

Application
Deadline May 7, 2005

Name _____

Address _____

Email _____

Skating level

Basic Skills: _____ Moves _____

Freestyle: _____ Dance _____

Pairs: _____

Coach(es): _____

Rink: _____

Check one

- ☐ 1 day Basic Skills \$99
- ☐ 2 day Freestyle \$165
- ☐ 2 day Pairs \$165
- ☐ 1 day Dance \$100

Price includes lunch on Saturday

Hold Harmless Agreement

Midwest Adult Skating Clinic, its teaching professionals and directors affirm that your dated signature indicates that you understand and agree to the conditions stated.

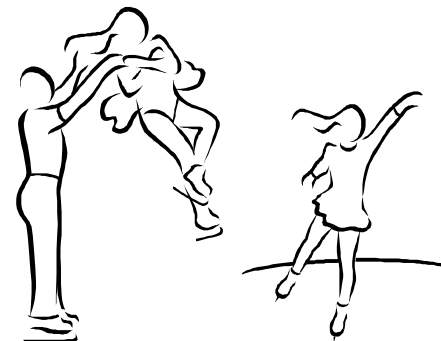
Whereas, I fully understand the activities and risks involved with this program and whereas the participation in the program is voluntary. I agree to hold harmless Ice land USA, its teaching professionals and directors for any direct, indirect, special consequential damage which I may incur. I fully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

Signature date

Makes checks payable & mail to:

Midwestern Adult Skating Clinic
11560 Somerset Drive #209
North Royalton OH 44133

2nd Annual
Midwest
Adult Skating
Clinic
June 11-12, 2005



Basic Skills
Freestyle
Pairs
Dance

Ice Land USA
15381 Royalton Rd
Strongsville OH 44136

Deadline May 7, 2005

Come join us for
The 2nd Annual Midwestern
Adult Skating Clinic

Day 1
Saturday June 11
 Registration 8:00am-8:30am
 Clinic 8:30am-6pm

Day 2
Sunday June 12
 Clinic 9am-2pm

Whether you are a competitive or recreational skater, this adult clinic will have something for you. We have a fantastic program planned for all levels of skating, from basic skills to the gold level, to give everyone a full day's worth of on and off ice class work.

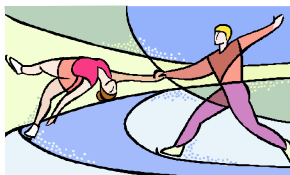
This year's program is bigger and better than ever. We have a more intensive training program for the higher level competitive adult skater and more on ice time for our basic skills. We are excited to include a dance track and pair track this year.

We've created this program in response to the rapidly growing number of adults that have an interest in becoming a better skater and athlete.



Adult Clinic Professionals

Wendy Brewster-Burns
 Autumn Campailla
 Sergi Fokin
 Kelly Lynch-Harter
 Gordon Kwan
 Jeff Nolt
 Christian Martin
 Helen McGrew
 Victoria Stanbridge
 David Young
 And many more!



Hotel Accommodations

Holiday Inn Select
 15471 Royalton Rd
 Strongsville OH 44136
 (440) 238-8800
 Rate \$85

Hotel is within walking distance of the rink

Questions? Contact:
Victoria Stanbridge
(440)237-1713
redsky91@adelphia.net or
Chris Martin
(330)928-7479
sk8advantage@neo.rr.com

Clinic Structure

The clinic has been broken down into 4 tracks. You do not have to stay within your track and you may choose the classes you wish to participate in.

Basic Skills-1 day **Freestyle/Pairs Day 1**

Intro to Figure Skating	Power stroking
Creative Movement	Off ice jump
Figures	On ice jump
Intro to Ice Dancing	Axel family
Basic Turns and Edges	Loop family
Strength and	Creative
Conditioning	Movement
Basic Spins/ Jumps	Footwork
	Performance Analysis
	Moves

Dance 1-Day **Freestyle Day 2**

Stroking routine	Moves
Prelim-International dances	Choreography
Ballroom dancing	Spins
Ballet	Jump combs
Creative Movement	
Moves in the Field	
Intro to Free Dance	

Pairs Day 2
 Off ice lifts
 Performance Analysis
 Footwork
 On ice lifts
 Pair spins

Saturday Night Skater's
Party!!!

More info coming soon!!

