

**Prerequisites:
Pre-Academy Plus**

SSTA SUMMER INTENSIVE



JULY 8 - AUGUST 24TH



Designed to meet the needs of our athletes as they continue to grow, Snoqualmie's signature Summer Intensive offers curated classes for three different skill groups.

HIGH PERFORMANCE

Athletes with constant Axels and Double Jumps, or a minimum of the Pre-Juvenile Skating Skills Test (Diamond & Platinum SSTA levels)

Prerequisite: Axel, Double Jumps, or Pre-Juvenile Skating Skills

COMPETITIVE TRACK

For Pre-Axel athletes with consistent Single Jumps. Must have passed the Pre-Preliminary Skating Skills test

Prerequisite: All Single Jumps, and Pre-Preliminary Skating Skills

BRONZE & SILVER TRACK

For Pre-Test athletes who are currently landing a Loop Jump, and can perform an upright "Scratch" Spin.

Prerequisite: Loop Jump

**SNO-KING
ICE ARENAS**

SNOQUALMIE
35323 SE DOUGLAS ST SNOQUALMIE
Ashleyw@SnoKingSnoqualmie.com



www.SnoKingIceArenas.com

WHERE CHAMPIONS ARE MADE

COST

HIGH PERFORMANCE & COMPETITIVE TRACK: \$2400
BRONZE & SILVER TRACK: \$1300
DROP IN DAILY: \$95

Full season discount available for Competitive and High Performance tracks. Must pre-register for full season (28 sessions) upfront to receive full season discount.

FAQ

- Athletes must be independent to participate. Daily schedules will be posted, and all participants are responsible to get themselves from class to class.
- Freestyle sessions designated as part of your intensive package cannot be traded for other sessions.
- There are no refunds or credits unless injury occurs.
- A doctors note must be submitted for credit in case of injury.
- Food is not provided.
- Skaters must be registered for the exact level appropriate for them.
- All skaters must be in proper skating/fitness attire & hair must to pulled back, completely off their face.

CURRICULUM

Off Ice Training

Rotation & Jump training
Strength Conditioning
Yoga
Ballet & Artistry
Classroom Education

On Ice Training

IJS Program Components
IJS Spins
Jump training
Power & Speed for Jump Patterns
(High Performance Track only)
Ice Dance

SAMPLE AGENDA

9:15 am – Warm-up
9:45 am – Edge Class
10:15 am – Edge Jumps
10:45 am – Freestyle
11:15 am – Lunch
12:00 pm – Freestyle
12:30 pm – IJS Spins
1:15 pm – Conditioning
1:45 pm – End of Day

SCHEDULE

Schedule subject to change. Always check online for updated schedule information.

REGISTRATION

www.SnoKingIceArenas.com

