
Jody Jones

Jody has been coaching synchronized skating in the greater-Toronto area for 14 years. She has coached teams to National medals in every division - most notably in the Senior division with Fusion and the Junior division with Gold Ice. Jody is a 2-time World coach of Fusion (Canada 2) who finished 6th at the 2004 World Championships in Zagreb, Croatia. Gold Ice are 2-time Canadian champions and World bronze medallists. Jody has coached Team Xtreme to Adult National titles in 2000- 2002 and also serves as a consultant/choreographer to numerous teams.

Charles Butler

1998 Olympian & 1998 World Junior Champion in Ice Dancing. Charles has worked with numerous synchronized skating teams throughout the United States and Canada on edgework and skating quality. Charles' presentations will take you back to basics and make you think about the "what" and "why" of skating. Charles took these fundamentals and created "Physics on Ice", an instructional video for skaters and coaches (www.physicsonice.com).

Rae Ann Farrow

Rae Ann caught the "synchro bug" in 1981 as one of the original members of the Garfield Goldenettes. Along with being a skater, she also evolved into a member of the choreography and assistant coaching team culminating in a National Championship in 1990 (Swan Lake). Rae Ann also brings her love of ice dancing to her work in synchronized skating. Rae Ann is entering her 4th year as coach of the North Coast Line Masters Team (2004 U.S. National Champions), and her third year of coaching the Cleveland based Velocity team.

Adventures in Training

AIT is a corporation dedicated to promoting adventure-based (experiential) practice. It is owned and operated by Tony Alvarez and Gary Stauffer who have broad experience in the use of experience-based interventions in a variety of settings. The programs strive to provide experiences that create rich learning opportunities, build strong work communities, and enhance the use of experiential approaches that encourage growth, change and transformation. AIT has worked with synchronized teams in the Detroit-metro area for the past 2 years. AIT will be working hands-on with Clinic participants to facilitate effective team building exercises. Visit their website at www.adventuresintraining.org

Additional Staff

Members of the Gems on Ice Coaching Staff, USFSA Judge, and Managers of several Adult synchro teams will share their knowledge with Clinic participants.

Clinic Schedule

Saturday, August 7

7:30-8:00 Registration & Breakfast
8:00-8:15 Welcome
8:15-8:45 Off-Ice Warm-Up
9:10-12:00 On-Ice/Off-Ice Sessions
12:00 Lunch
12:45-5:00 On-Ice/Off-Ice Sessions
7:30 Dinner Party

Sunday, August 8

7:30-8:00 Breakfast
8:00-8:15 Group Picture
8:15-8:45 Off-Ice Warm-Up
9:10-1:00 On-Ice/Off-Ice Sessions

What to Bring

- ◆ Skates!!
- ◆ Ladies - skating dress or skirt
- ◆ Gentlemen - skating pants and shirt
- ◆ Tennis Shoes, Shorts, T-Shirt
- ◆ Summer casual outfit for the dinner party
- ◆ Notepad, camera, tape recorder (optional)

What is included in the Registration Fee?

- ◆ All on-ice and off-ice sessions
- ◆ All instruction and written materials
- ◆ Breakfast Saturday & Sunday
- ◆ Lunch Saturday

Clinic Goals

- ◆ Expose participants to different experiences that will enhance their skating - both technically and artistically
- ◆ Learn from the best coaches in the business!
- ◆ Exchange ideas with other skaters and coaches
- ◆ Create a supportive network of Adult skaters from the United States and Canada
- ◆ Leave skaters with a renewed enthusiasm for the sport and for the new

SKATER GROUPINGS

The most challenging aspect of organizing a clinic of this kind is grouping skaters correctly. Skaters will be divided into groups by skill.

GROUP I – skaters who are extremely skilled – Individual with high tests or many years of synchro experience. Able to perform most skills with ease - 3-turns, mohawks, brackets, choctaws, spirals, lunges, bauers, spread eagles, some spins, jumps (1/2), crossovers, stops.

Group II – skaters who are at the intermediate skill level – some synchro experience. Can perform some of the skills described above.

Group III – skaters who are at the beginner/advanced beginner level. May be familiar with some of the skills described above.

- ◆ Please indicate on your registration form which group you would like to participate in.
- ◆ Skaters who appear to be placed incorrectly (in a group too advanced or not advanced enough) will be moved to the appropriate group at the discretion of the Clinic Director.
- ◆ This is our first year grouping skaters by skill level & we would appreciate your cooperation and flexibility.

Contact Information:

Carrie Brown (734) 459-6686
gems@plymouthfigureskatingclub.org
www.plymouthfigureskatingclub.org

Host Hotel:

Detroit Marriott Livonia
17100 Laurel Park Drive North
Livonia, MI 48152
734-462-3100
attached to Laurel Park Mall - 4 miles to rink
Mention the "Adult Synchro Clinic" to receive the rate of \$79 per night

Additional Lodging:

(all within 4 miles of the rink)
Courtyard by Marriott 734-462-2000
Fairfield Inn 734-953-8888
Residence Inn 734-462-4201
Town Place Suites 734-542-7400

Facility Information:

Compuware Sports Arena
14900 Beck Road
Plymouth, MI 48170
734-459-6686

Registration

Deadline:

July 15, 2004

ADULT SYNCHRO CLINIC

AUGUST 7-8, 2004

**PLYMOUTH, MICHIGAN
COMPUWARE SPORTS ARENA**

Featuring

Jody Jones

2-time World Coach, Fusion (Canada 2)
Coach of Team Xtreme - 3 time
Canadian National Champions in
the Adult Division

Charles Butler

1998 Olympian
Creator of "Physics on Ice"
Guest Coach to numerous synchro
teams in the United States and Canada

Rae Ann Farrow

Coach of the 2004 US National Masters
Hosted by the



Synchronized Skating Teams
Plymouth Figure Skating Club
Plymouth, Michigan