

# Super Charged Summer Training Program



## Program Information

### What your child will need for camp/training:

- **OPEN TOED SHOES ARE NOT ALLOWED AT ICELAND EVER.**
- **Lunch & Snack**—Skaters should pack a lunch each day. There is no guarantee the concession stand will be open.
- **Water Bottle**
- **Skates**
- **Proper skating attire** for Ice Skating. (No Jeans allowed for Super Charged Skaters. No Shorts allowed on the ice without tights.)
- **Well constructed gym shoes that tie**, for off ice conditioning and off ice jump classes, **no sandals.**  
    **Cross training shoes are suggested.**  
    **Flat shoes with no support will cause injuries.**
- **Ballet slippers**
- **Jazz Shoes (optional)**
- **Socks**
- **Exercise mat**
- **Two 1 to 3 pound hand weights.**
- **Small towel**
- **Jump rope (Plastic, work out type jump rope)**
- **Training Binder—**
- **Competitive program music for freestyle sessions.**
- **Snacks and Drinks**
- **Extra Money**, If your child wants to purchase items from concessions. THERE IS NO GUARENTEE THE CONCESSION STAND WILL BE OPEN. Please plan accordingly. We do not allow the skaters to buy Junk Food while in camp/training.
- **Sunscreen** for activities outside.
- **Special items for theme days.** Information to come.
  
- **Skaters may bring cell phones with them but they will NOT be allowed on the ice or during any off ice classes. They may remain in their bags for the duration of camp. If there is an emergency please call the rink directly at 847-297-8010.**

**\*Any skater without proper shoes or skating attire will not be allowed to participate in activities for their safety.**