



## **SKATING SKILLS TRAINING & DEVELOPMENT CAMP**

### **23-24 APRIL 2018**

Central Coast Figure Skating Club is excited to host a skating skills camp at Erina Ice Arena in April school holidays. The camp, catering to all levels, will include both On and Off Ice Training as well as a Sports Psychology Presentation.

**Aussie Skate (from Intermediate) – One Day**  
**23 April 2018 – 8.00 am – 11.00 am**  
**Cost: \$30 (\$25 for CCFSC members)**

The one day Aussie Skate camp (levels Intermediate and above) will feature off-ice drills, choreography and on-ice skating skills.

**Preliminary to Senior – Two Days**  
**23-24 April 2018 – 7.30 am – 11.00 am**  
**Cost: \$65 for one day (\$60 for CCFSC members), or \$120 for two days (\$110 for CCFSC members)**

Group A – Prelim to Basic Novice A  
Group B – Basic Novice B to Senior

Day 1 – On & Off Ice drills, stroking, foot work & spins  
Day 2 – Sports Psychology talk, on & off ice drills, spins & jumps

Skaters Name: \_\_\_\_\_

Home Club: \_\_\_\_\_ Mobile No: \_\_\_\_\_

Email: \_\_\_\_\_

Highest Test Level Passed: \_\_\_\_\_

Circle one:            Day 1            Day 2            Both days  
(Prelim and above only)

Payment details:  
BSB: 637 000 Account: 781891304 Reference Skaters Name

Email completed registrations to: [centralcoastfsc@gmail.com](mailto:centralcoastfsc@gmail.com)

**Registrations Close: 9 April 2018 – Places are limited**

Hosted by:  
**Central Coast  
Figure Skating  
Club**

Guest coaches:  
**Adam Zalegowski**  
and  
**Stephen Carr**

Guest Speaker:  
**Mark Webster**

Host Coaches:  
**Nicole Nyman**  
**Melodie Makey**  
**Sarah Cullen**

**ERINA ICE ARENA**

23-24 April 2018

Preliminary to Senior  
7.30 am to 11.00 am

Aussie Skate  
23 April 2018  
8.00 am to 11.00 am

Inquiries to:

[centralcoastfsc@gmail.com](mailto:centralcoastfsc@gmail.com)