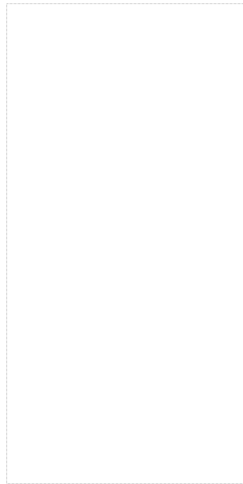


Strongsville Figure Skating Summer School

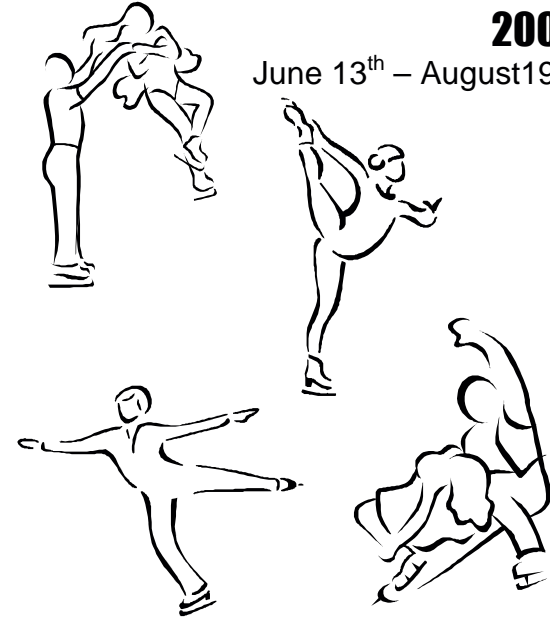
c/o Sheryl Hall
4059 Falconswalk Court
Stow, OH 44224



**Strongsville Figure
Skating Summer School
At Ice Land USA**

2005

June 13th – August 19th



Pre-Registration Deadline – May 9, 2005

Directors

- Glyn Watts and Christian Martin
- Scheduling – Barb Trizio (mtrizio@aol.com)
- Account Administrator – Sheryl Hall
(sk8advantage@neo.rr.com)

Guest Coaches

Rosalynn Sumners & Jeff Nolt

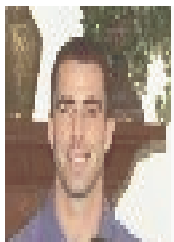


Located at: 15381 N. Royalton Rd.
Strongsville, OH 44136



Glyn Watts

Among his long list of achievements, Glyn is the former coach of 2002 Olympic Bronze Medalist Timothy Goebel. He is a four-time British Ice Dance Champion, European Medalist, World Silver Medalist, and a member of the 1976 British Olympic Team. Glyn has dedicated his life to coaching and developing young athletes into National, International and Olympic Competitors.



Christian "Chris" Martin (CFS, RM, RD)

With 10 years of summer school direction experience, Chris is a PSA Rated Professional with 16 years coaching experience to offer. He was a Sectional competitor in Freeskating and Ice Dancing and has coached many skaters from their first time on ice through their Gold Test.

What We Have to Offer

The school is conducted within the Ice*Land* USA facility, which is a state of the art Training Center with 2 ice surfaces, along with mirrored ballet and stretch room, and locker room. The facility also has a comfortable viewing area/lounge with T.V. for any spectators or during breaks and lunches.

The schedule has been carefully designed for the very serious skater to the more adventurous beginner, with sessions for High Freestyle, Moves and Dance. On Ice Clinics and many specialized Off-Ice Classes give the skater everything they need in the convenience of one location.

Local housing is also available with local skating families as well as having the convenience of a Holiday Inn and Motel 6 within our parking lot boundaries, which can be traveled on foot.

Dartfish Technology



NEW THIS SUMMER!!!!

Dartfish Review Class every Friday

This wonderful technological training tool will be available to you during practice sessions for private training and during our new off-ice class.

