

COMPETITION
READINESS
PROGRAM

—

FOR LEVELS

ISI 1 - 6

BLUE ICE RINK
BUKIT JALIL
MALAYSIA

—

11-17 NOV

2023

SKATE STRONGER

KUALA LUMPUR, MALAYSIA

11 NOV - 17 NOV 2023

BLUE ICE RINK, PAVILION BUKIT JALIL

This 5-day skating camp provides a structured and immersive experience that covers a wide range of figure skating skills, from the fundamentals to more advanced techniques. It culminates in a showcase that allows skaters to display their progress and celebrate their achievements in a supportive and encouraging environment.

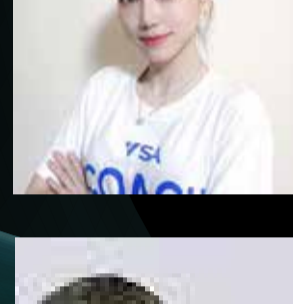
YOUR COACHES



Jiratchaya Anantrechai
Thailand



Charena Hengsaithorn
Thailand



Nookiiz Luksika
Thailand



Antony Cheng
Canada



Michael Pasfield
Australia



Julian Yee
Malaysia

COMPETITION PHYSICAL & MENTAL PREPAREDNESS

CAMP PROGRAM SUMMARY

5-day plan for a figure skating camp designed for skaters Level ISI FS1 to FS6. The goal of this camp is to provide a well-rounded experience that includes training, recovery, mental preparation, and fun activities to reignite their passion for figure skating.

This 5-day figure skating camp balances skill development, physical conditioning, mental preparation, and enjoyable activities to reignite the skaters' passion for the sport while providing valuable training and life skills.

Day 1: Rediscover the Joy of Skating

On-Ice Session

Fun and creative warm-up exercises to set a positive tone.

Group skating games and relays to rediscover the joy of skating.

Skill Development

Focus on basic skills and elements, ensuring skaters feel comfortable on the ice.

Off-Ice Conditioning

Introduction to off-ice training with age-appropriate exercises.

Sports Psychology Workshop

Interactive session to discuss mental strength and goal setting.

Evening Entertainment

Movie night or group games to build camaraderie.

Day 2: Skill Enhancement and Physiotherapy

On-Ice Session

Skill drills and small-group activities to enhance skating abilities.

Off-Ice Strength and Flexibility

Introduction to physiotherapy exercises to prevent injuries and aid recovery.

Mental Resilience Workshop

Strategies for coping with competition stress and setbacks.

On-Ice Performance Showcase

Skaters showcase their skills in a relaxed, supportive environment.

Evening Recreation

Team-building activities or a visit to a local attraction.

Day 3: Artistic Expression and Choreography

On-Ice Session

Artistic exercises and group routines to encourage creativity.

Choreography Workshop

Skaters work on choreographing their own routines.

Off-Ice Recovery and Nutrition

Introduction to proper nutrition and recovery practices.

Group Skating Games

Relaxed, fun ice games to reinforce skills and build friendships.

Evening Entertainment

Talent show or skater-led performances.

Day 4: Performance Preparation

On-Ice Session

Rehearsals for skaters' self-choreographed routines.

Mental Visualization

Guided visualization and preparation for performing.

Group Discussion and Goal Setting

Skaters share their aspirations and set personal goals.

Dress Rehearsal

Full run-through of skaters' routines.

Celebration Dinner

Awards ceremony and a special dinner to celebrate progress.

Day 5: Showtime and Farewell

Final Rehearsals

Last-minute preparations for the performance.

Dressing Up and Makeup

Skaters prepare for their showcase.

Skating Showcase

Skaters perform their routines for friends and family.

Awards and Farewell

Presentation of certificates and a farewell gathering.

DATES & FEES

11 NOVEMBER 2023 - 17 NOVEMBER 2023

Spaces are limited to ensure the quality of training with coaches so book early to secure your place in the camp!

FULL CAMP

Price includes all 5 days:

- All On-ice training sessions
- All Off-ice training (Choreography)
- All Off-ice training session
- Camp Goodie Bag
- Certificate
- Photographs of Camp
- Video of Camp
- Hotel Accommodation (Sharing)
- All Meals
- All Entertainment Admission
- Hotel Transfer from Airport

USD2,500.00

PARENT / GUARDIAN TRIP

Price includes all 5 days:

- Hotel Accommodation (2 pax)
- All Meals
- Hotel Transfer from Airport

USD800.00

Prepayment for training guarantees a place at the training camp. Usually, the prepayment amount is only 10-25% of the cost of training sessions and is non-refundable.

*You must notify us about the cancellation of participation in the camp at least one month before the start of the camp, then the prepayment can be used for a period of one year for any offers we make (camps, online training, etc.).

LOCATION & TRANSFER

11 NOVEMBER 2023 - 17 NOVEMBER 2023

LOCATION

Blue Ice Snow Park

Pavilion Bukit Jalil Mall

Lot 5.01.00, Level 5, Pusat Bandar, 2,

Persiaran Jalil Utama, Bukit Jalil,

57000

Kuala Lumpur, Malaysia

<https://www.blueiceskatingrink.com/>

AIRPORTS

Kuala Lumpur International Airport 1

(KLIA1) - 53km

Kuala Lumpur Internationa: Airport 2

(KLIA2) - 53km

HOTEL

Hyatt Place Bukit Jalil

M-1, Pusat Perdagangan Bandar,

Persiaran Jalil 1, Bukit Jalil, 57000

Kuala Lumpur, Malaysia

(500m to rink)

<https://www.hyatt.com/>

CONTACT INFORMATION

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