

Strongsville Summer Skating

The SSSS will be hosting this all day adult event.

The skating school offers ice time Monday-Saturday for training for skaters at every level. Skating packages are offered which include both off and on-ice classes. Ice Land has two NHL ice sheets, a studio rink, full service café, ballet room, figure skating locker rooms, pro shop and is home to the Strongsville Skating Club. Guest skaters and coaches are welcome to join our program.

Adult Clinic Professionals

Wendy Brewster-Burns

Kelly Lynch-Harter

Walter Horton

Christian Martin

Helen McGrew

Victoria Stanbridge

Christine Watts

Glyn Watts

Stow, OH 44224

4059 Falconswalk Court

Strongsville Summer Skating School

**STRONGSVILLE
SUMMER SKATING
SCHOOL**

**SATURDAY,
JUNE 5, 2004**

**ADULT SKATING
CLINIC**

Deadline April 26, 2004

For more information contact:

Victoria Stanbridge

440.237-1713

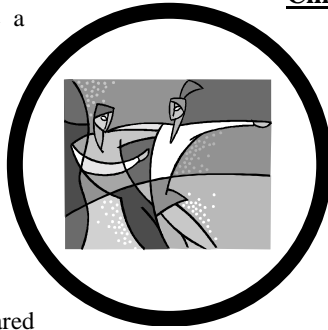
Ice Land USA

15381 Royalton Rd

Strongsville OH 44136

Adult skating clinic : Track 1 Beginners-Pre-Bronze / Track 2 Bronze and above

Whether you are interested in competitive or recreational skating; this fun, intensive adult clinic will have something for you. We have a fantastic program planned to give you a full day of off and on-ice instruction. The adult skating community has flourished in the past few years. This program is in response to all the adults that have an interest in becoming a better skater and athlete. Finally....a clinic geared to you!!

**Registration 8:00am-8:30am****Clinic 8:30am-4:00pm**

Power Skating Development Class

Jump/ Spin Technique Class

Creative Edges

Intro to Ice Dancing

Off-Ice jump

Strength and Conditioning

Strength and conditioning

In order to enhance competitive performance, you need a good balance of flexibility and strength. This class will teach you proper stretching techniques for isolated muscles. Core body strength will also be emphasized, including upper and lower trunk stabilization. You will also learn about proper warm-up before your practice. **Bring cross-training shoes and a mat or towel for floor work.**

Off-ice jump class

This class is intended primarily for development of your freestyle. Physical dry land exercises and plyometrics are geared towards jump elevation, rotation, landing and positioning will increase your effectiveness in freestyle. Correct body alignment exercises will be stressed.

Performance analysis

We are fortunate to have the exclusive Dartfish technology available during this clinic. We will have a demonstration on ways to biomechanically analyze your skating.

You will have the opportunity to have a personal analysis session during the clinic at an additional cost.

Judges talk and luncheon will be included

Contact Victoria for more information
Phone: 440-237-1713
Email: redsky91@adelphia.net

Deadline: April 26, 2004 **Adult Skating Clinic** \$90.00

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone#: _____

Email: _____

Skating level: _____

Freeskate _____ Moves _____

Dance _____ Coach _____

Hold Harmless Agreement

Iceland USA, its teaching professionals and directors affirm that your dated signature indicates that you understand and agree to the conditions stated.

Whereas, I fully understand the activities and risks involved with this program and whereas the participation in this program is voluntary, I agree to hold harmless Iceland USA, its teaching professionals and directors for any direct, indirect, special consequential damage which I may incur.

I fully understand the agreement above and hereby agree to its terms and conditions.

Signature_____
Date

Mail to: Strongsville Summer Skating School
4059 Falconswalk Court Stow, OH 44242

Make checks payable to:
Strongsville Summer Skating School