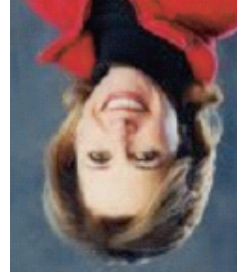


Mr. Craig Maurizi, Director • Email: cmaurizi@icehousenj.com

111 Midtown Bridge Approach
Hackensack, NJ 07601
Phone: (201) 487-8444 Ext 205 • FAX: (201) 498-1250
www.icehousenj.com

World & Olympic Coach
ROBIN WAGNER

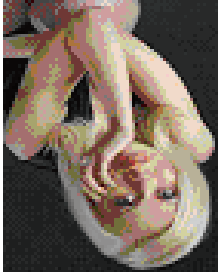


June 24-26
2005

FIGURE SKATING TEAM

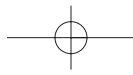


1994 Olympic Champion
OKSANA BAIUL



2005 ADULT TRAINING CAMP

111 MIDTOWN BRIDGE APPROACH
HACKENSACK, NJ 07601





Welcome...

The Ice House Figure Skating School welcomes you to our 4th Adult Training Camp. The Ice House is designed to meet the needs of first time competitors and Olympic Champions. National, International, World and Olympic Champions Oksana Baiul, Sarah Hughes, Sasha



KYOKO INA & JOHN ZIMMERMAN

Cohen, Kyoko Ina and John Zimmerman, Silvia Fontana and others headline an international list of skating champions who call Ice House their Home. You will be coached by some of the top names in figure skating, including Robin Wagner, Olympic Champion Coach. Last year, the program was a great success with over one hundred participants.

One attendee commented "I felt like I was being coached by skating's royalty". All the groups were broken down by test level. With approximately 10 skaters per group, this allowed for more individual attention by the coaches. Another attendee said of the coaches "We can appreciate the level of skating and the training that they've gotten. There are so many different techniques, and we're getting to see different styles and then taking from it what we can use for ourselves".



SILVIA FONTANA

SPECIAL GUEST OKSANA BAIUL

A rare opportunity to meet and talk to one of the most famous figure skaters in the history of the sport! 1994 Olympic Champion Oksana Baiul will be live and in person to pass on some of her techniques and share stories about her and her skating!

About The Ice House

- With four (4) NHL size hockey rinks, and more ice than the Meadowlands, the Garden and the Coliseum combined, Ice House is the largest facility of its kind in the Tri-State area, and amongst the largest in the country.
- Located just minutes from New York City, the Ice House is recognized as a world-class skating facility. From its first year of operation, Ice House has drawn skaters such as Olympic Gold Medallist, Sarah Hughes to World Bronze Medallists Kyoko Ina and John Zimmerman, and US Silver Medallist Sasha Cohen.
- 18 hours of figure skating ice per day
- Jump Harness * Professional dance studio for ballet and stretching * Full time strength and conditioning program * Professional skate sharpening and repair services * Food Court * Pro shop featuring a full line of figure skating equipment and apparel.

Director

Craig Maurizi, World and Olympic Coach, is the Director of Figure Skating. Mr. Maurizi has coached skaters to national and international titles. His skaters have competed in 4 World Championships and 2 Olympics.

WORLD-CLASS STAFF

The quality of greatness starts here with some of the finest figure skating coaches in the world. Our elite coaching staff features World and Olympic coaches.

Robin Wagner

Coach for Olympic Champion Sarah Hughes and World and Olympic Team Member Sasha Cohen.

Oksana Baiul

1994 Olympic Champion

Artur Dmitriev

2 time Olympic Champion

John Zimmerman

2002 World Bronze Medallist

3 Time U.S. National Champion

Peter Tchernychev

5 Time US National Ice Dance Champion

Silvia Fontana

5 Time Italian Champion

World and Olympic Competitor



ARTHUR DMITRIEV

ADULT CAMP ON-ICE TRAINING

This year's camp offers adults:

- * Freestyle Track * Dance Track * Pairs Track

FREESTYLE

- **Spin Technique** – Learn the methods of spins, flying spins, and innovative spin combinations.
- **Jump Technique** – Learn the technique of strong, consistent jumps and jump combinations.
- **Field Moves** – Power, edge quality and speed are at every level. Build upon the basics for smooth moves.
- **Stroking and Edging** – Interval training, agility skills, balance training and edge concepts translate to first-rate stroking.
- **Choreography** – Tips on how to express yourself and evoke a feeling with your music.

