

2018 Training Camp Information Sheet

G2C Training Camp at Hampton Roads Iceplex in Yorktown, Virginia June 24-30, 2018.

Please read all pages before registration. I know it seems lengthy, but it will have answers to most of your immediate questions about registration, anticipated camp schedule, and travel information.

The camp format is a bit different than in previous years. I totally expect you to have more questions. So, please send me an email and I will try my best to answer your questions about this year's training camp and the lesson format.

Email Joy Wells, 2018 Camp Director, at joyg2c@gmail.com.

Also, please check out the webpage for camp to familiarize yourself with some of the new faces and talent that Audrey has invited to coach at the camp!

Basic Camp Information

Minimum Jump Requirement for Participation in the 2018 Training Camp

The required minimum jump is a consistent single axel and working on double jumps.

Tuition for camp includes group instruction in edge/skating skills class, jump technique, off ice harness, sports psychology, dance, strength and conditioning, skating equipment and preparation for competition at an elite level. Also, this year at camp there is an optional parent education program which will focus on guiding parents as they support their athlete. Included in your tuition package will be a minimum number of private and semi-private on-ice and off-ice lessons.

There will be on-ice and off-ice private lessons available all week and will take place on the leveled freestyle sessions scheduled throughout the day. This camp we are including more semi-private on-ice lessons. For semi-private lessons, skaters are grouped together (2-4 skaters) on free-style sessions, to work on specific jump techniques. Early morning freestyle sessions may be added to accommodate additional on-ice lessons requests.

This camp is non-boarding and is limited to 70 skaters.

This year, a minimum number of lessons for the week is included in the tuition for camp. You will be able to select more private/semi-private on-ice lessons and off-ice lessons, during this registration process. They will be paid via an on-line form by May 1st. Any remaining lesson times will be offered on a first-come-first-serve basis after registration is closed or when the max number of skaters have registered.

Payment forms accepted at checkout are Visa, MC, Discover

REGISTRATION DEADLINE: April 1, 2018 (or when maximum capacity has been reached)

ADDITIONAL PRIVATE LESSON PAYMENT DEADLINE: May 1, 2018

Camp Refund Policy

Camp fees are refundable only with medical verification and prior to June 1, 2018.

If camp is canceled-due to an act of God/Nature, then refunds for tuition and lessons will be returned in full.

If you have any questions, email Joy Wells, 2018 Camp Director, at joyg2c@gmail.com. Please check the grassrootstochampions.com website for more information.

Thank you for choosing G2C Training Camp 2018. We can't wait to work with your skater!

2018 Training Camp Details: Please read before you register. THANK YOU!

Housing

- 1) There is no supervised boarding at camp this year (no dorms).
- 2) Skaters will need to come to camp with parent(s) or with guardians to supervise them during non-camp times

Tuition

- 1) Tuition for the week includes a minimum number of private lessons on-ice and off-ice AND a minimum number of private lessons.
- 2) **Package 1** \$1299
 - a. tuition-same as 2017 day-camper tuition \$1180
 - b. 1 private on-ice lessons
 - c. 1 semi-private on-ice lesson
 - d. 1 private off-ice lesson
- 3) **Package 2** \$1499 (\$36 discount)
 - a. tuition-same as 2017 day-camper tuition \$1180
 - b. 4 private on-ice lesson
 - c. 3 semi-private on-ice lessons
 - d. 2 private off-ice lessons
- 4) There are two discounts available for camp-contact Joy for the promotional code you will use at registration.
 - a. Nationals competitor-any year
 - b. Family-two or more skaters

Private and Semi-Private Lessons During Camp

- 1) Additional on-ice and off-ice lessons, beyond the tuition package selected, are available.
- 2) Additional requested lessons are requested at the time of registration.
 - a. In February, you will be sent a link to the additional private lesson form
 - b. Additional lessons selected will need to be paid by May 1st.
 - c. If lesson slots remain, you will receive an email asking if people would like to purchase more lessons.
- 3) During registration, you will select the types of private and semi-private lessons and the coaches you'd like for your skater for on-ice lessons. Be advised that these are **ONLY REQUESTS** and your skater may be scheduled for lessons with other select G2C coaches. We strive to provide each skater with a well-rounded skating experience and believe that each and every lesson will produce positive results.
- 4) Off-ice lessons will be scheduled with available off-ice G2C staff. (Off-ice lessons are for rotational harness, strength training, dance/ballet, off-ice choreography.)
- 5) There may be an added early 6 AM mixed freestyle session if there is a need for extra lesson slots. So, if you ask for a large number of private lessons, be advised that your skater's days may start before the regular start time for camp which is 7 AM.

