



550 W. Willow Grove Avenue
Philadelphia, PA 19118

Wissahickon Skating Club

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Presents...



Summer Figure Skating Camp

August 12-16, 2013
11:30 a.m.-4:30 p.m.

550 W. Willow Grove Ave.
Philadelphia, PA 19118
215-247-1759 ext. 28
Email: lessons@wissskating.com



About Our Camp

Whether you aspire to improve your skating skills for individual or team competitions or you skate for fun, our camp can help you reach your personal skating goals. Our staff of highly qualified coaches are trained in all disciplines of figure skating and are here to help you to improve your skills in a nurturing environment encouraging fun and safety while challenging skaters to take chances and try some new techniques. **This camp is designed for skaters ages 7 to 16 who are comfortable on the ice without a parent and who can skate both forwards and backwards. We recommend skaters be at least Basic Skills Level II or beyond.**

Grouping

Skaters will be divided based on a combination of their age and their skating ability. At the onset of the first on-ice session, all skaters will be evaluated and placed into their age/skill-appropriate group. Depending on enrollment, we will strive to have three levels (Beginner, Intermediate and Advanced). Within those three levels, we will have another subdivision of two or three groups so that all skaters can be both comfortable and challenged according to what they can handle and wish to learn. Skaters will be moved up or back upon request throughout the week as long as the instructors and the skater are comfortable with the level change.

Our Facility

Wissahickon Skating Club has one ice surface, a very large upstairs lounge for off-ice conditioning, dance and recreational activities, a heated lunchroom and several heated spacious locker rooms and bathroom facilities. All skaters are welcome to use our rental skates for no additional fee for the entire week of the camp. Daily snacks and drinks will be provided.

What To Bring/How to Dress

- A yoga or pilates mat for off-ice stretch and dance
- Sneakers and comfortable clothing for skating and dance or exercise.
- A lunch or snack (if desired) although snacks and drinks are provided daily.
- Layered clothing, light gloves, thin socks, light jacket.

The Program

Camp begins each day with 45 minutes of off-ice warm-up consisting of either a dance, pilates, or strength and conditioning class run by a certified dance or exercise professional. After the first off-ice session, depending on which group the skater is placed in, they will either get changed into their skates or they will move to their second off-ice class.

The Schedule

Camp is held Monday, 8/12 through Friday, 8/16 from 11:30 to 4:30 daily. There is no before or after care.

Program Fees and Discounts:

We are able to accept a maximum of 50 skaters in the program. EARLY ENROLLMENT GUARANTEES A SPOT AND ENABLES US TO SECURE THE BEST COACHES FOR YOUR SKATER'S ABILITIES!!

Pre-Register by March 1st for the greatest savings!

If deposit received by March 1st:

1st child: \$250.00
Each additional sibling: \$240.00

If pre-registered by May 1st:

1st child: \$280.00
Each additional sibling: \$270.00

After May 1st:

All Skaters: \$300.00
Sorry, no sibling discounts available.

To register, just complete the attached registration form and send in with a **\$50.00 deposit per skater**. You will be billed your balance in mid July. **All payments must be received in full by August 1st, 2013.**

Cancellation Policy

We understand that sometimes unforeseen events arise. If you cancel before August 1st, you will receive all but your \$50 deposit back. There are no refunds after August 1st.

Our Talented Coaching Staff

Melissa Beck

Coaching since 1995. Member of USFS and PSA. Specializes in Beginner, MIF and Freestyle.

Rebekah Breen

PSA and USFSA Member. Experienced choreographer and has performed herself in ice shows all over the world.

Meg Byrne

4 years coaching MIF, Freestyle and Power Skating. Former US National and International competitor.

Jill Cosgrove

World and Olympic Choreographer. PSA Master Rated. Former Principle in Ice Follies and Holiday On Ice. 33 years creating champions.

Victoria Greco-Lyons

USFS Double Gold Medalist, PSA Certified rating and USFS Member. 3 year performer with Disney on Ice in USA and abroad.

Kelly Kaiser

Certified Pilates, Ballet, Exercise Physiology Instructor.

