

Guest Presenters

Christy Krall

Jill Shipstad

Barbie Price

Kori Ade-

Shirley Rego

Wendy Burns

Sponsored by



**Championship 2000
&
Beyond**



2003 Summer Training Camp

Featuring
Christy Krall
*Former USFSA Director of
Athletic Programs*

Jill Shipstad
Renowned Choreographer

Barbie Price
USFSA National Judge

Shirley Rego
USFSA National Accountant

Kori Ade
Hip Hop Dance Instructor

Wendy Brewer Burns
Conditioning Instructor

**Fri June 27 & Sat. 28th 2003
8 am – 4 pm**

**Cleveland Heights
Pavilion
Recreation Center
1 Monticello Boulevard
Tel. 216-691-7373**

2003 CCC Summer Training Camp

Current PSA Coaches are coming to share cutting-edge developments and sports science knowledge with skaters, coaches and parents. Training techniques used by international and elite competitors will be presented. Additional USFSA coaches and officials will staff the training camp

I. Skater's Track

Skaters (must have passed the Pre-preliminary free skate test) will be grouped by test level

On-ice sessions will include:

- Jump Progression from singles to doubles to triples
- Techniques for training combination jumps
- Choreography to improve the artistic mark

Off-ice sessions will include:

- Rap/hip-hop
- Conditioning

2. Parents Track— Sat. only

Parents will have off-ice sessions with noted USFSA officials to answer questions such as:

- How to maximize your skater's potential
- How skaters and parents can handle the pressures of tests and competitions
- USFSA judging and accounting— demystifying the marks

3. Volunteer Track — Sat only

4. Coaches Track

- Coaches may track with any on or off-ice session

Application Policy

- Please return the attached form with payment by June 14, 2003. Skater must have authorization from their primary free skating coach and /or choreographer to attend the training camp.

- Training Camp Fees
- \$135.00 skater
- \$50.00 per coach (CCC non-member)
- No Charge for parents, USFSA Officials or CCC members
- Lunch will be provided to skaters and is included in the camp fee
- Parents, officials and coaches may purchase the training camp lunch for \$15.00 per day payable with application



What to Bring

- For on-ice sessions, skaters must wear proper skating attire and bring GUARDS.
- For off-ice sessions, athletic pants and laced athletic shoes are required. Please bring bottled water labeled with skater's name.
- CCC Memorial Scholarships
- will be awarded on Saturday at the conclusion of the Training Camp.

2003 CCC Summer Training Camp

Part I (for skaters and parents)

Skater's Name _____
Address _____
City _____ zip _____
Phone () _____
Email Address _____
Highest test passed _____
Date of birth ____/____/____ Home Club _____
Coaches Signature _____
Parents Name _____
of parents attending _____

Part II (Coaches and Officials)

Name _____
Address _____
City _____ zip _____
Phone () _____
Email Address _____
Club _____

Please circle one:

USFSA Official / CCC Coach / non CCC coach
___ Check for Volunteer training

Part III (Please Circle appropriate fees)

\$135.00 - Training Camp fee per skater
(includes lunch)

\$50.00 Training camp fee for non-CCC coach

\$ _____ Lunch (\$15.00 **per day** for coaches, parents, officials)

T- shirt size ___XS___S___M___L___XL

\$ _____ Total fees included with application

**Registration will be from 8:00—8:30am
at the Cleveland Heights Rec Center.**

For more information

Lynn Rimmer 330-678-2838
Marianne Parker 440-842-3920
Barbara Fitzgerald 440-546-9152
Sherry Marvin 216-932-5040
Helen McGrew 330-678-9530