

Virginia Speedskating Elite Team

Announcing a new short track speed skating program for skaters with the passion, drive, and talent to skate with the best in the country.

Why Join Our Elite Team?

- Immerse yourself in a program designed for success
- Propel yourself into elite level performance
- Team will be led by three world class coaches
- Individual program development and coaching that is dedicated to the improvement of *all* team skaters
- Training five days each week from June – March
- Each training day includes: two-hour ice session, one-hour dry land technical instruction session, and one-hour cardio, resistance, or strength session.
- Mini-clinics with National Team skaters
- Spring Cross Training Program
- Housing available on first-interest basis
- College and High School enrollment available
- Richmond Virginia is a great place to live

Team Membership is free and includes:

- Free Coaching
- Free ice sessions
- Free dry land training
- All equipment and skates paid by Team
- All competition expenses paid by Team
- US Speedskating Membership paid by Team

Skaters wanting to be accepted into this program should request an application by emailing Steve Burton.

web site: virginiasppeedskating.org

e-mail: sburton@virginiasppeedskating.org



Photo by: Jerry Search



Sponsored by:

**Virginia
Speedskating**

Speed Skate for Fun, Fitness or to Chase Olympic Dreams™