



MURRAYFIELD SKATING ACADEMY

SPRING CAMP

with **IGOR TCHINIAEV**

7th, 8th, 9th APRIL 2019

FOR SKATERS WITH FULL LEVEL 2 BRITISH ICE SKATING & ABOVE. The camp will start with registration and introduction to coaching team at 1430 in the Riversdale Suite on Sunday 7th April. Timetables will be issued at registration along with groups of skaters. Camp includes on and off ice sessions. Off ice sessions include strength & conditioning, yoga, dance plus lectures on components, nutrition & competition rules

APPROXIMATE TIMES

REGISTRATION SUNDAY 1430-1515

SUNDAY 1515-2000

MONDAY 0700-1530

TUESDAY 0700-1530

COSTS

£220 FOR FULL CAMP

£50 DEPOSIT TO SECURE PLACE (NON REFUNDABLE)

COACHES

ALL COACHES ARE WELCOME

FREE IF 5 SKATERS ATTENDING

OR £30 SUNDAY, £50 MONDAY, £50 TUESDAY / £90 FOR FULL 3 DAYS

TO BOOK PLEASE EMAIL ALICE FELL AT

murrayfieldskatingacademy@gmail.com

