

Potomac 2017 Summer ST Camp Schedule

Camp 1: Cabin John Ice Rink

Full-Day: July 10-13 Half-Day: July 14

Camp 2: Prince William Ice Center

Full-Day: July 17-20 Half-Day: July 21

	<u>CAMP 1</u>	<u>CAMP 2</u>
Dryland	8:00 am	7:45 am
Ice	9:45 am	9:00 am
Video Coaching	11:15 am	10:45 am
Lunch Break	12:00 pm	11:30 am
Dryland/Ice	1:00 pm	3:15 pm
Ice/Dryland	2:45 pm	1:30 pm
Camp Ends	4:30 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)

2017 National Club Champion

Our members include some of the nation's top ranked skaters:

Thomas Hong – Member of U.S. 2015 & 2016 World Cup Team

Aaron Heo – 2016 Youth Olympic Athlete

Brandon Kim – 2016 & 2017 National Champion and U.S. Speedskating 2016 Development Skater of the Year.

Hailey Choi – 2016 & 2017 National Champion in both Short Track and Long Track.

Kim and **Hong** combined hold nine national age group short track records, and **Choi** holds 4 national short track & 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 **Cabin John Ice Rink** and **Prince William Ice Center**.



www.potomacspeedskating.org
info@potomacspeedskating.org

2017 Summer Short Track Camps

July 10-14 July 17-24

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: _____

T-shirt* Size: _____

Youth S M L

Adult S M L

*T-shirt may be purchased by drop-ins @\$20

Camp Fee:

Full-day camp: \$450 per camp

Both Full camp: \$875 both camps

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

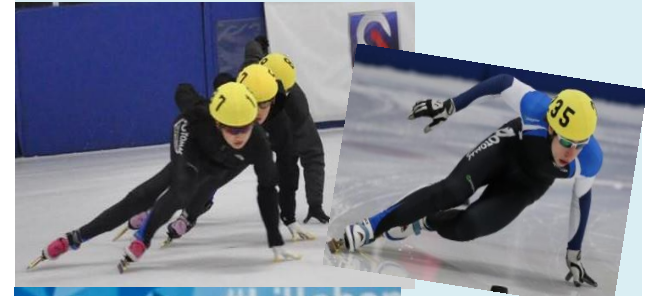
Upon receipt of payment, a confirmation email will be sent along with a waiver/release form that must be brought to the first day of camp.

About the Camp

Each day includes 2 hours and 30-45 minutes of ice instruction and 2 hours and 45 minutes of dryland training. Coach Simon Cho will focus on fundamental technique and fitness to best prepare skaters for the upcoming 2017-18 racing season. 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.



2017 SUMMER SHORT TRACK CAMPS



July 10-14

Cabin John Rink
10610 Westlake Dr
Rockville, MD

& July 17-21

Prince William Ice Center
5180 Dale Blvd
Woodbridge, VA

**Mon-Thurs
Fridays**

**8:00 am – 4:30 pm
8:00 am - 12:00 pm**