| FAQ  -What does my skater need for this camp?  Your skater needs proper skating attire for on-ice sessions, runners, yoga mat, water bottle for off-ice, healthy snacks and lunch, and a positive attitude!   - Are skills and dance optional?  Skills and dance are included in both packages, however skaters who have finished their skills and dance tests may opt out.  - Is freeskate part of the package?  Yes, each Package includes a Freeskate session. There is an extra session at the end of the day that anyone can add on to their package price.  -What is the Seminar Session?  This session will be run as a group class by one of the coaches and focus on one aspect of skating each day, for example, jump technique, ice dance, edges, etc.  -What is included in the price?  EVERYTHING! All of your skaters sessions and lessons are included in the registration price. The extra cost is if your skater decides to participate in activities at the end of the day. |  |  | Taber Skating  Corn Camp  **August 13th-17th 2018**  **9:00 am- 3:00 pm**  4712 50 St, Taber, AB T1G 2B6  **All Skaters Stage 4 CanSkate and Up**  **Outside clubs and coaches welcome!**  **\*\* Registration Deadline: July 31st \*\* Register online at: taberfigureskatingclub.com** |
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| **Package A**  **$215 per skater**  *Recommended for Canskate Stage 4- Star 4 (not landing axel)*  Includes: Circuits, Dance and Skills, Spins, Off-Ice, Freeskate, and Creative  **Package B**  **$265 per skater**  *Recommended for Star 5+ (skaters landing axels)*  Includes: Off-Ice, Spins, 2 Freeskates, Stroking, Sports Psych, Seminar, Skills and Dance  **Coaching Included With:**  All sessions have coaching included in the registration price. Students will be grouped according to level and every effort will be made to keep students with their regular coaches.  **Extra Activities (After ‘Package A’ Creative session)**  $35 for 5 days (Mon- Thurs)  **Test Day Friday!**  There will be a test day starting 1PM on Friday, August 17th. Wayne Lumley will be attending as dance partner. Ask your coach if you are ready to test! | **Package A**  **9:00- 9:15** Circuits (on-ice  **9:15- 9:45** Dance/Skills  **9:45- 10:00** Spins  **10:00- 10:15** Flood/ Break  **10:15- 11:15** Off-Ice  **11:15- 12:00** Lunch  **12:00-12:45** Freeskate  **12:45-1:00** Creative  **1:30- 2:30** Optional Activity  **Package B**  **9:00- 10:00** Off-ice  **10:15- 10:30** Spins  **10:30- 11:15** Freeskate  **11:15- 11:45** Stroking  **11:45- 12:00** Flood/ Lunch  **12:00- 12:15** Lunch  **12:15-12:45** Sports Psych  **1:00- 2:00** Freeskate  **2:00-2:30** Seminar  **2:30-3:00** Dance    **Drop-In: $45/day Package A**  **$55/day Package B** | Contracted Coaches **Kathleen Ward**  **Olea Taboulchanas**  **Amanda Hillier**  **Shaelin Westerson**  **Jessica Watson**  **Taylor Straga**  **Sports Psychology Topics**  Dealing with Distractions, Goal Setting, Nutrition, Visualization, Self-talk  **Off-Ice Activities**  Dance, Off-Ice Jumps, Flexibility, Strength, Technique Analysis  **Contact Us** taberfigureskatingclub@outlook.com  kathleen.ward2@uleth.ca  **Website**  taberfigureskatingclub.com  Registration Deadline: **July 31, 2018**  Late registrations are subject to a $20 late fee.  Lessons with non-contracted coaches are not included in the package prices. |
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