

Super Charged Summer Training Program



Summer Blast Blade Camp



Program Information

What your child will need for camp/training:

- **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 or Shorts allowed on the ice.)
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- **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)**
- **Camp/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 candy or ice cream while in camp/training.
- **Sunscreen** for activities outside.
- **Special items for theme days.** Information to come.
- Summer Blast Blade Campers will go to the pool on Tuesdays and Thursdays weather permitting. Please send towels, swim suits, and whatever else the skaters feel they need for the pool. All skaters will be swim tested on their first pool day.
- **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 will not be allowed to participate in class for their safety.**