

Ellis Edge Camp Overview



"I just wanted to thank you again for running the best camp I've ever been to...and I've been to quite a few! I knew that it was going to be a great camp...it definitely exceeded my expectations, and it's definitely made me a better skater--I know when I came back for my first practice after your camp, my coach couldn't believe how well I was skating".... A Happy Camper

"I picked my son up at the airport this morning. To say he loved your camp is a major understatement. He just couldn't stop talking about all that he learned, how much he improved, the great friends he made, and, of course, how wonderful you are!! Thank you, thank you for all that you've done to make this experience so wonderful for him."Another Happy Camper

Note: Ice times and off ice instruction may vary from camp to camp. Below is an overview of a typical Ellis Edge Camp

3 Day Camp

The 3 day camp is aimed at novice to intermediate level. Minimum age is 8 and up. Time criteria is adjusted to fit the demographics of the area the camp is held in and may be different for each camp.

Approximately 10.5 hours on ice instruction, 12 hours off ice instruction and video review

Objectives:

- The Primary focus will be on technical development of straightaways and corners with an introduction to starts.

The 3 Day camp will cover the basics of the Ellis Edge method of technique for the straightaway and corners, an introduction to the starting position and start steps, as well as basic track pattern. If time and progress permit there will also be an introduction to passing.

Video feedback will be used to help each participant gain an understanding of how to apply these basics to their own technique.

Off ice instruction will include an introduction to the proper technique for basic skating imitations for the straights, corners, and starts, Techni-Cord Training, flexibility exercises, agility, as well as lots of fun and games.

The typical 3 Day camp schedule includes:

3 – 3.5 hours of on ice instruction each day, broken in to a morning and an afternoon session.

3.5 – 4 hours of off ice activities throughout the day including video analysis, discussion on various aspects of skating, off ice technical training, and games.

5 Day Camp

The 5 day camp is aimed at advanced skaters. Minimum age is 12 and up. Time criteria to be established.

Approximately 17.5 hours on ice instruction, 20 hours off ice instruction, video review and games

Objectives:

- The Primary focus will be on and off ice training methods for the technical development of straights, corners and starts.
- Athletes will also learn effective technical and tactical applications to various tracks, as well as strategies and tactics.

The 5 Day camp will cover the newest techniques for the straightaway, corner and starts, including how to apply maximum pressure in each push, weight transfer, timing, and efficiency of position and movement. Skaters will learn how to apply this technique in executing various track patterns, strategies, tactics, pass set up and execution, and pass blocking. Skaters will also learn how to create effective race plans, and evaluate and modify of race plans.

Off ice instruction will teach skaters the proper method of executing a variety of skating imitations and jumps, Techni-Cord Training, flexibility, agility, and speed of movement drills, as well as lots of fun and games.

Individual and group video analysis and feedback will allow each participant gain a more thorough understanding of the application of technique, tactical skills, and self assessment tools.

The typical 5 Day camp schedule includes:

3.5 hours of on ice instruction each day, broken in to a morning and an afternoon session.

4 – 5 hours of off ice activities throughout the day including video analysis, discussion on various aspects of skating, off ice technical training, and games.

Masters Camp

14 hours on ice instruction, 16 hours off ice instruction, video review, and games

Objectives:

- The Primary focus will be on and off ice training methods for the technical development of straights, corners and starts.
- Skaters will also be given an introduction to various Track Patterns (basic, offensive, defensive) Strategy, Tactics, and Passing.

The Masters camp is dedicated to adult skaters only and will cover the newest Ellis Edge method of technique for the straightaway, corner and starts, including

how to apply maximum pressure in each push, weight transfer, timing, and efficiency of position and movement.

Skaters will learn the basic track pattern, as well as offensive and defensive track patterns, pass set up and execution, and an introduction to strategy and tactics. Off ice instruction will teach the proper method of executing a variety of skating imitations, Techni-Cord Training, flexibility, agility, and speed of movement drills, as well as games.

Video analysis and feedback will allow each participant gain a more thorough understanding of the application of technique, tactical skills, and self assessment tools.

The Masters camp schedule includes 2 hours on ice and 2 hours off ice instruction each morning, and 1.5 hours on ice and 2 hours off ice instruction each afternoon. Social activities will also be planned in the evening for those wishing to participate.