Dartfish Review (off-ice class)

During the course of the week we will video tape specific elements of each participating skater and analyze them compared to elite skaters with a similar skating style. We will be able to biomechanically break down your skating to help point out specific areas that need attention to take your skating to the next level.

This is an EXCELLENT opportunity to visualize your skating and the differences with elite skaters! We will also review choreography and program layout. **DON'T MISS THIS OPPORTUNITY!**

Private Session Options (on-ice)

- On Ice Lesson with one of our Dart Trainers: We will work with you on a specific element using Dartfish. You will be able to see the element you performed and compare it to subsequent attempts and elite skaters.
- On Ice Lesson with Your Coach: A Dartfish Technician will operate the Dart Trainer program utilizing the In-The-Action, Side-by-side and Blend features of Dartfish during a lesson with your coach for you to review together.
- On Ice Data Collection: Digital video will capture elements for you to view during your off-ice analysis session.
- Off Ice Analysis: During the off-ice analysis you and your coach are able to view the elements previously taped. Side-by-side, Stroomotion, and Simulcam capabilities can be used as applicable.

To Schedule a Session Contact:

Chris Martin or Helen McGrew

Phone: 330-928-7479

Email: sk8advantage@neo.rr.com



Payment Due Dates

20% by May 9
40% by June 3
40% by June 17

Registration Checklist!

Please make sure to double check all of your registration information and include the following:

1. Completed Registration form
2. Payment method
3. Completed schedule breakdown, to ensure all on-ice as well as off-ice classes are marked accordingly. Make sure to circle each class desired by the day and week for proper registration. (This includes package purchases)
4. Sign and date the Hold Harmless Agreement
5. Make sure to mark the appropriate packages and/or individual sessions necessary for your specific needs.



**Guest Coach:
Rosalynn Summers**

We are honored to have Rosalyn Summers, 1983 World Champion, 1984 Olympic Silver Medalist and 3-time US National Champion as our Special Guest Coach this summer! Dates and times to be announced.



Photo Courtesy:
Leah Adams

**Guest Coach:
Jeff Nolt**

brings to us experience from several different perspectives. As a competitor Jeff and his sister Suzannah made the US Championships twice in Junior Pairs and skated with Ice Capades as featured soloists.

Jeff is PSA Senior rated in Choreography & Style. He specializes in choreography, edge work, jump and spinning techniques. Jeff will be available for private instruction. Dates and times to be announced.

For Information Call: (440) 230 - 5259

**Mail to: Strongsville Figure Skating Summer School
c/o Sheryl Hall 4059 Falconswalk Court Stow, OH 44224**

Dress Code

A skater's dress must allow for unrestricted movement, as well as look presentable. This dress code is also to protect the skater from any unnecessary accidents due to improper attire on and off the ice.

Female – Skating dress, leotard, skating skirt or stretch pants. Warm-up jackets, turtlenecks, or any other clothing that does not cover the hips is recommended. No sloppy or oversized clothing is to be worn. No jeans or shorts may be worn. Long hair will be pulled back and out of the skater's face accordingly.

Male – Warm-ups, running or stretch pants. No jeans or shorts may be worn. No sloppy or oversized clothing is to be worn.

Take pride in how you look, and it will show in your skating as well!

No Tolerance Policy

There will be a No Tolerance Rule strictly enforced throughout the summer sessions. Due to the volume of participants, as well as the age differences between everyone, we expect all students to respect one another as well as each other's property no matter what the level skater. Anyone found mistreating any persons or personal property of the facility or individuals within the facility will be dealt with on an individual basis.

We have fostered a family environment within our organization throughout the year, and expect to carry it through our summer school as well. Please be considerate of those around you and take care of the facility and its surroundings. We are grateful to Ice Land USA for allowing us to use their state-of-the-art facility for our program, and we look forward to many years to come.

Application Details

Priority until May 9, 2005; Order of Priority:

Contracted SSC Coached skaters – Packages

Contracted SSC Coached skaters – Individual

All other Packages then Individual

Session Limits: 17 High Freestyles, 24 all other sessions

Any changes to your schedule after May 31st - \$5 fee

All refunds are subject to a \$30 service charge

There will be no refunds issued after June 9th, 2005.

