

# Bring It Home Camp 2019

Sunday August 25th

7:30 am - 12:15 pm

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## Camp Timeline

### Partial package: \$45

Off ice and artistry

### Silver package: \$75

Off ice, Artistry,  
Skating Skills, Dance

### Gold package: \$95

Off Ice, Artistry, Skating Skills, dance,  
Jumps

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**7:30 am - Check-In**

**7:45-7:50 - Introduction**

**7:50-8:20 - Warm up**

**Tyrone Bennett**

- Fitness coach for World and Olympic competitors

**8:30-9:15 - Skating Skills**

**Ekaterina Gordeeva**

- 2 time Olympic Gold medalist
- 4 time World champion

**9:15-10:15 - Jumps/Pull Harness**

**Mingzhu Li**

- World and Olympic figure skating coach including World champion Lu Chen

**NamHoon Ryu**

- Former coach of Olympic Gold medalist Yuna Kim

**Sondra Holmes**

- Coach of national and international medalists and Olympic competitors

**10:15-11:00 - Artistry/Movement**

**Karen Kwan**

- International champion, coach of world and international competitors, choreographer of stars

**11:15-12:15 Dance**



EAST WEST  
ICE PALACE

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