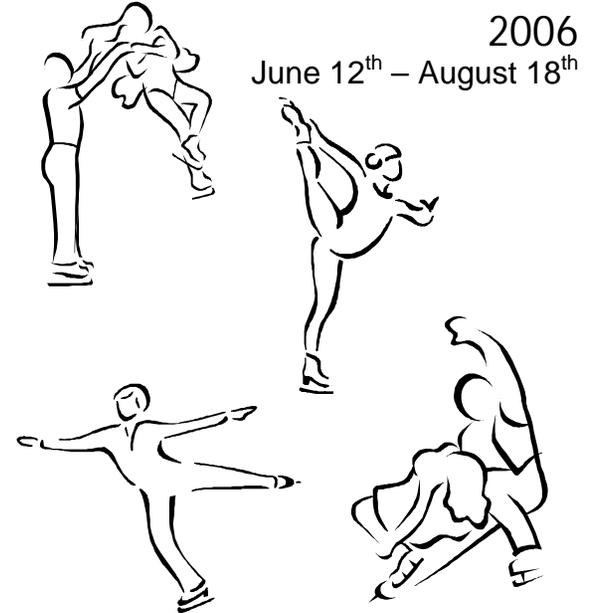


Strongsville Figure Skating Summer School  
4059 Falconswalk Court  
Stow, OH 44224  
(back cover / p14)



# Strongsville Figure Skating Summer School

At Ice Land USA



2006

June 12<sup>th</sup> – August 18<sup>th</sup>

**Packages Pre-Registration Deadline – May 3 , 2006**  
**Individual Pre-Registration Deadline – May 12, 2006**

## Directors

- Glyn Watts and Christian Martin
- Administration – Jill Battistelli

For more Information E-mail: [sfsss06@yahoo.com](mailto:sfsss06@yahoo.com)



Located at: 15381 N.Royalton Rd.  
Strongsville, OH 44136  
(front cover / p1)



### Glyn Watts

Among his long list of achievements, Glynn 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 IceLand USA facility, which is a state of the art training center with two 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.

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## Dartfish Technology



### Dartfish Review

**This wonderful technological training tool will be available to you during practice sessions for private training**

### Private Session Options

- 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, Stomotion, and Simulcam capabilities can be used as applicable.

### To Schedule a Session Contact:

Helen McGrew

Phone: 330-928-7479

Email: [sk8advantage@neo.rr.com](mailto:sk8advantage@neo.rr.com)

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**Payment Due Dates**

20% due w/ app.  
40% by June 1  
Balance by June 16

## Registration Checklist!

**\*Please carefully read entire application packet for important details before completing registration.**

**Please double check entire application and be sure to include the following**

1. Completed Registration form (pg 9)
2. Payment method (pg 9)
3. Completed Individual Sessions Sign-up (pg 7)
4. 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) (attached circle sheet)
5. Sign and date the Hold Harmless Agreement (pg 8)
6. Hold on to this checklist for reference of payment dates & registration information page to know when to register for ice time. (pgs.3&12)
7. Please enter e-mail address on the registration form. E-mail is the preferred form of communication ([sfsss06@yahoo.com](mailto:sfsss06@yahoo.com)) for the Strongsville Figure Skating Summer School. We will send important updates about the summer school out through e-mail. Please note that we will make certain to accommodate those without internet access.

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## Important Registration Information

**\* Please Read \***

1. **Package Registration** : will have priority and applications are to be received by the May 3<sup>rd</sup> deadline. Skaters purchasing packages and individual sessions should submit their application in its entirety by the May 3<sup>rd</sup> deadline to be given priority.
2. **Individual Sessions Registration: Personal Registration** times have been set for skaters **only** purchasing **Individual Sessions**. Personal Registration times have been based upon your current USFS freestyle or dance test level. Registration will be in person at Ice Land USA on Friday, May 12<sup>th</sup> and Saturday May 13<sup>th</sup>. If you are unable to make it to the Personal Registration times, we will accept your application through the mail by May 3<sup>rd</sup>. The application will be processed at the end of their scheduled sessions.

