Summer Tuition

July 3rd to July 28th*

Senior & Competitive Senior SFSC Member Packages

Weekly Rate	Early Bin	rd	Final Reg.
July 3 - July 7	\$205.00		\$225.00
July 10 – July 14	\$205.00		\$225.00
July 17 – July 21	\$205.00		\$225.00
Jul 24 – July 28	\$205.00		\$225.00

Intermediate SFSC Member Package

Weekly Rate	Early Bird	Final Reg.
July 4 - July 8	\$200.00	\$220.00
July 11 – July 15	\$200.00	\$220.00
July 18 – July 22	\$200.00	\$220.00
Jul 25 – July 28	\$200.00	\$220.00

Junior SFSC Member Package

Weekly Rate	Early Bir	ď	<u>Final Reg</u>
July 4 - July 8	\$175.00		\$195.00
July 11 – July 15	\$175.00		\$195.00
July 18 – July 22	\$175.00		\$195.00
Jul 25 – July 28	\$175.00		\$195.00

Competition Simulation- Norma Bush Arena

Rate	Early Bird	Final Reg
Jul 22	(10am-12pm) \$20.00 🗌	\$25.00

If you have registered for 4 weeks of summer school the Simulation is free!

SFSC Member drop in rate any session -\$15.00 per 1 hr

* Fees do not include coaching fees for on ice lessons.

Early Bird Registration: May 15, 2017

Registration Deadline: June 15th, 2017

Online registration at www.springbankskating.com

Coaches

Greg Berezowski zowski@shaw.ca	(403) 471-7163
Kate MacDonald s.katemacdonald@live.ca	(587) 223-8204
Pam McCracken silverblades@me.com	(403) 247-3574
Chelsey Moore moore.chelseylynn@gmail.cc	(403) 991-7221 <u>om</u>
Natasha Taylor natasha@taylorskating.com	(403) 891-6781

Please book private coaching lessons directly with the coach. Other Coaches may be joining us. If you wish to join our camp with your coach, please contact Kailee Myhill at <u>springbankskating@gmail.com</u>.

Session Qualification

Competitive Senior: Must have achieved Pre-Novice TES of 17*or higher **Senior**: Jr. Silver - Gold freeskate **Intermediate**: Junior Bronze & Senior Bronze freeskate

Junior: has not passed Jr. Bronze freeskate

*Proof of qualification will be required upon registration

SFSC reserves the right to place skaters on sessions for which they may not qualify with coach recommendation and Technical Director approval.

Cancellation Policy

Cancellation in part or full must be made by June 15, 2017 in order to receive a refund. A **25% deposit is non-refundable**.

In case of serious injury or illness: A medical certificate must accompany a written request in order to obtain a refund for the remainder of the Summer School.

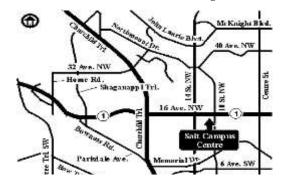
Springbank FSC Summer School July 3 – July 28, 2017

SAIT Arena



Location

SFSC summer school will be located at the SAIT Arena. The Southern Alberta Institute of Technology campus is located south of 16 Ave. NW/Hwy-1 (Trans Canada), between 14 St. NW and 10 St. NW. Arena is located in the Campus Centre building near the south central part of campus and is accessible by following 14 St. to the 14 Ave. entrance and turning east.



Junior Schedule

12:00 - 1:00	Dryland
1:00 – 1:15	Break
1:15 – 2:00	Jr/Int Freeskate
2:00 – 2:15	Jr/Int Spin
2:15 – 3:15	Lunch
3:15 - 3:30	Flood
3:30 - 4:30	Jr Freeskate
4:30 - 4:45	Jr Stroking

Senior Schedule

9:15 – 9:30	Sr/Comp Sr Stroking
9:30 - 10:30	Sr/Comp Sr Freeskate
10:30 - 10:45	Flood
10:45 – 11:45	Dryland
11:30 – 12:00	Break
12:00 - 1:00	Sr/Comp Sr Freeskate
1:00 – 1:15	Sr/Comp Sr Spin
1:15 – 1:30	Flood
1:30 - 2:30	Lunch
2:30 - 3:15	Int/Sr Freeskate

Off-Ice Fitness

Off-Ice Dryland

Specialized coaching staff will provide various forms of dryland training through the month that will enhance and complement the needs of skaters' development. This is an essential component to the development of figure skaters.

Pricing for dryland training is included in the overall weekly package, and will not be refunded should a figure skater opt out of this portion of the program.

Intermediate Schedule

Dryland
Break
Int Stroking
Int Freeskate
Break
Lunch
Jr/Int Freeskate
Jr/Int Spin
Int/Sr Freeskate

<u>Competitive Senior</u> <u>Schedule</u>

8:00 - 9:00	Comp Sr Freeskate
9:00 – 9:15	Flood
9:15 - 9:30	Sr/Comp Sr Stroking
9:30 - 10:30	Sr/Comp Sr Freeskate
10:30 - 12:00	Lunch
12:00-1:00	Sr/Comp Sr Freeskate
1:00 – 1:15	Sr/Comp Sr Spin
1:15 – 1:30	Flood
1:30 – 2:30	Dryland

Important Dates & Information:

Competition Simulation July 22, 2017 Norma Bush Arena 10:00am – 12:00pm

Wild Rose Competition: August 4-7, 2017

Lunch hour will be supervised for Junior and Intermediate skaters.

