



SNIPERS SKELETON CLUB

2023 SUMMER PUSH SCHEDULE

SNIPERS

JULY

SATURDAY (8, 15, 22, 29)
TEAM ATHLETES 0930-1130
DROP IN SESSIONS 1130-1230

PUSH CAMP #1 (INCLUDES COMPETITION)
27TH @ 1230 - 1400
28TH @ 1030 - 1230

PUSH COMPETITION #1
30TH @ 1030-1230

AUGUST

WEDNESDAY (2,9,16,23,30)
TEAM ATHLETES 1800 - 1930

SATURDAY (5, 12, 19, 26)
TEAM ATHLETES 0930-1130
DROP IN SESSIONS 1130-1230

PUSH CAMP #2 (INCLUDES COMPETITION)
24TH @ 1530 - 1700
25TH @ 1030 - 1200

PUSH COMPETITION #2
27TH @ 1030-1230

EMAIL SUPPORT@SNIPERSSKELETON.COM
TO REGISTER



SNIPERS SKELETON CLUB

2023 SUMMER PUSH SCHEDULE

SNIPERS

SEPTEMBER

WEDNESDAY (6, 13, 20, 27)
TEAM ATHLETES 1800 - 1930

SATURDAY (2, 9, 16, 23, 30)
TEAM ATHLETES 0930-1130
DROP IN SESSIONS 1130-1230

PUSH CAMP #3 (INCLUDES COMPETITION)
28TH @ 1530 - 1700
29TH @ 1030 - 1200

ALBERTA PUSH CHAMPIONSHIP
31ST @ 1030-1200

OCTOBER

WEDNESDAY (4, 11, 18)
TEAM ATHLETES 1800 - 1930

SATURDAY (7, 14)
TEAM ATHLETES 0930-1130
DROP IN SESSIONS 1130-1230

FEES

DROP IN SESSIONS WITH JR. COACH: **\$25**

PUSH CAMPS (INCLUDES PUSH COMPETITIONS): **\$200**

*SNIPERS PUSH CAMPS INCLUDE THE FOLLOWING:

- OLYMPIC COACH
- GUIDED WARM UPS AND COOL DOWN
- INDIVIDUALIZED INSTRUCTION WORKING THROUGH THE VARIOUS STAGES OF PUSHING
- VIDEO ANALYSIS
- OPEN TO ATHLETES OF ALL LEVEL
- OPEN TO INTERNATIONAL ATHLETES

PUSH COMPETITIONS - **\$30**