



# Philippine Skating Union

The official governing body of figure and speed skating in the Philippines

Supported By: 

**JONATHAN GUILMETTE**  
(CAN)

**SHORT TRACK**  
*SPEED SKATING CAMP*


SM SKATING MEGAMALL  
MANILA, PHILIPPINES  
OCTOBER 3 - 19, 2022

   PhilippineSkating




**JOIN US!**




Supported By:



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**JONATHAN GUILMETTE**  
(CAN)

-  8x World Championship Medalist
-  3x Olympic Medalist
-  3x Jr. World Championship Medalist

   PhilippineSkating

## **Registration**

Opens on Sept 5

Early registration up to Sept 19

Regular registration up to Sept 26

Click here to register: <https://forms.gle/UQEMwUU6bNAdWNBK7>

## **Program Plan:**

<b>Topic</b>	<b>Dates</b>
Technical Basic Coaching Development	Day 1: October 3
Technical Circles Cables Coaching Development	Day 2: October 4
Tactical Relays Passing	Day 3: October 5
Speed + Start Coaching Development	Day 4: October 6
<i>Rest Day</i>	<i>October 7</i>
Technical Basic Circles Coaching Development	Day 5: October 8
Aerobic Relays Coaching Development	Day 6: October 9
Technical Basic Coaching Development	Day 7: October 10
Tactical Relays Passing Coaching Development	Day 8: October 11
Speed + Start	Day 9: October 12
Aerobic Relays Coaching Development	Day 10: October 13
<i>Rest Day</i>	<i>October 14</i>
Technical Mix Coaching Development	Day 11: October 15
On Ice and Off Ice Testing Athlete Motivational Talk	Day 12: October 16
Tactical Passing Coaching Development	Day 13: October 17
Speed/ Start Coaching Development	Day 14: October 18
Races Closing	Day 15: October 19

**Topics for Coaches' Development includes:**

1. Year Training Plan
2. Basic and Advanced Skating Techniques for Short Track
3. Equipment (Blades, gauge reading, Sharpening, bending, rockering)
4. Energy Systems (Physiology) and how to apply for on ice training
5. Tactical, passing, defending, track patterns
6. Technical Drills - On ice and off ice
7. Monitoring your athletes, why and how

**Athlete Motivational Talk:**

Journey of an Athlete: Setbacks and Triumph

**Rink Venue**

SM Megamall Ice Skating Rink, 5th Floor, SM Megamall Fashion Hall EDSA cor. Doña Julia Vargas Ave., Mandaluyong City, Philippines

**Fees**

**(1) Early Birds (Until Sept 19)**

**PHP 22, 500 / USD 400**

**(2) Regular (Until Sept 26)**

**PHP 25, 500 / USD 450**

**Payment Instructions**

Account Name	Philippine Skating Union
Complete Address	SM Ice Skating Rink, EDSA Corner Julia Vargas Ave., Mandaluyong City, Philippines
Account Number	1500045169
Swift Code	BNORPHMMXXX
Name of Bank	Banco de Oro
Complete Address of Bank	Bldg. D SM Corporate Offices J.W. Diokno Boulevard, Mall of Asia Complex Pasay City, Philippines

Please send proof of payment to: [Kevin.wee.villanueva@gmail.com](mailto:Kevin.wee.villanueva@gmail.com)

## **Contact Person**

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