

INTENSITY I.C.E: INNOVATIVE CAMP EXPERIENCE

Featuring: *WORLD Silver Medalist, OLYMPIC Bronze Metalist, and 3-time U.S National Champion: **Ashley Wagner***

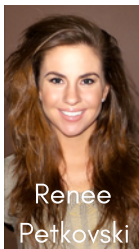
Level Requirement:
Single Axel and
Higher
Cost: \$500

July 12-14, 2021 • 8:30 AM- 4:30 PM

Daily • John Lindell Ice Arena

Each Day Will Include:

- Off-ice Dynamic Warmup and Off-Ice Jump Technique
- 3, 50 Minute Sessions of On-Ice Classes per day with Ashley Wagner and National-level Coach Laura Lepzinski. Assistance by National-level Skater Julia Budnick. Classes include: Skating Skills, Jump Technique and Components/Choreography Class
- IJS Seminar by Tech Specialist, Steve Hartsell
- 1 hour of dance class with Nationally-awarded Dance Choreographer and International Dance Coach Renee Petkovski
- 1 hour of FAST Training workout. FAST is Functional whole body sport special training. Training the athlete in you!



Renee
Petkovski



Julia Budnick

Intensity I.C.E: Innovative Camp Experience

Registration

Contact: Intensityice1@gmail.com

Please Fill Out This Form Electronically:

Skater's Name:

Home Club:

Email Address:

Highest Field Move Test Passed:

Highest Freestyle Test Passed:

Highest Jump(s) Landed:

T-shirt Size: Youth S, M, L or XL; Adult XS, S, M, L or XL

Cost: After you receive a confirmation email that your athlete's registration form has been accepted, payment will be due upon receipt of the confirmation. **Cost is \$500.** Acceptable forms of payment are Venmo @Laura-Lepzinski or checks made payable to Laura Lepzinski. Please note that in order to secure your athlete's spot, payment must be made on receipt of your confirmation email



Tentative Schedule

Monday: 7/12/21

- 8:30–8:50 AM: Dynamic Warmup
- 9:00–9:50 AM: Skating Skills w/ Ashley
- 10:00–10:50 AM: Jump Technique w/ Ashley
- 11:15–12:15 PM: Dance w/ Renee
- 12:15–1:00 PM: Lunch (Not Provided)
- 1:00–1:50 PM: Components & Choreo w/ Ashley
- 2:30–3:30 PM: FAST Workout
- 3:45–4:30 PM: Seminar TBA

Tuesday: 7/13/21

- 8:30–9:30 AM: Dance w/ Renee
- 10:00–11:00 AM: FAST Workout
- 11:00–12:00 AM: Lunch (Not Provided)
- 12:00–12:50 PM: Dynamic Warmup & Off-Ice Jumps
- 1:00–1:50 PM: Skating Skills w/ Ashley
- 2:00–2:50 PM: Jump Technique w/ Ashley
- 3:00–3:50 PM: Components & Choreo w/ Ashley
- 4:00–4:30 PM: IJS Presentation by Technical Specialist Steve Hartsell

Wednesday: 7/14/21

- 8:30–9:30 AM: Dynamic Warmup & Off-Ice Jumps
- 10:00–10:50 AM: Skating Skills w/ Ashley
- 11:15–12:15 AM: Dance w/ Renee
- 12:15–1:00 PM: Lunch (Not Provided)
- 1:00–1:50 PM: Jump Technique w/ Ashley
- 2:00–2:50 PM: Components & Choreo w/ Ashley
- 3:30–4:30 PM: FAST Workout