

Virginia Speedskating Summer Programs

Session One: June 13 - July 11

Session Two: July 18 - Aug 15

Summer Program is **Free** for Qualified Skaters:

- Program led by three world class coaches
- Mini-clinics with national team members
- Program sanctioned by US Speedskating
- Individual coaching dedicated to all skaters
- Ten hours on ice each week
(5 hours instruction/5 hours training)
- Five hours dry land instruction each week
- Seven hours age-appropriate dry land conditioning each week
- Weekly BBQ Socials: swimming, laser tag, volleyball, etc. (families welcome)
- Awards Banquet on last night of each session (families welcome)
- Entry to Virginia Coventry Games Competition (Sunday, Aug 10)
- Limited housing available on first-interest basis



Photo by: Jerry Search

Speed Skating Program Application Requirements

All applications must be completed by May 12, 2008. Slots will be filled as received for qualified applicants. Final candidates will be announced on or before May 19.

- Skaters must have been member of USS or USARS for at least two years
- Applicants must supply two letters of recommendation at least one from a coach with USS Level I or higher qualifications
- Skaters must commit to entire four week session. You may apply for either one or both summer sessions.
- Submit request for application to Steve Burton, Executive Director, via email: sburton@virginiasppeedskating.org
- Fifteen free slots are currently available for each session
- Program is open to skaters ages 10 – 25

**For more information about Virginia Speedskating
visit our website: virginiasppeedskating.org**



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**Virginia
Speedskating**