

2019 Plex Irmo Summer Figure Skating Camp

Two fun camps to choose from, Recreational & Competitive!

****Sign up available for camps in house only****

Recreational Dates: \$180 per Skater/Week

June 3-6

June 10-13

June 24-27

July 8-11

July 15-18

****Sibling discounts available for recreational camp only****

The recreational camp will include all levels of our Plex Academy classes and introduce skaters to beginning competitions with a large emphasis on having fun with group activities both on and off the ice. Campers will be supervised at all times by one of our Certified Professional Staff coaches.

Drop off is at 8am and pick up by 5pm

Competitive Dates: \$225 Per Skater/Week

June 24-27 (w/Jozef Sabovcik)

July 8-11

July 15-18

July 22-25

Aug 5-6 (Special Price TBD)

****Pay \$850 for all four regular camps if paid by May 10th. No other discounts available****

The competitive camp will cover all aspects of competitive skating. Skaters will train in the same way high level athletes train. Skaters will run programs with music, work on agility/balance, improve their knowledge of all the competition rules and become better athletes.

Drop off is at 8am and pick up by 5pm

Contact Mark Cockerell for Private Lessons- markcockerell84@gmail.com

Mark Cockerell

1976 World Jr Champion
1983-4-5 U.S. World Team/84 Olympic Team
PSA Master Freestyle Coach

Elena Kvitchenko Cockerell

1988-89 World Championships 6th
USSR National Bronze
European Championships 4th

Jozef Sabovcik

1984 Olympic Bronze Medalist
1984 World Championship- 4th
1985 European Championship- 1st



1019 Broad Stone Rd.
Irmo, SC 29063

TENTATIVE SCHEDULE

8:00am- Drop off/Check in

8am-9am – Off Ice Warm Up/Stretch (Supervised)

9am-9:30am – Edge/Positions/Power Class

9:30am – 10:30am – Camp Freestyle Session

10:30am-10:45am – Snack*

10:45am-11:45am – Jump & Spin Class

11:45am – 1pm – Lunch*

1pm – 2pm - off ice Jumps, balance/agility, video, rules, how to motivate, positive/destructive training (Classes will be different each day)

2pm – 3pm HiWire Jump

3pm – 5pm – Open Ice Time

5pm- Parent check out

*Please remember to bring a snack and lunch for your skater each day.