



Hayden Summer Synchro Program

About the Camp

Hayden Synchronized Skating Teams of Lexington, Massachusetts, will offer its third Synchronized Skating Summer Program. Registration is opened to all skaters under the age of 15. The members of our highly qualified staff and special guest coaches will lead skaters through a series of on-ice and off-ice sessions designed to promote skill and technique development.

Location of the Camp

Our summer program will be held on the beautiful campus of Cushing Academy, in Ashburnham, Massachusetts, just 60 miles from downtown Boston (www.cushing.org). The main ice surface will be used for all on-ice activities, and off-ice activities will occur at different locations throughout the campus.

The On-Ice Program

Each skater will receive multiple sessions of on-ice instructions per day. Individual skills, team skills and synchronized skating skills will be covered. A major emphasis will be placed on footwork, edge quality, speed, power, development of formations, and transitions. Audience appeal and expression will also be demonstrated and discussed. At the conclusion of the week, each team will be able to showcase the program they developed all week at an exhibition to be held on Thursday.

The Off-Ice Program

Fitness and training professionals will join our coaching staff in a series of off-ice programs designed to promote strength, flexibility and core conditioning through age-appropriate sessions. Additional aerobic sessions in hip-hop, pilates and yoga will be provided.

Team Placement

Individual applicants will be placed on a team of approximately 20-25 skaters according to age and USFS individual skill level. Team entries are accepted.

Coaches

Coaches who have more than 10 skaters attending the camp can attend with their skaters to learn more about synchronized skating techniques from our coaches.

Transportation

Transportation to and from the Colonial Hotel to Cushing Academy will be provided for all skaters. Airport transportation can be obtained by calling Knight Limo 1-800-822-5456 for an additional cost. www.info@knightslimo.com