



## Elite Camp

**Featuring Olympic Medalist JR Celski and 500m World Record Holder**

Saturday/Sunday June 21-22 784 River Rd, Shelton CT

Scan code (top right) or visit [ctspeedskating.com/camp](http://ctspeedskating.com/camp) to register



Photo: JRCelski.com

### Elite Camp

6 hours of ice + 4 dryland sessions, with focus on passing, relays, race strategy and competitive training opportunities. A Group: NEST Time standards. B Group 2:00/1000m or 0:59/500m or better. Limit 24 skaters. Coached by JR.

If you are close on the time standard, please contact us via email to discuss.

Assistant coaches include CT Speed Skating coaches Dave Money Penny and Jon Winter  
Email [ctspeedskating@gmail.com](mailto:ctspeedskating@gmail.com) for more info.