

SUMMER 2016

TEAM CHILLER CAMP WEEK

An intensive week of synchro focus to help prepare for the season. This summer camp is designed for skaters committed to skating the 2016-2017 season to help improve and advance synchronized skating skills.

Camp Includes:

- ★ On-Ice instruction with focus on posture, timing, edge work, program components and synchronized drills
- ★ Off-ice activities including yoga, dance, goal-setting, team building and more!

OhioHealth Chiller North

August 1- 5

8:00a.m.-12:30p.m.

**Friday is extended till 1p.m. on ice—pick up 1:15p.m.*

Cost: \$210/wk

\$45/day

Required To Bring:

- ◆ Skates
- ◆ Proper skating attire
- ◆ Water Bottle
- ◆ Yoga mat or towel
- ◆ Packed lunch—or purchase at “The Ice Box”
- ◆ Healthy snacks

Wear to Camp:

- ◆ Black leggings
- ◆ Fitted T-shirt/Sweatshirt—layers recommended
- ◆ Long hair must be tied back
- ◆ No jewelry
- ◆ Athletic Shoes (no sandals or flip flops)

Sample Itinerary:

- 7:45am - Arrive
- 8:00-9:45am - On-ice
- 10:00-11:30am - Yoga/Dance
- 11:30-12:15pm - Team Building
- 12:30pm - Pick up



**REGISTER ONLINE AT
WWW.THECHILLER.COM/SYNCHROCAMP**

**For more information, please contact Figure Skating Director Denise Hughes
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