Mary Mc Allister

Show skater in the Ice Capades. Over 30 years coaching experience in Figures, MIF, Freestyle and Power Skating. Basic Skills through Senior Levels.

Missy Milewski-Rogers

Certified in Zumba, Zumba 2, Zumba Toning, Zumbatomics, Piloxing, Hip-Hop Hustle, Turbo Kick, STRIDE, and Red Hot Dance. Teaching over 15 years.

Lisa Nowak Spearing

PSA Certified Ratings in Freestyle and Synchronized Skating. PSA Senior Rated in MIF. 27 years coaching.

Ron Radke

38 years coaching MIF, Freestyle, Dance, Pairs, Choreography, Power Skating & Harness.

Logan Renard

Skate Canada Triple Gold Medalist with 10 years of coaching experience. MIF, Freestyle and Synchro.

Kris Shakarjian

32 yrs coaching National & International students. Master FS & MIF PSA ratings. Certified Group, Dance, Figures.

Private coaching available during Freestyle sessions upon request.

Sample on and off-ice Instruction

- Stroking—designed to improve strength, endurance and control.
- Basic Skills—for the Beginner Skater. Follows the U.S. Figure Skating Learn to Skate program.
- Moves in the Field—For the Intermediate and Advanced Skater. Emphasizes edge quality, control, extensions, flow and presentation.
- Jumps and Spins—Offers skaters the chance to learn/perfect different spins and jumps and ways to improve their entry, exit, body position and speed.
- Presentation and Choreography—Explores ways to add expression and body movements to create interesting, fun and visually appealing programs.
- Ice Dance—offers skaters at all levels the opportunity to receive instruction that will incorporate their skating skills into level appropriate Ice Dances.
- Synchronized Skating—the most popular offering of our summer camp experience. Skaters will learn synchronized skating elements in a leveled group setting. They will perform such elements as a block, wheel, line, circle and intersection.
- Zumba, Pilates, Jazz, Hip Hop—provides a fun warm-up and reinforces related skills such as proper body alignment, posture, poise and presentation.
- Harness Training—available by request for skaters already practicing jumps who wish to try the harness to improve their jumps during Freestyle time. Limited availability-please call.
- Fun, interesting and informative off-ice topics will be presented to enhance skaters' knowledge.



SUMMER PUBLIC SKATING SESSIONS

Fridays: 8:30 – 10:30 P.M.

No Public Skating from 7/5/13-7/26/13

Admission: \$ 9.00

Guest Card: \$ 1.00

Skate Rental: \$ 3.00

Discounts for Groups

(includes guest card)

15-29 skaters \$8.00—30-49 skaters \$7.00

50 skaters and up \$6.00



Birthday parties may be scheduled during the Friday evening guest member sessions.

Call the office (215)247-1759 ext.13

for details or visit our website at

www.wissskating.com

2013 REGISTRATION FORM

Please complete and send in with \$50 deposit per skater

Age DOB

Skater 1 Name: _____

Skater 2 Name: _____

Parent Name(s): _____

Parent Email: _____

Address: _____

Home Phone: _____

Cell or Work Phone: _____

Emergency Contact: _____

Emergency Phone: _____

Please help us to best place your skater in the appropriate level by completing the following information:

Current Skating Level (circle highest level passed):

No experience **OR** Basic Skills Level: B1 B2 B3 B4 B5 B6 B7 B8

OR highest Moves in the Field Level passed: _____

AND/OR highest Freestyle Level passed: _____

Payment Method: Cash Check **Amt. Paid:** _____

Credit Card **Type of Card** _____

Card Number: _____ **Exp Date:** _____

Name on Card: _____

WAIVER: I hereby release and hold harmless Wissahickon Skating Club, their officers, employees and volunteers from any and all liability, loss, expenses (including attorney fees) or claims for injury or damage arising from participation in programs and/or related activities. All skaters assume the inherent risks of skating.

SIGNATURE OF PARENT/GUARDIAN

Mail completed registration form with your \$50 deposit or full payment to: **Wissahickon Skating Club**

550 W. Willow Grove Avenue

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