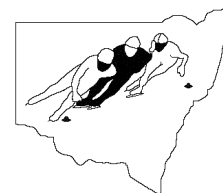


Ice Speed Skating Association of NSW Inc



State Training Camp #1 2006

SKATING CAMP (Non residential)

- When? **Sunday 23rd April to Sunday 30th April** (Last week of NSW school holidays)
- Where? Canterbury **CR**, Liverpool **LP** Baulkham Hills **SIA**
- Coach? NSW state coach, Maggie Holland
- Cost? \$50.00 for all activities during the week **OR** \$10.00 per am or pm sessions.
- Rink entry? Rink entry fees must be paid at the door.
- When to pay? Camp fees preferably prior to the week, but can be paid on arrival. ISSANSW receipts will be issued.
- Under 18 years? A **Permission Release and Confidentiality form** signed by your parent/guardian is required. (Form attached)

PROGRAM

	AM	PM
Sunday 23	CR 6.00 Ice 7 x 8I + 8.00 Sandhills	Rest
Monday 24	CR 8.00 Land Testing	CR 5.00 Land 7.15 Ice 6 x 15I +
Tuesday 25	Rest	LP 7.30 Ice 6 x 12I
Wednesday 26	CR 6.00 Ice drills, bands 7.30 Land recovery run	CR 5.00 Land Speed drills, imits
Thursday 27	Rest	CR 4.30 Land bands, imit 7.15 Ice 2 x 25, 20I + 7.15 Rules & information session for skate schoolers & parents
Friday 28	Rest	SIA 3.00 Gym 6.00 Ice 14 x 2I
Saturday 29	CR 8.00 Land Recovery session	SIA 4.00 Land 6.00 Ice Pursuits, Ind/teams/+
Sunday 30	CR 6.00 Ice 5,4,3,2 min + 8.00 Breakfast CAMP WRAP UP	ZZZZZZzzzzzzzs time folks!!!

Plan to attend? Please email: maggie@d2.net.au or just come along to the rink. We'll look forward to seeing you there!

While every care will be taken for each participant's safety, please be aware that you participate in these activities at your own risk.