### **Schedule of Personal Registration Times:**

#### **Friday May 12, 2006**

Session: 4:00pm: Senior – Novice / Pre-Gold Dance  
5:00pm: Intermediate & Juvenile / Silver Dance  
6:15pm: Pre-Juv & Preliminary / Bronze Dance  
7:30pm: Pre-Pre & No test / Pre Dance  
8:30pm – Registration ends

#### **Saturday May 13, 2006\***

Session: Open Registration for all levels  
1:30-3:30pm

**\*Note:** This time is for those skaters unable to make it to their personal registration time on May 12<sup>th</sup>.

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## 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!

### Application Details

Scheduling Priority is the following:

- 1) All skaters that make **Package Purchases** whose applications are received by 5/3/06.
- 2) All **Individual Session Purchases** by test level for skaters or guardians that attend registration on 5/12/06.
- 3) All applications received for Individual Session Purchases will be registered at the end of your session on 5/12/06 based upon your test level. These applications must be received by 5/3/06 to receive your priority slot.
- 4) Open Registration from 1:30 to 3:30pm on 5/13/06.
- 5) All others.

### Payment Information

20% due w/ app – mailed or in person

40% by 6/1/06

Balance due by 6/16/06

No refunds will be issued after 6/05/2006

All refunds are subject to a \$30.00 fee

All schedule changes after 6/12/2006 are subject to a \$5.00 fee

Private instruction is to be arranged with the professional of the skater's choice & payment for instruction is to be made directly to that professional.

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## Application Form

Pre-Registration Deadline is May 3, 2006

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

Week Of:	Champ Platinum	Champ Gold	Medalist	Select	No Test #1	No Test #2
1- 6/12						
2- 6/19						
3-6/26						
4-7/03						
5-7/10						
6-7/17						
7-7/24						
8-7/31						
9-8/07						
10-8/14						

Championship Platinum	_____ # of Wks X \$229	Total=\$
Championship Gold	_____ # of Wks X \$204	Total=\$
Medalist Plan	_____ # of Wks X \$180	Total=\$
Select Plan	_____ # of Wks X \$ 95	Total=\$
No Test Plan #1	_____ # of Wks X \$ 59	Total=\$
No Test Plan #2	_____ # of Wks X \$ 27	Total=\$
Individual Sessions	Talley from previous pg.	Total=\$
	Processing Fee:	\$ 20.00
	<b>Total Fees:</b>	\$
20% due w/ App.\$	40% by 6/1 \$	Bal. by 6/16 \$

### Make Checks payable & mail to SFSSS

_____ Check#:	_____ Visa	_____ Mastercard
Name on Credit Card (please print):		
Signature:		
Credit Card#:	Exp. Date:	(p9)

## Hold Harmless Agreement

*\* please return with registration*

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)

Date  
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## Weekly Package Descriptions

- Championship Platinum Plan** **\$229 weekly**  
18 Sessions on Ice (Freestyle, General, Moves/Dance)  
4 On-ice clinics & 7 Off-ice classes
- Championship Gold Plan** **\$204 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** **\$59 weekly**  
6 On-ice sessions (Freestyle, General, Moves/Dance)  
2 Off-ice classes per week
- No Test Plan #2** **\$27 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 *\*please return with registration\**

**Total Number of Freestyle, General & Moves/Dance Sessions**

\_\_\_\_\_ # X \$10.00 (5/13 & before) = \$ \_\_\_\_\_

\_\_\_\_\_ # X \$11.00 (5/14 & after) = \$ \_\_\_\_\_

**Total Number of On-Ice Clinics**

\_\_\_\_\_ # X \$11.00 (5/13 & before) = \$ \_\_\_\_\_

\_\_\_\_\_ # X \$12.00 (5/14 & after) = \$ \_\_\_\_\_

**Total Number of Off-Ice Classes**

\_\_\_\_\_ # X \$9.00 (5/13 & before) = \$ \_\_\_\_\_

\_\_\_\_\_ # X \$10.00 (5/14 & after) = \$ \_\_\_\_\_

**Total \$** \_\_\_\_\_ \*

*\*Please enter total on Application Form under Individual Sessions.*

**On-Ice Clinics** 12:25-1:10pm Mon-Thu  
Off-ice on pages 10 & 11

**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.

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**Creative Off-Ice Instruction Available**