We reserve the right to alter the schedule and instructors if nec.

Any cancelled sessions will be refunded at the rate of purchase.

Private instruction is arranged with the coach of your choice

and payment is made directly to that coach.

Application Form

Pre-Registration Deadline is May 9, 2005

Skater's Name:		
Parent/ Guardian's Name:		
Address:		
City:	State:	Zip:
Telephone(Day):	(Alternate):	
Email:		
Coach Names:		
Test Level (Moves):	(Free):	(Dance):
Emergency Contact Name:		Phone:

Week Of:	Championship	Medalist	Competitor	Two Day	No Test #1	No Test #2
1- 6/13						
2- 6/20						
3-6/27						
4-7/05						
5-7/11						
6-7/25						
7-7/25						
8-8/01						
9-8/08						
10-8/15						

Championship Platinum	___ # of Wks X \$214	Total=\$
Championship Gold	___ # of Wks X \$199	Total=\$
Medalist Plan	___ # of Wks X \$180	Total=\$
Select Plan	___ # of Wks X \$ 95	Total=\$
No Test Plan #1	___ # of Wks X \$ 49	Total=\$
No Test Plan #2	___ # of Wks X \$ 21	Total=\$
Individual Sessions	Talley from previous pg.	Total=\$
	Processing Fee:	\$ 20.00
	Total Fees:	\$
20% due w/ App.\$	40% by 5/31 \$	Bal. by 6/17 \$

Make Checks payable & mail to SFSSS

___ Check#:	___ Visa	___ Mastercard
Name on Credit Card (please print):		
Signature:		
Credit Card#:	Exp. Date:	

Hold Harmless Agreement

The Strongsville Figure Skating Summer School, its teaching professionals and the Ice *Land* USA affirm that:

Your dated signature indicates that you understand and agree to the terms and conditions listed below. Whereas, I fully understand the activities in the program and the risks involved; which may include the use of on-ice and/or off-ice harness training; and whereas, I understand the participation is voluntary, Now therefore, I agree to hold Strongsville Figure Skating Summer School, its teaching professionals, the Strongsville Skating Club and the Ice *Land* USA harmless for any direct, indirect, special consequential damage which I or my:

Relationship

Named on the application may incur, or to be liable for as a result of his/her participation in the aforementioned program. I have read the above agreement and understand and agree to the terms and conditions. This agreement/release shall be binding upon heirs, administrators, executors and assigns of the undersigned. I certify that I am the Skater/Parent/Legal Guardian of the mentioned applicant.

Skater Signature if over 18

Parent/Legal Guardian Signature if Skater is under 18

Weekly Package Descriptions

Championship Platinum Plan	\$214 weekly
18 Sessions on Ice (Freestyle, General, Moves/Dance) 4 On-ice clinics & 7 Off-ice classes	
Championship Gold Plan	\$199 weekly
15 Sessions + 4 On-ice clinics + 5 Off-ice classes	
Medalist Plan	\$180 weekly
12 Sessions + 4 On-ice clinics + 4 Off-ice classes	
Select Plan	\$95 weekly
6 Sessions + 2 On-ice clinics + 2 Off-ice classes	
No Test Plan #1	\$49 weekly
6 On-ice sessions (Freestyle, General, Moves/Dance) 2 Off-ice classes per week	
No Test Plan #2	\$21 weekly
3 On-ice sessions (Freestyle, General, Moves/Dance)	

**For individual sessions:*

- 1) Please complete below. 2) Circle desired sessions /classes
- 3) Return with completed Application Form

Individual Sessions

Total Number of Freestyle, General & Moves/Dance Sessions

_____ # X \$10.00 (before 5/9) = \$ _____

_____ # X \$11.00 (after 5/9) = \$ _____

Total Number of On-Ice Clinics

_____ # X \$11.00 (before 5/9) = \$ _____

_____ # X \$12.00 (after 5/9) = \$ _____

Total Number of Off-Ice Classes

_____ # X \$9.00 (before 5/9) = \$ _____

_____ # X \$10.00 (after 5/9) = \$ _____

Total Number of Intro to Ice Dancing

_____ # X \$8.00 (before 5/9) = \$ _____

_____ # X \$9.00 (after 5/9) = \$ _____

Total \$ _____

Please enter total on Application Form under Individual Sessions.

