NIRC One Day Camp

Sat 8th JULY 2017 11.45am—9pm

**National Ice Centre, Nottingham**

Phone: 07810126247

amandaworth@national-ice-centre.com

Bolero Square, The Lace Market

Nottingham. NG1 1LA

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 NIRC 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

**11.45am Registration (Main Foyer)**

**12.00pm Pads on**

**12.30pm-1.30pm On Ice Session**

**1.45pm Lunch**

**2.30pm –3.30pm Off Ice**

**3.45m Snack**

**4.15pm-5pm Off Ice session**

**5.15pm Pads On**

**5.30pm-6.30.pm On ice session**

**6.45-7.15pm Sharpening skates**

**7.15pm Pads On**

**7.30pm-8.30pm On ice session**

Changing rooms will 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

One Day Camp - Booking Form

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

**Name**

**Address**

**Postcode**

**Date of Birth**

**Age**

**Telephone**

**Mobile**

**Email**

**Club**

**Age Category**

**Years skated**

**\*NOTE—No cash payments to be sent through the post. Please make cheques payable to NIRC (Nottingham Ice Racing Club) and send to:**

**Chairman NIRC**

**39 Marshall Hill Drive  
Mapperley  
Nottingham  
NG3 6FY**

# Medical Details

**Chronic/on-going medical conditions**

**Injuries affecting training**

**Allergies**

**Current medication taken**