- 6) **A preview schedule of the private and semi-private lessons for your skater will be provided approximately 1 month before camp**
- 7) If there are any parent/coach changes to the schedule, (i.e. lessons requested with different coach than the ones originally requested) those changes will need to be approved by Audrey
 - a. changes will only be
 - i. more lessons added, if time slots are available
 - ii. if lessons conflict with another session
 - iii. moving from scheduled to coach to another coach (ONLY IF A TIME SLOT IS AVAILABLE AND DOES NOT AFFECT OTHER SKATERS' SCHEDULES)
- 8) On-ice and off-ice lessons limits at time of registration
 - a. Skaters can register for up to 10 regular private off-ice lessons
 - b. Skaters can register for up to 15 private on-ice lessons and 8 semi-private on-ice lessons
- 9) Camp counselors will be assigned to groups during the day to make sure skaters make it to their assigned sessions and lessons. Please note: If a skater misses a lesson during camp, it will only be rescheduled if it was due to error on director, coaches' or counselor's part. If skater was late getting to the rink in the morning, or back from a lunch break with parent(s) or guardian, then that lesson is lost.

Special Add-on Lessons:

- 10) We have a very small number of special lessons/sessions available with the following people:
 - a. Jason Brown-semi-private on ice lessons (15-20 skaters)-**Saturday, June 30th-this lesson request may require an extra night's stay as training camp ends Friday, June 29th.**
 - b. Caroline Silby-private sports psychology sessions (20 skaters)
 - c. Matthew Blair Davis-individual strength assessment and recommendations (15 skaters)
 - d. Kevin Curtis-technical specialist USFS-private program evaluations (10-15 skaters)
 - e. All lessons are 20 minutes long, except for strength assessment with Matthew Blair Davis (1 hour)
 - f. When the maximum numbers have been reached, this section will be removed from the form and a waitlist option will be added.
- 11) There may be an added early 6 AM freestyle session if there is a need for extra lesson slots
- 12) A preview schedule of the private and semi-private lessons for your skater will be provided approximately 1 month before camp

- 13) If there are any parent/coach changes to the schedule, (i.e. lessons requested with different coach than the ones originally requested) those changes will need to be approved by Audrey
 - a. changes will only be
 - i. more lessons added, if time slots are available
 - ii. if lessons conflict with another session
 - iii. moving from scheduled to coach to another coach (ONLY IF A APPROVED BY AUDREY, A TIME SLOT IS AVAILABLE, AND THE CHANGE DOES NOT AFFECT OTHER SKATERS' SCHEDULES)
- 14) On-ice and off-ice lessons limits at time of registration
 - a. Skaters can register for up to 10 private off-ice lessons
 - b. Skaters can register for up to 15 private on-ice lessons and 8 semi-private on-ice lessons
- 15) Please contact us to update your skater's jumps if there have been significant changes before camp. Video confirmation or/protocol sheets may be requested for confirmation of axels and double axels.

Tentative Camp Schedule

Note-exact times are subject to change. Times below are provided to help with your travel plans.

Sunday, June 24 Check in between 2-5 pm, by groups

Monday, June 25-Thursday, June 28

6 AM arrive at the rink-check into lockers with counselors

7 AM First Session of the day

12-1 lunch-snack bar will have camper lunches for sale

1:30-6:30 afternoon sessions

Friday, June 29-

6 AM arrive at the rink

7 AM First Session of the day

Group classes with Jason Brown

12-1 lunch-snack bar will have camper lunches for sale

2:00 Afternoon session with Jason Brown and Marla Brown

7:00 PM Proposed Sponsors' Dinner with Jason Brown and Marla Brown, G2C Staff (contact Audrey if you'd like to attend for details)

Saturday, June 30

Semi-private classes with Jason Brown (limited space available-purchased at registration)

Rink, Hotel, and Flight Information

Rink

Hampton Roads Iceplex

401 Village Avenue, Yorktown, VA 23693

Located Behind K-mart Shopping Center, on Victory Boulevard

(Exit 256B from Interstate 64), Telephone: (757) 877-PLEX (7539)

Airport

The airport to fly into is **Norfolk International Airport**. It is a 30-minute drive to the ice rink from the airport.

Hotel

The hotel with a small block of rooms booked is **Candlewood Suites**. It is a quarter of a mile from the rink.:



Newport News/Yorktown

329 Commonwealth Drive, Yorktown, Virginia, 23693, United States direct phone number 1-757-952-1120

Mention Hampton Roads Iceplex and Grassroots to get the discounted rate.

Please feel free to book rooms anywhere around the Yorktown area. There are many hotels at all price points.