On-Ice Clinics

12:25-1:10pm Mon-Thu

Footwork & Style

Mondays

Exercise each skater's fundamental skills, such as line, strength, balance and edge quality. Skaters develop a combination of edges, turns, spirals and other connecting steps increasing balance, agility and overall skating development.

Power & Jumps

Tuesdays

Power & Spins

Thursdays

You will learn skating drills and exercises to improve on your ability to generate power, improve stroking positions, posture and your overall skating presence. Emphasis will also be placed on edging and turning transitions.

High Power

Skating drills will be done in an anaerobic and aerobic conditioning training format to condition skaters for their free skating programs and their competitive season.

Team

Wednesdays

A fun competitive team format where skaters will be motivated to increase their jump consistency, spin qualities as well as your overall skating and performance abilities.

Introduction to Ice Dancing

A half-hour group instruction will be available in this discipline for the beginner and more advanced skater. Emphasis will be placed on edge control, proper technique of entry-level dance steps and learning US Figure Skating Preliminary Dances. Groups will be limited to 4 skaters per instructor.

Class offered: Tuesday at 3:30pm

Class Fee: \$8 (Icetime must be purchased separately)

Lunch Plans

IceLand will be offering a "Pick Two" lunch plan for our skaters. It will consist of a sandwich, soup, fruit cups, chips, etc. This can be purchased through Ice Land.

Weekly Cost: \$30 per 5 day week. Only \$25 if prepaid.

Ice Land USA will be enforcing its "No Outside Food"

policy

Creative Off-Ice Instruction Available

Ballet (High and Low Level)



Sergei Fokin returns to Strongsville this summer.

Sergei will be covering all aspects of off ice conditioning with a ballet/dance concept. Sergei has 22 years experience and was trained in the specialty of Choreography at the Leningrad Academy of Choreography in St. Petersburg State Conservatory in Russia. He has worked with many National, World and Olympic competitors, Freestyle and Dance, including Girshuk & Platov, Krylova & Ofsianifov and Labachova & Acercukh. Since working in the U.S. he has worked with Tara Lapinski and Yuko Sato.

Mimi Schwensen: She is a former Broadway Ballet dancer and Radio City Music Hall Rockette with 18 years as a Stylist/Off-ice trainer to national and International competitor. Mimi's class will focus on specialized stretches for better extensions, for spirals and camel spins, strong knee bends for better sit spins and back sit positions.

Marie Anthony joins us from Inna Stabrova's Ohio Conservatory of Dance. She had danced professionally with the Joffrey Ballet (New York City), the Nevada Ballet Theatre as Vegas, N.V) and the Milwaukee Ballet (Milwaukee, W.I). Marie enjoys teaching a combination of ballet with stretch and strength focus for ice skaters.

Jump Rope Class

Glyn Watts will be conducting the jump rope class. Jump rope serves as an excellent total body warm up to stretching exercises before going on the ice. It develops knee and ankle strength, balance, coordination, explosiveness and timing for jumps or turns and quick foot movements. Skating is a sport that requires great conditioning and rope jumping can help to develop all of these elements for the winning edge. Jump Rope targets the skater's anaerobic energy system, and develops cardiovascular fitness necessary for championship performances. Train the way you want to perform with Speed, Quickness and Agility.



