Mandy Worth

amandaworth@national-ice-centre.com

Mobile: Phone: 07810126247

National Ice Centre

Bolero Square

The Lace Market

Nottingham

NG1 1LA

NIRC One Day Camp

Working on Drills/Overtaking

**National Ice Centre, Nottingham**

The Nottinghamshire Ice Racing Club will once again be running a One Day training camp for skaters from all clubs.

The camp will include both on and off ice sessions.

The last camp was very popular and we look to build on that to make this one even more successful.

There will be a number of NISA coaches attending the camp and we welcome coaches from other clubs to join in as well.

We are running the camp to help improve your skating technique.

# Timetable

**9.00am Registration (Main Foyer)**

**9.30 Meeting**

**9.45.pm Pads on**

**10.00pm-11.30pm On Ice Session -Drills**

**12.00pm-1.00pm Lunch**

**1.30pm –2.30pm On Ice Session - overtaking**

**2.45m-3.00pm Snack**

**3.15pm-4.15pm Off Ice Session -Concourse**

**4.30pm-5.30pm Snack+ Video session**

**5.45pm End**

Changing room to be allocated on the day of the camp.

**Please bring your own food.**

**All times are subject to change**

If you have any queries about the timetable or you are a coach wanting to help out at the camp then please contact Peter Worth —email peter.worth1@ntlworld.com, or Mandy Worth amandaworth@national-ice-centre.com

# Payment Information

# Payment can be made by Cash, Bank Transfer or Cheque.

# \*NOTE—No cash payments to be sent through the post

# For bank transfers please use a Reference with your surname and the word 'Camp'

# Barclays Bank

# Sort Code: 20-55-68

# Account Number: 90776831

# Account Name: Nottinghamshire Ice Racing Club

Please make cheques payable to NIRC (Nottingham Ice Racing Club) and send with form to:

Chairman NIRC

39 Marshall Hill Drive
Mapperley
Nottingham
NG3 6FY

# One Day Camp

# Booking Form

**29th May 2018 9.00am— 5.45pm**

The camp is £40 per skater and Bookings should be sent to NIRC Chairman Peter Worth

**Name**

**Address**

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Postcode**

**Date of Birth**

**Age**

**Telephone** **Mobile**

**Emergency Contact** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email**

**Club** **Age Category** **Years skated**

# Medical Details

**Chronic/on-going medical conditions**

**Injuries affecting training**

**Allergies**

**Current medication taken**