

**CARDIFF ICE SKATING CLUB**  
**SUMMER SKATE CAMP**  
**Tuesday 31st July 2018 – Thursday 2nd August 2018**  
**IAW - Ice Arena Wales, Olympian Drive, Cardiff CF11 0JS**

The camp is suitable for both ice dancers and free skaters but you must be at least Bronze to participate. The first 2 days will be led by Mark Hanretty who will work on your basic skating skills and on improving your component scores in competition/tests. Be prepared to hear lots of “Posture! Knee bend! Extension!”. The 3<sup>rd</sup> day will be led by Dmitry Sukhanov and Charlotta Issaksson who will be working on the elements – spins, jumps and steps. Jumps groups will run in tandem with spin groups so as to accommodate ice dancers.

We are extremely lucky to have all 3 of our lead coaches for the Skating Camp.

Mark Hanretty will be known to many of you as a longstanding professional skater on Dancing on Ice. Mark is a Scottish born ice dancer who represented Great Britain at the World and European Championships. Since retiring from competing, he has created a unique and interesting skating aerial act which incorporates his skills on aerial silks alongside his classic skating style (well worth a google!). Mark is an internationally renowned award winning choreographer who has choreographed at Olympic level. He has coached a number of young skaters to success in the British Championships. We are very grateful to Mark that he has left his lovely wife Kathy and gorgeous children, Lukasz and Liola to share his expertise and passion for skating.

Dimitry Sukhanov and his wife, Fiona Zaldua were one of the world’s best known professional adagio skating pairs, performing in prestigious shows such as Art on Ice around the world. Dmitry was the 1989 World Junior Pairs Gold Medallist and he is working hard at IAW to help young free skaters achieve their skating goals.

Charlotta Isaksson was also a national champion and competed internationally. She is a level 3 coach who has coached a number of young skaters who have achieved great success at national level.

Our lead coaches will be ably assisted by other Cardiff based coaches both on the ice and for the off ice sessions.

There will be 4 hours of on ice coaching each day and off ice sessions and workshops. A final timetable will be sent to each participant but, subject to numbers, it will look something like this for each day:

Draft timetable

8.45am Coach led off ice warm up and stretching.  
9.30am On ice  
11.30am Off ice and boots off.

Lunch and workshops on fitness/stretching and injury prevention/nutrition/Q&A session

12.45pm Professionally led off ice warm up  
1.30pm On ice  
3.30pm Off ice – stretch and refuel  
4.00pm Workshops to improve your performance and execution (dance/drama)  
5.00pm Finish

You will need to bring a packed lunch, drinks and snacks.

**CARDIFF ICE SKATING CLUB**  
**SUMMER SKATE CAMP**  
**Tuesday 31st July 2018 – Thursday 2nd August 2018**  
**IAW - Ice Arena Wales, Olympian Drive, Cardiff CF11 0JS**

**Application Form**

**Full Name:** .....

**Address:** .....

.....

**Post Code:** ..... **Contact Tel:** .....

**Email Address:** .....

**Date of Birth:** ..... **Age (as at 01/07/18):** .....

**Training Rink:** .....

**Skating Level (please note minimum entry level is Bronze):**

**Passport:** ..... **Field Moves:** .....

**Pattern Dance:** ..... **Free Dance:** .....

**Elements:** ..... **Free:** .....

**Dates Attending:** Tuesday 31<sup>st</sup> July  Wednesday 1<sup>st</sup> August  Thursday 2<sup>nd</sup> August

Do you have any medical condition of which we need to be aware of? Y/N

If yes, please supply details .....

*I wish to participate in 2018 Cardiff Ice Skating Camp at Ice Arena Wales. I understand that because of the nature of ice skating, there are many risks inherent in and incidental to participation in the Skating Camp. I assume all risks inherent in and incidental to such participation and hereby release, absolve and hold blameless, Cardiff Ice Skating Club, the coaches and any volunteer helpers of any claim arising from any injury or damage sustained, however caused, resulting directly or indirectly from participation in the Skating Camp.*

**Signed (Skater/Parent if under 18):** ..... **Date:** .....

**Fee:** £65 per day. Payment to be made by Cheque (made payable to Cardiff Ice Skating Club) or BACS (Sort Code 401618 Account Number 31542966). If paying by BACS please use skater's name as Reference.

Forms can be emailed to paulmillar65@btinternet.com or posted to Cardiff Ice Skating Club c/o Paul Millar, 152 Westbourne Road, Penarth, CF64 5BQ

Applications cannot be processed without completion of the form and full payment. Unfortunately, the number of participants will be limited and therefore places will be awarded on a first come first served basis. Closing date for Applications is **23<sup>rd</sup> July 2018**. Please note that refunds will not be made for cancellations after this date.

For more information email [cardifficeskatingclub@gmail.com](mailto:cardifficeskatingclub@gmail.com)