

## Daily, Weekly, Monthly Rates SKATE MORE – SAVE MORE!

### Online registration at [www.chaparrallice.com](http://www.chaparrallice.com)

Online registration closes the Friday before each week. Purchase walk-ons at the front counter. No makeups/credits. Classes do not include freestyle or public session admission/discounts. No classes Tuesday, 7/4.

**Individual Classes** – Edges, Choreography, Power; Off-Ice Jumps, Strength, Classroom Seminar: \$15 online; \$20 walk-on.  
Tuesday Dance – 1 hour class: \$20 online; \$25 walk-on.  
*Must reserve online by previous Friday for discount rates.*

**Weekly Package Discount** – Includes all ASC on- and off-ice classes: \$120 per week, online registration only (\$90 for July 3-7) \$140 value! *Must reserve online by previous Friday for discount rates.*

## BUY THE MONTH, SAVE THE MOST!

June \$330 -- July \$410 -- August \$330

Includes all ASC classes, on-ice and off-ice!

*That's just \$110/week for more than 5 hours of classes!*

Online registration only. *No makeups/credits.* Reserve by June 9 for June 12-30. Reserve by June 30 for July 3-28. Reserve by July 28 for July 31-Aug. 18.

### Coach Bios

Visit the Advanced Summer Training page at [chaparrallice.com](http://chaparrallice.com) for information on the coaches who will be working with our skaters this summer!

### What to Bring

Skaters are required to wear proper skating and athletic attire for on-ice and off-ice classes. Long hair must be pulled back. Off-ice classes require proper athletic shoes. A yoga mat or thick towel is recommended for off-ice classes. Energy snacks are recommended for skaters staying all morning. Skaters should have a water bottle available at all times.

# 2017 ADVANCED SUMMER CAMP For Figure Skaters

June 12-August 18

A comprehensive camp  
for competitive skaters



2525 W. Anderson Ln., Austin, TX 78757  
512-252-8500 -- [www.chaparrallice.com](http://www.chaparrallice.com)

# A Competitive Training Program... Innovative Concepts... Time-Tested Techniques...



## ...Skate outside the box!

Chaparral Ice is excited to offer an expanded summer training program focused on developing competitive skaters to their full potential.

In addition to our highly-qualified PSA-rated coaches and degreed/certified specialists, we have added staff with national and international coaching and competitive resumes. We have scheduled the morning so that those who cannot stay the whole day can still take advantage of advanced classes. Plus, we have kept our per-class prices the same as last year!

Each morning features a minimum of 3-1/2 hours of freestyle combined with on-ice edge, choreography, and power classes. Off-ice opportunities include jumps and plyometrics, dance and choreography, strength training, and a weekly classroom seminar incorporating nutrition, sports psychology, periodization, and other athlete-centric topics.

*On-ice classes are designed for higher-level skaters. Skaters must have passed the Preliminary/Adult Bronze Free Skate test or above. Ice dancers must have passed the Preliminary Moves in the Field test. Off-ice classes are available to lower levels on a space-available basis with permission of Skating Director. (Skaters in Free Skate 1-6 are encouraged to explore the daily specialty classes offered at 11:30 a.m.)*

## Sessions and Classes

### Daily Freestyle Sessions

Chaparral's extended freestyle sessions, Monday-Friday mornings – *the lowest price per hour and longest sessions in Texas!* Skate the whole morning for one low price. Purchase online by the 25<sup>th</sup> of the preceding month for \$22 per session; walk-ons \$24.

**Mon.-Wed.-Fri.: 5:00-9:45 am**

(Take a class or take a break, 7:00-7:45 a.m.)

**Tues.-Thurs.: 5:00-9:00 am**

(Take a class or take a break, 7:00-7:30 a.m.)

**(Adult/Ice Dance Session: Tues.-Thurs. 9:15-10:00 am, \$9.00 - not online)**

### On-Ice Classes

**Edge Class, Monday & Friday 7:00-7:30 am:** The epitome of ballet on ice! Using techniques created by World and Olympic champion John Curry and world-renowned edge specialist Anne Schelter, this class will develop rhythm, flow, and extension, plus the ability to work in unison using small-group tracking, also known as "birding".

(More info at <http://www.thenexticeage.org/education/next-ice-edge/>)

**Choreography, Wednesday 7:00-7:30 am:** Choreography class will explore dance-based movements to enhance performances to various musical styles, including skaters' individual programs.

**Power Skating, Tuesday & Thursday 7:00-7:30 am:** *Move it!!*

Twice-weekly, 30-minute classes with full-ice cardio to build endurance and sure-footedness.

### Off-Ice Classes

**Jumps & Plyometrics, Monday 10:00-10:30 am:** Off-ice techniques to improve jump height, take-offs, and air positions.

**Ballet/Jazz/Modern Dance, Tuesday 9:15-10:15 am:** Ballet, dance, and movement specially designed for figure skaters. *Classes held at Go Dance Studios next to Chaparral. 1 hour class!*

**Strength & Conditioning, Wednesday 10:00-10:30 am:** S.T.A.R.S. Mock Testing, strength & conditioning, and more.

**Classroom Seminar, Thursday, 9:15-10:00 am:** Rotating topics including proper athlete nutrition, sports psychology, goal setting, periodization, and more.