



Virginia Speedskating

virginiasppeedskating.org

A collage of several speedskating images. On the left, a skater in a grey suit is shown in a racing stance. In the center, a group of skaters in various colored suits are gathered on an ice rink. On the right, a skater in a purple and white suit is in a racing pose. The text "TeamVA" is visible in the bottom right corner of the collage.

TeamVA

Skate for fitness, fun, or chase the Olympic dream™

2010 Summer Training and Competition Schedules

For more information about the contents of this brochure or anything else regarding Virginia Speedskating, please contact Scott Koons at skoons@virginiasppeedskating.org



SCOTT KOONS

Program Director & Head Coach High Performance Team He is an Intermediate National & Senior North American Champion, a US World Team member and a 1998 US Olympian. He has coached 8 Olympians since 2002 and was USS's Managing Director. Scott holds a Master's Degree in Sport Administration.

SUN TAE CHEA

Head Coach Development Team Joining the team in 2006, he helped build the Virginia Speedskating Program. He served as the Junior World Team Head Coach for the South Korean National Team and membership has doubled during his tenure. His work ethic is unending and his warm, caring demeanor is infectious. Sun-tae is a wealth of knowledge and experience.



Work Harder and Smarter

IMPROVING TECHNIQUE AND CONDITIONING TO GET THE RESULTS YOU NEED

Over the past two years, Virginia Speedskating has won more Short Track National Championship medals than any other club in the country. You get these results through hard work, good technique, and smart training, Virginia Speedskating has the tools to take your skating to the next level. Some of the best coaches and athletes from around the globe call Virginia Speedskating their home. Summer training will focus on increasing technique efficiency and a large volume of aerobic base training. Based on your individual goals for the 2010-11 season, Virginia Speedskating's dedicated coaching staff will customize your training program to maximize your skating potential.

Virginia Speedskating is located in the historic city of Richmond. It's a great place to live, train, and compete. Enjoy life. Enjoy skating.



APPLICATIONS

skoons@virgini speeds skating.org

SUMMER TRAINING

FULL SUMMER TRAINING PROGRAM

Improve your technique and get your summer base training in Virginia! The program starts May 1st and ends August 13th. You can come for all or part of the Summer Training Program. Virginia Speedskating has over 125 hours of summer training ice reserved to get you on the right track. Dryland workouts occur in conjunction with each ice session and at the discretion of the coaching staff and will include running, biking, and skating to build your aerobic base. Strength training and plyometrics will also be incorporated to make you stronger.

Cost of the program is \$75 per week or \$300 per month. Category 1 athletes may receive a discount.



TRAINING CAMP

WEEK LONG CAMP

Virginia Speedskating's Training Camp is an intensive week-long program from August 6th – 12th. Incorporating the attributes of the Full summer Training Program into a weeklong span, you will be exposed to all aspects of short track speed skating. Focusing on technique work you will be exposed to proper corner, straightaway and start positions and movements.

COVENTRY COMMONWEALTH GAMES OF VIRGINIA

Virginia's version of the state games is held August 8th and allows for athletes outside Virginia to visit and compete in one of the first competitions on the 2010-2011 schedule. Come see how good you got over the summer and race against the best the state of Virginia has to offer!

CONTACT US

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