

Potomac 2016 Winter Holiday Camp

Location: Prince William Ice Center

Full-Day: December 26th – 29th

Half-Day: December 30th

Warm Up	7:50 AM-8:10 AM
Ice	8:20 AM-9:40 AM
Dryland	10:00 AM-11:30 AM
Lunch Break	11:30 AM-12:45 PM
Ice	1:00 PM-2:20 PM
Dryland	2:30 PM-4:30 PM

Dryland will emphasize technique and conditioning. Step-by-step breakdown of proper technique in both the straightaway and the corner is an integral part of the program. Agility and endurance exercises will be included throughout the week to improve overall speed and strength. Skaters will also participate in team-building games.

Equipment Requirements

All skaters must have helmets, neckguards, shinguards, gloves and water bottle. For dryland training, outdoor running attire and good running shoes are recommended.

About Coach Simon Cho



Simon Cho joined PSC as head coach this year after a long career as one of the world's top skaters. Cho has proven to be a patient and dedicated coach, and our skaters have already made great gains under his leadership.

Cho grew up skating at the Wheaton rink and went on to skate for the U.S. National Team. He won a bronze medal in the men's relay at the Vancouver Olympics in 2010.

The following year Cho became the World Champion in the 500 meter in Sheffield England. In 2012 he was the U.S. National Champion Overall.

Cho emphasizes a positive coaching style coupled with a rigorous training regimen.



Potomac Speedskating Club

About Potomac Speedskating Club (PSC)

2015-16 season highlights:

PSC won 2nd place overall at the 2016 Nationals & earned 2nd place in the Men's Relay. Our members include some of the nation's top ranked skaters:

Thomas Hong – Member of 2016-17 U.S. National Team, U.S. 2015 World Cup Team & 2016 AmCup Final champion.

Aaron Heo – 2016 Youth Olympic Athlete
Brandon Kim – 2016 National Champion and U.S. Speedskating Development Skater of the Year.

Hailey Choi – 2016 National Champion in both Short Track and Long Track.

Kim and Hong combined hold nine national age group short track records, and **Choi** holds 3 national outdoor long track records.

PSC is also the home to many other former national champions and U.S. record holders.

Potomac skates year-round at **Cabin John Ice Rink** in Rockville, MD and **Wheaton Ice Arena** in Wheaton, MD. Potomac also hosts summer camps and holiday camps at Wheaton Ice Arena and Prince William Ice Center.



www.potomacspeedskating.org
info@potomacspeedskating.org

Potomac Speedskating Club 2016 Winter Holiday Camp

December 26th – 30th

Name

Address

City ST Zip

Cell:

Home Number:

Email:

Birthdate:

Parent's Name(s):

Level of experience:

- Beginner
 Intermediate
 Advanced

Best 333/500m time:

Best 1000m time:

- Need speedskates rental

Shoe Size:

Camp Fee:

Full-day camp: \$450 per camp

Half-day camp: \$275 per camp

Drop-in fee: \$100 per day

or \$ 55 per half day

Make checks payable to:

Potomac Speedskating Club, Inc.

Please mail the form and payment to:

Attn: Jackie Choi

13431 Wood Lilly Lane

Centreville, VA 20120

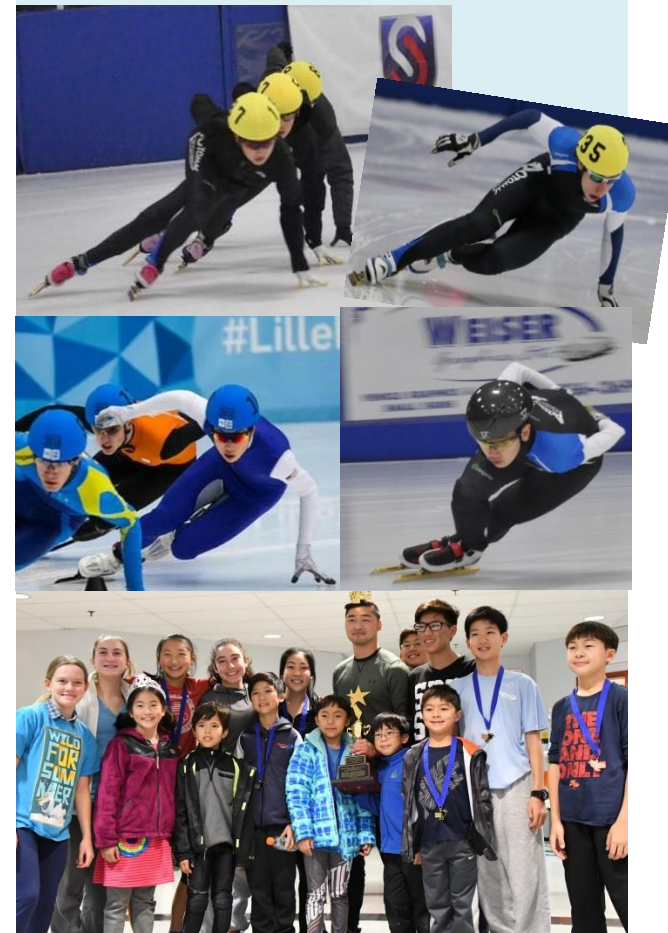
Upon receipt of payment, a confirmation email will be sent along with a waiver/release form that must be brought to the first day of camp.

About the Winter Holiday Camp

Each full day includes 2 hours and 40 minutes of ice instruction and 3 hours and 20 minutes of dryland training. Coach Simon Cho will focus on fundamental technique and fitness to best prepare skaters for the 2017 races. Assistant coaches will work with beginners under the same program but with age appropriate intensity. Dryland training requires comfortable workout clothes and good running shoes. All skaters must bring a bike or skating helmet, gloves, a long sleeved shirt, pants, a zip jacket and a water bottle or sports drink. Skaters should pack a healthy lunch. No refrigeration is available, so a cooler is recommended.



2016 WINTER HOLIDAY CAMP



December 26th – 30th

Mon-Thurs 7:50 am – 4:30 pm

Friday 7:50 am – 11:30 am

Prince William Ice Rink

5180 Dale Blvd

Woodbridge, VA 22193