

## 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

## 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

**Application Deadline June 14, 2003**

**Registration will be from 8:00–8:30 am**

**Mail application to:**

Marianne Parker  
2419 Coventry Dr.  
Parma, OH 44134

Questions: Lynn Rimmer 330-678-2838  
Marianne Parker 440-842-3920  
Barbara Fitzgerald 440-546-9152

**Email CCCsk8@excite.com**