**Ballet & Off-Ice Dance** (Mondays, Tuesdays, Thursdays)

We are honored to have **Inna Strabrova**: a former principle dancer with the Leningrad Ballet Theatre. She has performed in over sixteen countries. Her credits include the Cleveland Opera, Foot Path, and starring role in the movie "Twelfth Night", an international film festival winner. Inna trained at the renowned Vaganova Ballet Academy and received an MA in Ballet. She received her BA in Dance from the Odessa Choreographic Institute in the former USSR. Inna has extensive teaching credits and has restaged numerous productions. Inna also privately coaches award-winning dancers and assists with choreography for local ice skaters and gymnasts regularly.

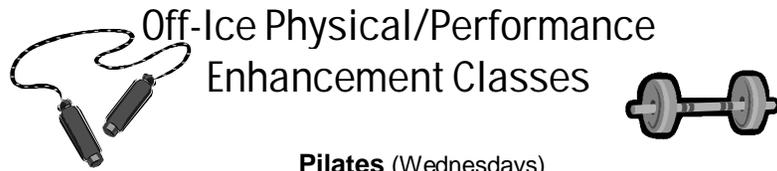
Also with Inna, **Dmitry Tuboltsev** will be at our facility as well: a former principle dancer with the Bolshoi Ballet, Kazakhstan National Ballet, Leningrad "Ballet Theatre", Moscow Theatre, Russian Ballet and Theatre of Annapolis. He received a Diploma of Ballet Master Choreographer from the State Institute of Arts (GITIS) in 1997. Dmitry has extensive international experience as he has performed in over 26 countries. He has won international titles, including Laureate and Partner in the 7<sup>th</sup> International Competition in Moscow, 1993. He started his teaching career in Moscow School of Classical Ballet and has continued teaching in many schools throughout the United States.

**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.

**Jill Battistelli** will be teaching the afternoon ballet classes this summer for our younger skaters. In addition to figure skating for 13 years, she is also a dance minor graduate from Kent State University. While at KSU she has studied with many elite professional dance artists, and she has performed at the American College Dance Festival as a representative of Kent State University. Jill's class will focus on the use of ballet to develop proper body alignment and grace; important skills for success in figure skating.

**Creative Movement & Improvisation** (Fridays)

**Jennifer Woods** will be joining us on Fridays this summer for a Creative Movement & Improvisation dance class. Jennifer is a graduate of the Kent State University's Dance Education program and an alumni member of the Kent Dance Ensemble. In addition to teaching dancers at Firestone High School, Jennifer has also performed with Travesty Dance Group and Verlezza Dance. Her class will use different styles of dance to assist skaters in developing their artistry & personal style as she encourages the expansion of each skater's creativity; critical aspects of a successful competitive figure skater. (p11)



## Off-Ice Physical/Performance Enhancement Classes

### **Pilates** (Wednesdays)

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** (Mondays and Fridays)

**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** (Mondays and Wednesdays)

**Chris Martin:** This class is intended primarily for the development of the freestyle skaters. Physical dry land plyometrics and body alignment 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.

### **Jump Rope Class** (Fridays)

**Glyn Watts:** 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.

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## 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 \$59 / week

This package includes:

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

### **No-Test Package #2** for only \$27 / week

This package includes: 3 On-Ice sessions per week

### **Eligible sessions:**

(Please indicate by circling desired on application)

- 11:20am– 12:20pm 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)

\*please note that these packages are only available to skaters who have yet to pass a USFS test & only available on the aforementioned sessions.

Calendar of Events
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June	Skate Indy 2006
<b>July 4</b>	<b>NO ICE</b>
July 6-9	Troy Summer Competition
July 14*	SSC Test Session
July 22	Skate Detroit
July 28-30	Mentor Sunshine Invitational
Aug 4	Tentative Test Session
Aug 18-20	Indy Dance & Pair Comp
Aug 18-20	Skate Chautauqua
Week of 8/21*	SSC Test Session
Sept 10-12	Chicago Fall Invitational
Sept 15-17	Shores Autumn Classic
October 11	Eastern Great Lakes Regionals

\*Tentative Dates

