

Summer Tuition

July 3rd to July 28th*

Senior & Competitive Senior SFSC Member Packages

Weekly Rate	Early Bird	Final Reg.
July 3 - July 7	\$205.00 <input type="checkbox"/>	\$225.00 <input type="checkbox"/>
July 10 - July 14	\$205.00 <input type="checkbox"/>	\$225.00 <input type="checkbox"/>
July 17 - July 21	\$205.00 <input type="checkbox"/>	\$225.00 <input type="checkbox"/>
Jul 24 - July 28	\$205.00 <input type="checkbox"/>	\$225.00 <input type="checkbox"/>

Intermediate SFSC Member Package

Weekly Rate	Early Bird	Final Reg.
July 4 - July 8	\$200.00 <input type="checkbox"/>	\$220.00 <input type="checkbox"/>
July 11 - July 15	\$200.00 <input type="checkbox"/>	\$220.00 <input type="checkbox"/>
July 18 - July 22	\$200.00 <input type="checkbox"/>	\$220.00 <input type="checkbox"/>
Jul 25 - July 28	\$200.00 <input type="checkbox"/>	\$220.00 <input type="checkbox"/>

Junior SFSC Member Package

Weekly Rate	Early Bird	Final Reg.
July 4 - July 8	\$175.00 <input type="checkbox"/>	\$195.00 <input type="checkbox"/>
July 11 - July 15	\$175.00 <input type="checkbox"/>	\$195.00 <input type="checkbox"/>
July 18 - July 22	\$175.00 <input type="checkbox"/>	\$195.00 <input type="checkbox"/>
Jul 25 - July 28	\$175.00 <input type="checkbox"/>	\$195.00 <input type="checkbox"/>

Competition Simulation- Norma Bush Arena

Rate	Early Bird	Final Reg.
Jul 22 (10am-12pm)	\$20.00 <input type="checkbox"/>	\$25.00 <input type="checkbox"/>

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 (403) 471-7163
zowski@shaw.ca

Kate MacDonald (587) 223-8204
s.katemaclonald@live.ca

Pam McCracken (403) 247-3574
silverblades@me.com

Chelsey Moore (403) 991-7221
moore.chelseylynn@gmail.com

Natasha Taylor (403) 891-6781
natasha@taylorsskating.com

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 springbankskating@gmail.com.

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

Figure Skate



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

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

Competitive Senior Schedule

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.