

Summer Camp in Virginia Beach, VA

The Summer Camp was introduced to Premier FSC two years ago by Valentin Nikolaev and Alexei Mantsorov. They are the coaches who will be training the skaters at the Camp.

Typical day of the skaters:

7:00 AM – wake up

7:20 AM – light breakfast

7:30 AM – first trip to the beach for exercises, swimming in the pool

9:00 AM – a good breakfast, includes meat, ham, turkey sandwich, or eggs, fruits, and juice, and/or milk. After breakfast a little bit of time for completing daily chores and to get ready for the next trip to the beach.



11:00 AM – second trip to the beach, running, and swimming in the ocean, exercises

1:00 PM – lunch time

2:00 PM – nap time

4:00 PM – snack for everybody



4:30 PM – last trip of the day to the beach, again a lot of running, jumping, stretching, swimming in the pool

6:30 PM – dinner time, personal and quiet time, cleaning and organizing for the next day

9:00 PM – bed time

The camp goes for 2 weeks, on Saturday at the end of the first week all the kids have a day off, that day is a lot of fun!!!



Chaperones work all day to pick up around the house, shop for the house, prepare the food and wash everyone's clothes. The kids take showers after each trip to the beach, that is a lot of laundry to do! Thank you to Sharon Griffith, last year's laundry lady!!!

Fara Stanley can tell you about cooking ... It was a lot of work and she did a great job to come up with new recipes and dishes to satisfy everyone's tastes! Thank you very much Fara!

The planning of the trip and the daily shopping were done by Teri Leatherwood last year. It's a lot of driving and number crunching. Thank you Teri for your hard work!

Figure skaters face unique training challenges. Constant training on-ice can leave ankles, knees and certain muscle groups neglected. For young skaters, this can mean underdevelopment in critical areas and a higher risk of injury. Beach training is just one of the off-ice techniques employed by Premier Figure Skating to train in these areas. The combination of sand and water offer great cross-training to build strength in ankles and knees, exercise underdeveloped muscles, execute Osgood-Schlatter preventive exercises and introduce advanced skaters to higher difficulty jumps. But, ask any of our skaters that have attended in the past, and their likely to give you a different list of benefits!

All levels of skaters are welcome to the Summer Camp, everyone will enjoy the sun and the ocean, the friendly people and the beautiful beaches of Virginia Beach, VA.

Sincerely,