DANCE

- **Free Dance** – Introduction to Free Dance moves such as twizzles, different partner holds and dance spins.
- **Stroking** – Extension work, various exercises to promote better edging, posture, timing and expression.



PETER TCHERNYSHEV

PAIRS

- **Stroking** – For increased unison, speed and posture
- **Pairs Elements** - Side by Side jumps, throws, death spirals etc.
- **No individual pairs skaters (sorry!)**

OFF-ICE TRAINING

Develop a comprehensive conditioning program based on individual needs.

- **Strength Training** – A total-body strength exercise specific to figure skaters including core body training.
- **Flexibility** – Flexibility lengthens muscles with sustained stretches.
- **Ballet/Stretch** – focus primarily on overall body flexibility and ballet techniques to increase the skater's body carriage and gracefulness on the ice.
- **Jumps** – To increase the quality of a skater's ability to jump on the ice.
- **Introduction to Judging** – Learn more about what judges look for and how they score a skater etc.

HOUSING

Skaters are offered housing at the Marriott at Glen Pointe, 100 Frank W. Burr Boulevard (At the intersection of I-80/195, local lanes Exit 70/70B), Teaneck, New Jersey
800-228-9290 \$89 per night
(Please mention "ICE HOUSE Adult Camp Rate")

TRAINING CAMP FEE:

SKATER - \$250

COACH - \$75

➤ *Refer A Friend And Take 20% Off
Your Training Camp Fee*

**Person Referred Must Be A New Enrollment In The Adult Camp
Applications Must Be Submitted Together
(NO EXCEPTIONS)

**PLEASE SEE THE REGISTRATION FORM
FOR ADDITIONAL FEES**

SCHEDULE

FRIDAY, June 24

6:00pm – 9:00pm
Cocktail Party

SATURDAY, June 25

8:00am – 5:00pm
On & Off Ice Training

SUNDAY, June 26

8:00am – 3:00pm
On & Off Ice Training
4:00pm – 5:00pm
Question and Answer period
Autograph Signing

**SCHEDULE SUBJECT TO CHANGE
THE CAMP IS OPENED TO ALL
LEVELS AND ABILITIES
OVER THE AGE OF 21
BEGINNER TO NATIONAL
COMPETITOR SKATERS ARE
GROUPED ACCORDING TO ABILITY**

DIRECTIONS

The Ice House is located on Midtown Bridge Approach in Hackensack, Bergen County, New Jersey (approximately one-half block from River Road). Ice House is 10 minutes from the George Washington Bridge and easily accessible from all major highways.

VISIT OUR WEBSITE FOR DETAILS

www.icehousenj.com



2005 ICE HOUSE ADULT CAMP REGISTRATION FORM

Please Print

Name of Skater: _____ USFSA (ISI)# _____

Address: _____ City: _____ State: _____ Zip: _____

Home Club: _____ Phone (H): _____ (W): _____

(Circle one) *FREESTYLE TRACK* *DANCE TRACK* *PAIRS TRACK*

Adult Freestyle Test: _____ Month/Year: _____

Most Difficult Jump(s) Landed Consistently: _____

Moves in the Field: _____

Dance/Pairs: _____ Partner name: _____

Certification of Coach

Coach's Name: _____ Signature: _____

Liability Waiver

The skater hereby waives all claims for injury and/or damage or loss of property arising from or during the training camp and therefore hold harmless all personnel associated with this training camp, the USFSA, the American Academy Figure Skating Club, the Ice House and Midtown Bridge, LLC.

SIGNATURE OF SKATER			DATE
Training Camp	<input type="checkbox"/>	Skater	\$250
Fees	<input type="checkbox"/>	Coach	\$75
< Refer A Friend And Take 20% Off Your Training Camp Fee > **Person Referred Must Be A New Enrollment In The Adult Camp. Applications Must Be Submitted Together (NO EXCEPTIONS)			
Meals	<input type="checkbox"/>	Buffet Style Lunch (Sat & Sun)	\$30
	<input type="checkbox"/>	Additional Friday Cocktail Party Tickets @ \$30 each	_____
<i>(\$30 fee waived for camp participants)</i>			
			TOTAL DUE

FORM OF PAYMENT

AMOUNT: _____ CHECK: # _____

CREDIT CARD: # _____ EXP. DATE: _____



NAME AS IT APPEARS ON THE CARD: _____

- **Liability Waiver MUST be signed** * **Registration Deadline: Postmarked by June 4, 2005**
- **No Refunds for ANY REASON, including injury or illness after June 4, 2005. Refunds Prior to this day will be considered with a doctor's note.**

Mail completed registration form to: Craig Maurizi, Ice House,
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