

# Ellis Edge Summer Camps Overview

***Ultimate Acceleration – Ultimate Power!***

***Discover the newest secrets to maximum power and speed!***

## **Novice / Intermediate Level camps – 3 to 4 days**

**Approx 10 - 12 hours on ice instruction, 12 - 14 hours off ice instruction, video analysis, and games**

Novice camps 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 and intro to passing.

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

## **Intermediate / Advanced Level Camps – 4 to 5 days**

**Approx 12 - 15 hours on ice instruction, 16 - 20 hours off ice instruction, video analysis and games**

The Intermediate Level camps 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 patterns, as well as offensive and defensive track patterns, pass set up and execution, and an introduction to strategy, tactics and passing.

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

## **Advanced Level Camps – 5 – 6 days**

**Approx 15 - 18 hours on ice instruction, 20 - 24 hours off ice instruction, video analysis and games**

The Advanced Level camps 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 how to apply this technique in executing various track patterns, strategies, tactics, pass set up and execution. Skaters will also learn how to create effective race plans, and to evaluate and modify race plans.

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

Note: Hours of instruction may vary depending on camp schedules.

## Masters Camps 3 – 4 Days

**Approx 12 hours on ice instruction, 17 hours off ice instruction and video review and games**

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 and agility, as well as games.

Visit [www.ellisedge.com](http://www.ellisedge.com) for more information.. Don't miss out. Register Early!

### **Testimonials**

*"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"*

*"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."*

*"You may recall that I was a little hesitant to attend the Sue Ellis clinic due to my limited skating ability. While it's true there were a lot of drills I couldn't do, and I'm still all over the place with the bucket drills, my skating still improved about 1,000 % (yes, that's one thousand percent). Sue is an amazing coach and teacher, and her belief in recognizing the positive, is what any new skater needs. I don't know how else to describe the weekend other than to say it was an AMAZING experience!" .... Masters Skater*

*"I have worked with Sue Ellis over the past few years at speed skating camps and had started using her techniques with some of the skaters that I have worked with. I have seen huge differences in their speed, balance and power. But, I saw even bigger changes when we had Sue come this past fall and do a camp for us. She has a unique way of explaining technique, and an amazing ability to get to know each skater in the camp and to pinpoint their specific issues and give them the keys to keep their progress going. We have also found the technicords, that Sue developed, to be a great tool in allowing skaters to feel their positions and reinforce development. I highly recommend her camps. ...Coach*

*"Just a word of thanks for a fabulous camp at the Pettit. C... came home really pumped! He could not say enough great things about you and your camp. He learned a lot and was very impressed with you and your teaching methods. So, again, thanks for making the camp a very worthwhile experience. We look*

*forward to having C... (and eventually his younger brother) attend another one of your camps."*