



## CORE CAMP

CORE BODY • CORE SELF • CORE CHOREO

### JULY 15 - 18, 2021

CORE Camp features top-notch faculty, including nationally- and internationally-recognized skating coaches and choreographers - previous year's faculty included:

Garrett Kling  
Kate McSwain  
Sean Marshinski  
Rachael Flatt  
John Mucko  
Molly Olson  
Angela Como  
Carey Tinkelenberg  
Cordero Zuckerman  
Anna Mateszewski  
Drew Meekins

On-ice classes for skaters learning to develop **skating skills, stroking, power, turns & edges, contemporary skating tools improvisation techniques, and choreography skills** plus off- ice classes including **hip hop, modern dance, ballet, yoga, mindfulness & breath work.**

**NEW! Add-on "CORE Camp Cool Down"** on Sunday, July 18<sup>th</sup> for ages 13+ and levels Intermediate MIF+

**QUESTIONS? contact [info@americanicetheatre.org](mailto:info@americanicetheatre.org)**



AMERICAN ICE THEATRE

# CORE CAMP 2021

## Summer Artistic & Contemporary Figure Skating Camp

### Ages 7+ and Levels Freeskate 1+

**JULY 15-18, 2021 | GREATER CHICAGOLAND AREA**

#### *Core Body, Core Self, Core Choreo.*

CORE Camp is an intensive summer artistic training camp for figure skaters in all disciplines, ages 7 and up and levels Freeskate 1+. This summer 2021 ice skating training camp will help your skater further develop the mind-body-movement connection.

### CORE CAMP FACULTY

Directed by PSA Master-Rated and AIT-Certified choreographers, CORE Camp also features top-notch faculty, including nationally- and internationally-recognized skating choreographers (please see our website for the coaches' full bios).

Previous Year's faculty included:

- **Garrett Kling**, Master-Rated & AIT-Certified Choreographer
- **Kate McSwain**, Master-Rated & AIT-Certified Choreographer
- **Sean Marshinski**, National-level Technical & Skating Skills Coach
- **Rachael Flatt**, Olympian
- **John Mucko**, Master-Rated & AIT-Certified Choreographer
- **Molly Olson Poniatowski**, AIT-Certified Choreographer
- **Carey Tinkelenberg**, National-level Master-Rated Coach
- **Angela Como**, Certified Instructor of Ballet for Figure Skaters
- **Cordero Zuckerman**, International-level Choreographer & Performer
- **Anna Mateszewski**, Choreographer & Performer with Artist Mackelmore & Ryan Lewis
- **Drew Meekins**, International Choreographer & Coach

### CORE CAMP DATES/LOCATION

CORE Camp 2021 is **Thursday-Saturday, July 15-17, 2021 with an optional "CORE Camp Cool-Down" add-on for Sunday, July 18<sup>th</sup> for skaters 13+ and passed Intermediate MIF+**. Camp will be at the [RecPlex Ice Arena](#) in Pleasant Prairie, WI, about 45 minutes north of Chicago. Airports serving this area include O'Hare, Milwaukee, and Midway. RecPlex Ice Arena is about 45 minutes from O'Hare (ORD); 35 min from Milwaukee (MKE) Airport; or 90 minutes from Midway (MDW).

## CORE CAMP CURRICULUM/SCHEDULE

The daily camp schedule runs approximately from 8AM- 4:30PM each day, with an option to extend your day by adding private on- or off-ice instruction with our nationally- and internationally-recognized coaches and choreographers. Campers will be separated into 4 groups based on skating level and age and each group will have a CORE Camp Counselor assigned to help skaters stay on schedule.

The groups will rotate through on- and off-ice classes including:

- **on-ice classes** to develop skating skills, including stroking, power, turns and edges, footwork, contemporary skating tools, improvisation techniques, and choreography; *plus*
- **off-ice classes** including hip hop, modern dance, ballet, yoga, mindfulness, and breath work.

The final full day of CORE Camp on Saturday, July 17<sup>th</sup>, will feature a skating showcase from 2:15-4:30 PM (depending on the group's time) for skaters to perform a final artistic ensemble to demonstrate the concepts learned. The CORE Camp Showcase also offers a platform for emerging choreographers to display their work. Select skaters may be invited to perform in an additional number choreographed by these young choreographers. Guest artists will be announced closer to the camp date!

### **CORE CAMP "COOL DOWN" ADD-ON OPTION FOR SUNDAY, JULY 18 from 8 AM - 12 PM**

- **This add-on option is only available to skaters ages 13+ and levels Intermediate MIF+.**
- We will continue **additional mindfulness and movement techniques as a final morning** for the CORE Campers to connect their minds and bodies, move through their improvisation, and skate deeper intention.
- These "Cool Down" Campers will have the opportunity to express themselves in a profound way through **specialized and more individualized movement sessions.**

## CORE CAMP REGISTRATION FEES

The full 2021 artistic figure skating camp registration fees are below:

- For camp skaters:
  - **Early-bird registration:** \$325 by midnight ET on Wednesday, March 31, 2021.
  - **Regular registration:** \$400 by midnight ET Saturday, May 1, 2021.
  - **Late registration:** \$465 until Thursday, July 1, 2021.
- For coaches and choreographers:
  - Discounted tuition of \$35/day for coaches and choreographers.
  - Free tuition for coaches who bring 4 or more skaters!
- Can't attend the full 3-day camp?
  - Daily rate is \$175/day.
- **Please Note:**
  - Registration fees cover class tuition only and do not include room and board or private instruction.
  - Options available on EntryEeze to add lunch for a small additional fee at the rink each day.

## COVID-19 POLICY

- Every skater, faculty member, and coaches who arrive from **out of the state** of Wisconsin, **must provide a one-time negative COVID test - or proof of both vaccine shots - within 72 hours prior** to their first day of Camp.
- Daily online **health questionnaires** must be completed.
- **Temperature checks** will be given upon entering.
- **Face masks** must be worn at ALL TIMES, covering both nose and mouth. Even outdoors. The only exception is during lunch where ALL skaters must maintain 6 feet of social distance while eating.
- **6-foot of social distance** must be maintained at all times - both on and off the ice.
- Every skater must **bring their own yoga mat and water bottle** daily.
- Each group will be given specific **capacity limits**.

## REFUND POLICY

**TOTAL & COMPLETE refunds will be given out for any skater who is sick. We do not want ANYONE coming to CORE Camp if they feel ill, even if it is during the Camp itself. If the skater has attended 1 or more days of CORE Camp and cannot return due to illness, the refund will be pro-rated for the days they did participate.**

## HOTEL INFORMATION

For campers who need accommodations, we recommend the Fairfield Inn which is just a 5-minute drive to the rink. Group rates are available for \$129/night starting on Wednesday, July 14 - Sunday, July 18. [Book your CORE Camp hotel reservation](#) with the listed rate at this link now.

## OPTIONAL PRIVATE LESSONS AT CORE CAMP

During online camp registration, you may advance purchase two 30-minute private lessons for \$120 under "Practice Ice" on the EntryEeze registration form. Instructor requests will be honored on a first-come, first-served basis. Requests for the **type** of private lesson (i.e. skating skills, choreography, MIF, off-ice yoga, etc.) are available during registration as well. Additional private lessons may be available for purchase at \$120/hour after May 1<sup>st</sup>. Private lessons not purchased in advance and requested at the event will only be scheduled only as available and will cost \$150/hr.

## VIRTUAL CORE CAMP OPTION FOR 2021

**If you're not able to make it to CORE Camp, we have an option for you too:**

- 2.5 hours of classes (same off-ice faculty & classes that in-person Campers are receiving)
- Group time sessions each day (during the days of actual CORE camp)
- Thursday, July 15 - Saturday, July 17 from 10 AM - 1 PM (Central Time)
- \$60 per day OR \$150 for all 3 days
- Skaters 7+ and any level are welcome to join.
- Coaches can attend Virtual camp classes for *FREE*, with 1 skater registered for virtual, or 1 skater registered for in-person camp.
- **Virtual CORE Camp Registration deadline is Wednesday, July 1, 2021.**