U.S. Figure Skating's Athlete Development Department & Committee are inviting you to a national training camp for athletes competing at the regional level or higher. The sixth annual U.S. Figure Skating National Program Components Camp is set for April 15-17, 2016, in Geneva, Illinois. This fun weekend will feature on-ice and off-ice classes designed to help competitive skaters develop skills to help them excel in the five program components: Skating Skills, Interpretation, Choreography, Transitions and Performance/Execution.

The camp will kick-off with an Athlete Welcome, featuring a surprise keynote speaker, on Friday night, April 15th and camp will conclude at 8:00pm on Sunday, April 17th with an exhibition performance featuring you! Camp will be preceded by a S.T.A.R.S. combine on Friday afternoon, April 15th that athletes may register for separately. Faculty will be selected from expert specialty coaches nationwide. Past instructors have included: Tanith Belbin, Ben Agosto, Josh Babb, Susy Seminack-Schurman, Steven Cousins, Justin Dillon, Gig Siruno, Jamie Isley, Paula Wagener, Adam Blake, Stephanie Groscupp and many others! Faculty will be assisted by members of Team USA!

Parents are welcome and encouraged to attend. A parallel Parents’ Education track will be held for all accompany parents.

Coaches are encouraged to attend. U.S. Figure Skating will be partnering with PSA to offer an IJS Tutorial for Coaches, all day, Friday, April 15th and a parallel Coaches Track Saturday – Sunday, April 16-17, 2016.

The 2016 U.S. Figure Skating Program Components Camp is limited to 180 participants – 140 girls / ladies and 40 boys / men. The registration deadline is March 1, 2016; however registration will close sooner if the program reaches maximum capacity.

We hope to see you in Chicago!

For more information visit, www.usfigureskating.org or http://www.usfsa.org/Athletes.asp?id=473
Parents Education

U.S. Figure Skating is pleased to present a Parents Education track. Presentations will be geared towards helping parents support their athletes through the journey of competitive figure skating. Tentative topics include:

- Empowering Your Athlete
- Balancing School and Skating
- Inside U.S. Figure Skating
- Sports Science and Injury Prevention
- Understanding Judging
- Working With Your Coach
- Participation in off-ice classes!

Sample Daily Schedule for Athletes

Please note this is a sample schedule for planning purposes – the specific order of classes will be different for each group; the types classes will be similar, but topics may vary, as well. All athletes will participate in the Closing Exhibition by performing a group number learned in their 'Choreography' class.

Friday, April 15

8 a.m.– 4 p.m. S.T.A.R.S. Combine (optional)
8 a.m.–5 p.m. US Tutorial for Coaches
4–6 p.m. Registration
6:30–8 p.m. Athlete Welcome, including Keynote Presentation & Team Building

Saturday, April 16

7:40–8:30 a.m. Choreographic Step Sequence On Ice
8:40–9:20 a.m. Introduction to Choreography Off Ice
9:40–10:30 a.m. Musical Interpretation On Ice
11–11:50 a.m. Ice Cold Combos Off Ice
Noon–1 p.m. Lunch Break
1–1:50 p.m. Artistry in Motion On Ice
2–2:50 p.m. You be the Judge! Off Ice
3–3:50 p.m. Speed and Power On Ice
5–6 p.m. Choreography 1 On Ice

Sunday, April 17

7:40–8:20 a.m. Choreography Practice Off Ice
8:40–9:30 a.m. Choreographic Step Sequences On Ice
9:50–10:40 a.m. Ice Cold Combos Off Ice
11:40–12:20 p.m. Turns, Edges and Flow On Ice
12:40–1:30 p.m. Transitions On Ice
1:40–2:40 p.m. Lunch Break
2:50–3:40 p.m. Artistry in Motion Off Ice
4–4:50 p.m. Performance Execution Off Ice
5–6 p.m. Choreography 2 On Ice
6–7 p.m. Pizza Party!
7:20–8 p.m. Closing Exhibition Performances On Ice

S.T.A.R.S. Combine

The S.T.A.R.S. Program is being offered to all Program Components Camp participants at a discounted rate. S.T.A.R.S. (Standardized testing of Athleticism to Recognize Skaters) is a one-day event consisting of 15 off-ice tests (called a “Combine”) meant to evaluate developing athletes in three areas: 1) Agility, Balance, and Coordination; 2) Strength and Power; 3) Flexibility. Athletes who participate receive a raw score for each test on the day of the combine that compares them to their peers by skating level.

Friday, April 15, 2015, 8 a.m.– 4 p.m., Geneva, Illinois

Coaches

Coaches are encouraged to attend. There will be two separate coaches programs offered: 1) The IJS Tutorial for Coaches, focusing on the Technical Elements Score, on Friday, April 15.
2) The Coaches Track of Program Components Camp, focusing on the Program Components Score and general coaches education topics, Saturday, April 16 – Sunday, April 17. See the Coaches Information package for details.
LOCATION
All athlete classes on Saturday and Sunday will be held the Fox Valley Ice Arena. A special thank you to the Northern Ice Figure Skating Club, our local hosts for the weekend.

Fox Valley Ice Arena
1996 S Kirk Rd # 100
Geneva, IL 60134

Registration, the Friday night Athlete Welcome, and all Parents Education classes will be held at the official hotel, the Hilton Garden Inn, St. Charles, Ill.

HOUSING
A room block has been reserved at:

Hilton Garden Inn – St. Charles
4070 East Main St.
St. Charles, IL 60174

Rate: $119/night, includes hot breakfast for all persons in the room.

Reservations: Call 630-584-0700, and use the group name “U.S. Figure Skating Camp”

The cut-off to book a room is March 27, 2016, however, the block may fill earlier.

TRANSPORTATION
The Chicago O’Hare International Airport (ORD) is approximately 35 miles from the hotel and rink area. Chicago Midway is approximately 45 miles.

The rink is four miles from the hotel, and there are many restaurants within a 10 mile radius of both. It is highly recommended that participants plan on a rental car.

REGISTRATION
The registration fee for the 2016 U.S. Figure Skating Program Components Camp is $399 per athlete. The registration fee includes:

• Approximately eight hours of on-ice instruction and six hours of off-ice instruction.
• Meals: Lunch and snacks Saturday and Sunday and a pizza party Sunday night.
• Two athletic shirts for camp
• Parents Education classes
• A digital photo album e-mailed following camp of professional quality photographs for your personal use.

REGISTRATION PROCESS/QUALIFICATIONS
All athletes should register here online. The registration deadline for all athletes is March 1, 2015. The maximum capacity is 120 girls / ladies and 40 boys / men.

Athletes that competed at the Juvenile level or higher at the 2015 or 2016 Regional Figure Skating Championships may register now (Tier 1). Registration for lower level athletes (Tier 2), if spots remain, will begin January 2, 2016. Tier 2 athletes should have passed a minimum of the pre-juvenile FS test, juvenile MITF test and have plans to compete at the 2017 Regional Figure Skating Championships at the juvenile level or higher.

All registrations are considered final. Refunds, minus a $100 processing fee, will be allowed until April 1, due to documented injuries, medical conditions or family emergencies. There will be no refunds for no-shows or the week of camp.

CLICK HERE TO REGISTER