED PARTICIPANT IS SKATING	SENT THE ENTIRE TIME, , E IN THE EVENT LISTED AE G IN THIS CAMP AT THEIR (ERS AND THE HASTINGS	AND/OR TRAVELING WITH MY SKATER, I GIVE BOVE. (PARENT INITIALS) DWN RISK AND HEREBY RELEASES RIVER BLADES, ICE ARENA AND STAFF FROM ANY AND ALL
GIVE MY PERMISSION TO AMANDA TRUA AND/OR TO A PHYSICIAN OR DENTIST SELEC	X-RIVER BLADES SKATE TED BY AMANDA TRUAX IENT, AND/OR ORDER AI	THE DATES SPECIFIED ON THIS FORM, I HEREBY SCHOOL, HASTINGS ARENA MANAGEMENT, AND/OR THE HASTINGS ARENA MANAGEMENT NINJECTION, ANESTHESIA, OR SURGERY FOR MY
PARENT OR GUARDIAN'S SIGNATURE:		DATE:
HEALTH HISTORY: ALLERGIES	INSECT STI	NG
OTHER CONDITIONS:DIABETESCHRONIC ASTHMAPHYS COLDSEPILEPSYHAY FEVERFREQUI IF YOU CHECKED ANY OF THE ABOVE, PL REACTIONS):	ent stomach upsets Ease Give Details (i.e.	, include normal treatment of allergic
DATE OF LAST TETANUS SHOT:/	/	
NAME OF MEDICATIONS AND DOSAGES INSURANCE: IF YOU HAVE MEDICAL INSURANCE, YOUR O OR INJURY WHILE YOUR DAUGHTER/SON IS INSURANCE?YE SNO NAME OF INSURANCE:	CARRIER WILL BE BILLED FO ATTENDING AND/OR PA	OR MEDICAL CHARGE S IN THE CASE OF ILLNESS
POLICY NUMBER:		GROUP NUMBER: