



Center State Speed Skating

2 Camps In 1

August 7th – 9th 2009

\$100 per Skater

Min 20 skaters, Max 25 skaters each group
All skaters must be 7 or older as of 1 Aug

Coached by:

Marty Medina, RSST

Jenn Barber, CSSS

Kathy Same, CSSS

The camp will be held at the Morrisville IcePlex on the SUNY Morrisville Campus. Dryland will be at Coach Kathy's house ~5 miles north of the IcePlex. In case of rain, dryland will be held indoors on the campus.

Contact Jenn Barber at jennentropy@gmail.com or 315-684-7280 for applications or more information. Register by 1 Aug 2009.

Schedule:

Friday 7 August: 5:30 – 8:00pm Check-In
6:00 – 7:30pm Open Skate/Informal Coaching

Saturday 8 August: 8:30 – 9:45am Masters Dryland
9:00 – 11:00am 25&U Ice Clinic
10:00 – 11:00am Everyone Ice Clinic
11:30 – 12:30am 25&U Dryland, Masters Ice Clinic
12:30pm Lunch Break (on your own)
2:00pm 25&U Video Clinic, Masters/Parents Seminar
3:30pm Masters Video Clinic, 25&U Pool Party
5:00pm Masters Join Party, Picnic Dinner

Sunday 9 August: 8:00am Masters Dryland, 25&U Ice Clinic
9:00am ½ hour break
9:30am 25&U Dryland, Masters Ice Clinic
11:00am Camp Ends

Lodging is available at the Morrisville College Commons \$50/night/person or at the dorms for \$20/night/person. For information on local area hotels & campgrounds contact Jenn Barber. SUNY Morrisville has a meal plan for \$22/day which includes breakfast/lunch/dinner for those attending with a skater.

Directions

<p>From East: NYS Thruway (I-90) to Exit 33 (Oneida) Turn left off exit onto NY 365S – go to end Turn right onto NY 5E At 1st light, turn left onto access rd At light, turn left onto NY 46S – go to end At stop sign, turn right onto US 20 to town At light in town, turn left onto Eaton St The IcePlex will be about ½ mile down on the right at the top of the rise past the school field.</p>	<p>From West: NYS Thruway (I-90) to Exit 34 (Canastota) Turn left off exit onto NY 13S – go to NY5 At NY 5, go STRAIGHT onto Oxbow Rd In Peterboro, take 1st left onto Peterboro Rd Take 2nd right onto Swamp Rd – go The IcePlex will be about ½ mile down on the right at the top of the rise past the school field.</p>
<p>From South: I-81 to Exit 15 (LaFayette) Merge onto NY 11S Take 1st left onto US 20 – go to T At T, turn left to remain on US20 Take 1st right, to remain on US20 After Cazenovia, take US 20 to Morrisville At light in town, turn right onto Eaton St The IcePlex will be about ½ mile down on the right at the top of the rise past the school field.</p>	<p>From North: I-81 to Exit 15 (LaFayette) Go right onto US 20 – go to T At T, turn left to remain on US20 Take 1st right, to remain on US20 After Cazenovia, take US 20 to Morrisville At light in town, turn right onto Eaton St The IcePlex will be about ½ mile down on the right at the top of the rise past the school field.</p>

Things to Do

<p>Museum of Science and Technology (Syracuse) Rosamund Gifford Zoo (Syracuse) Breweries (Syracuse, Utica, Cooperstown) Erie Canal Museum (Chittenango) Chittenango Falls –AWESOME! (Chittenango) Fort Stanwix (Rome) Carousel Center/Shoppingtown Mall (Syracuse)</p>	<p>Lorenzo Historic Site (Cazenovia) Turning Stone Casino (Oneida) Boxing Hall of Fame (Canastota) Baseball Hall of Fame (Cooperstown) Highland Forest MTBing (DeRuyter area) Brookfield Horse Trails (NY 12 Brookfield) Sand Plains (Rome) Oneida Community Mansion (Sherrill) Green Lakes State Park (Dewitt)</p>
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