



JUAN DE FUCA S.C. SUMMER CAMP

"Our summer skating camp reflects our commitment to the development of the complete skater, focusing on the physical and mental disciplines essential to skating."

The **Juan de Fuca Skating Summer Camp** is located in the beautiful WestShore of Victoria, B.C. Our facility offers a full ice surface, running/ walking trails, fully equipped gym, swimming pool, playground, picnic areas, fields and a golf course. Monkido Aerial Adventure next to the arena. Beach and lakes nearby.

- Skate Canada NCCP certified professional coaching staff.
- Competitive and STARSkate programs.
- Video/ iPad technical analysis; jump harness.
- FUN DAYS!
- Special skater exhibitions!
- BILLETING is available for skaters needing room and board during the summer skating camp. Please contact Leslee Rushton. (250) 818-7151 / lrushton@telus.net
- All levels: *Rising Stars, *Pre-Junior, STAR 1-5, Competitive.

** More information on ' Rising Stars ' and ' Pre-Junior ' on the back of this brochure.*

IMPORTANT DATES:

May 18, 2018	EARLY BIRD deadline	Aug 3/4	Test Days
July 3 - 6	Week 1 Camp (Tues.-Fri.)	Aug 7-15	*EXTRA ice
July 9-13	Week 2 Camp (Mon. - Fri.)	Aug 16-19	*BC/YT Competition
July 16-20	Week 3 Camp (Mon. - Fri.)	*Please ask your coach regarding 'Extra Ice' and the competition.	
July 23 - 27	Week 4 Camp (Mon. - Fri.)		
July 30- Aug 3	Week 5 Camp (Mon. - Fri.)		

SPECIAL FUN DAYS:

- ✓ TUESDAY TRIVIA
- ✓ WATERMELON WEDNESDAYS
- ✓ THEME DAY FRIDAYS
- ✓ MOVIE NIGHT; BEACH DAY; AND OTHER ACTIVITIES!
- ✓ "SKATER OF THE WEEK"
- ✓ SKATER EXHIBITION SHOWCASE. Come watch the skaters perform their solo's!

www.juandefucaskatingclub.ca



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***Schedules (Main Camp: July 3 - Aug. 3, 2018)**
(Extra Ice: August 7 - 15, 2018)

STAR 1 & 2 (8:30 - 11:45) (Junior) & STAR 3 (8:30 - 1:05) (Intermediate)	
8:30 - 8:45	OFF-ICE (instructed)
8:45 - 9:00	lace up skates
9:00 - 9:20	SKILLS (instructed)
9:20 - 10:05	FREESKATE (instructed/ some practice time)
10:05 - 10:35	DANCE (instructed/ some practice time)
10:35 - 10:50	STROKING (instructed)
10:50 - 11:00	SPINS (instructed)
10:45 - 11:00	STROKING (instructed)
11:00 - 11:15	snack break (skates OFF)
11:15 - 11:45	OFF-ICE (instructed)
STAR 1 & 2 FINISHED	
11:45 - 12:20	lunch break (skates ON)
12:20 - 1:05	FREESKATE
STAR 3 FINISHED	

STAR 4, 5 & up/ COMPETITIVE (10:30 - 3:00) (Senior)	
10:30 - 10:45	OFF-ICE WARM UP
10:45 - 11:00	lace up skates
11:00 - 11:25	SKILLS
11:25 - 11:50	DANCE
11:50 - 12:00	ice clean
12:00 - 12:20	STROKING (instructed)
12:20 - 1:05	FREESKATE
1:05 - 1:20	SPINS
1:20 - 1:30	ice clean
1:30 - 2:20	FREESKATE
2:30 - 3:00	OFF-ICE (instructed)
FINISHED	

*EXTRA ICE: AUGUST 7 - 15	
6:30 - 7:40 p.m.	FREESKATE

** schedules subject to change*

CONTACT US (Coaching staff/ Camp Director's):

Dave MacDonald (250) 896-2476
Leslee & Larry Rushton (250) 818-7151 / lrushton@telus.net
Annaliese Forgiarini (250) 818-3331 / JDFcoach@yahoo.ca

ARENA LOCATION: JDF Arena, 1767 Island Highway, Victoria, B.C.

MAILING ADDRESS: 640 Atkins Ave. , Victoria, B.C., V9B 3A3

CAMP POLICY:

Lessons: Included instruction is as noted on schedules. Other instruction can be arranged with one of our certified coach on staff. This is highly recommended.

Registration: Payment must accompany registration form.

Cash, Cheque or Visa/ Master Card accepted.

No skaters allowed on the ice until fees are paid in full.

Refunds: Only considered with a medical certificate.

A \$25 administration fee will be charged.

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RISING STARS

9:35 – 10:20 a.m., Weekdays, July 3 – Aug. 3, 2018

A LEARN-TO-SKATE program. This program is geared towards all who want to learn or continue to learn the basics of skating. (Equivalent to CanSkate levels 1, 2 & 3)



TAUGHT BY N.C.C.P./S.C. CERTIFIED INSTRUCTORS

PRE-JUNIOR

8:30 - 10:20 a.m., Weekdays, July 3 - Aug. 3, 2018

A figure skating program for the more advance beginner skater (I.E.- level 4, 5, 6 CanSkate).



Instruction on the ice and off the ice is included in the program. There is also some time for the skaters to practice on their own &/or have a lesson with one of the JDFSC coaches. Additional lessons need to be set up by the skaters' parent/ guardian with one of our coaches.



REGISTRATION FORMS accompany this brochure. Or, you can find them on our website: www.juandefucaskatingclub.ca

'STARSkate' and 'COMPETITIVE' programs inside brochure.

2018

JUAN DE FUCA S.C. SUMMER SKATING CAMP

JULY 3 – AUGUST 15, 2018



JUAN DE FUCA ARENA

Located at WestShore Parks and Recreation
1767 Island Highway Victoria, B.C.



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