Drama

Anthony "Tony" Wrobel: An acting coach/instructor for over 20 years, Tony has shared his creative gift with many organizations such as; Barbizon school of Cleveland, Cuyahoga Community College, as well as numerous community education programs. He is also a graduate of the Ringling Bros. Clown College, having clowned professionally for over 18 years! He is currently employed at the Cleveland Metro Parks Zoo as an interpreter for their education department, and in the theatre department of Akron University. His classes for the summer will focus on basic acting technique, including movement and physical expression, concentration, character development along with improvisational exercises and maybe some clowning!

Off-Ice Physical/Performance Enhancement Classes



Pilates

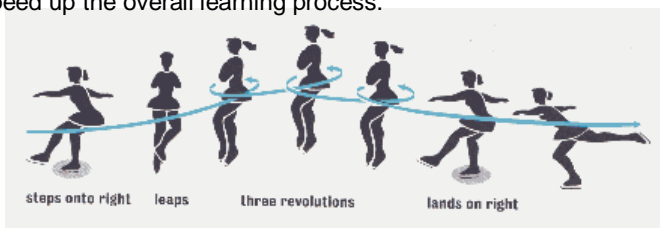
April Keene: is certified Pilates instructor with an extensive background in Ballet, Modern dance, Middle Eastern dance and Hatha Yoga. She also carries a BFA in Sculpture. This class will focus on connecting and strengthening the core of the body. By strengthening your body's core through Pilates you will be able to attain a muscular balance within the body. Core strength is critical to the success of a figure skater. This coupled with proper alignment equals more energy, less chance of injury, and a greater feeling of balance, strength, focus and control.

Strength and Conditioning

Wendy Brewer-Burns: is a US Figure Skating Gold Dance Medalist. She has been a licensed Physical Therapist for 16 years, and believes that with proper education, training/conditioning habits, and body awareness, many injuries can be avoided. Wendy is also a Certified Strength and Conditioning Specialist. In order to enhance competitive performance athletes need a good balance of flexibility and strength. This class will teach proper stretch techniques for individual muscles. Core body strength will also be emphasized, including upper and lower trunk stabilization. Theraband resistance exercises will be used for general strengthening and also for core body strength. Balance as well as ankle strength will be addressed using the wobble board. The students will also learn about proper warm-up before their on-ice practice.

Jump Class

Christian "Chris" Martin: This class is intended primarily for the development of the freestyle skaters. Physical dry land plyometrics exercises are geared towards jump elevation, rotation, landing and positioning to increase your effectiveness in the discipline of freestyle skating. Video analysis will also be used. This class is designed to speed up the overall learning process.



No-Test Skaters

If you have not passed a US Figure Skating test (Pre-Preliminary Moves, Freeskate, Preliminary Dance, or Adult test)

We have an introductory program for you!

No-Test Package #1 for only \$49 / weekly

This package includes:

6 On-Ice Sessions & 2 Off-Ice Sessions per week

No-Test Package #2 for only \$21 / weekly

This package includes: 3 On-Ice sessions per week

Eligible sessions:

(Please indicate by circling desired on application)

- 11:20am– 2:20pm General (Tue, Wed, Thu)
- 12:30pm–1:30pm General (Fridays)
- 1:40pm–2:40pm General (Fridays)
- 2:20pm–3:20pm Freestyle (Mon, Tue, Wed, Thu)
- 3:30pm–4:30pm General (Mon, Tue, Wed, Thu)

Calendar of Events

June	Skate Indy 2004
July 4	NO ICE
July 8-10	Erie Invitational
July 8-10	Troy Summer Competition
July 12	SSC Test Session - <i>Tentative</i>
July 13	SSC Test Session - <i>Tentative</i>
July 20-23	Skate Detroit
July 29-30	Mentor FC Sunshine Invitational
August 9	SSC Test Session - <i>Tentative</i>
August 10	SSC Test Session - <i>Tentative</i>
August 13-15	Indy Challenge Dance
August 18-21	Skate Chautaugau
August 20-22	Dupage Open
September	Regionals Testing Deadline
September 8-10	Skate Cleveland
September 16-18	Tony Todd Memorial Carmel Inv.
October 22-29	Eastern Great Lakes Regional