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**2017
NORTHEAST OHIO'S
PREMIER
SUMMER SKATING CAMP
June 12—August 18, 2017**



**Kelly Lynch & Debi Stahlberg
Summer Skating Directors**

GUEST PROFESSIONALS WELCOME

OBM ARENA
15381 Royalton Rd.
Strongsville, OH 44136
440-268-2800

www.obmarena.com www.icelandusa.info

ICE SCHEDULE—WEST RINK

MONDAY THRU THURSDAY

8:00-8:30 am Edge Clinic
8:30-9:30 am Elite High Freeskate
9:30-10:30 am High Freeskate
10:40-11:40 am General
11:40 am-12:40 pm General
1:30-2:30 pm General
2:30-3:30 pm General
3:40-4:40 pm General

MONDAY & WEDNESDAY

12:50 –1:30 pm Clinic

TUESDAYS & THURSDAYS

12:40-1:20 pm Clinic
4:40-5:40 pm General

THURSDAY ONLY

5:50-6:50 pm Adults (18 & Over)

FRIDAY ONLY

8:00-9:00 am High Freeskate
9:00-10:00 am General
10:10 am-11:10 am General
11:10 am-12:10 pm General
12:20-1:20 pm General

ICE SCHEDULE—EAST RINK

MONDAY THRU THURSDAY ONLY

8:00-9:00 am General 9:00-10:00 am General

DEFINITION OF SESSIONS

Elite High Free—Intermediate and up (Qualifying Juv. with permission)
High Free— Qual. Juvenile and up (Open Juv/TT. w/permission)
General—Basic 4 and up

TEST SESSION DATES

A special thanks to the Strongsville Skating Club for providing the following test sessions during our summer program:

Thursday July 20, 2017

Test date in August to be determined

For Information on registering for Test Sessions please visit the Strongsville Figure Skating Club Web Page at www.strongvilleskatingclub.com

PLEASE NOTE: ON TEST DAYS SUMMER CAMP IS ON EAST RINK AND TESTING IS ON WEST RINK

NICKY KAPPENHAGEN—Nicky is a PSA Professional and has been coaching for 26 years. She is Master rated in Moves in the field and holds a Registered rating in both Free skating and Group disciplines.

WEEKLY PACKAGE DESCRIPTIONS

NATIONALS PACKAGE—\$183 (\$310 summer savings)
12 Sessions plus 7 On/Off ice Clinics

JUNIOR NATIONALS PACKAGE—\$145 (\$250 summer savings)
10 Sessions plus 5 On/Off Ice Clinics

REGIONALS PACKAGE—\$116 (\$200 summer savings)
8 Sessions plus 4 On/Off Ice Clinics

COMPETITIVE PACKAGE—\$96 (\$160 summer savings)
6 Sessions plus 4 On/Off Ice Clinics

WARM UP PACKAGE—\$38 (\$60 summer savings)
2 Sessions plus 2 On/Off Ice Clinics

Purchase a summer Package and receive package pricing when purchasing additional individual sessions or clinics for those weeks

Also available: 20 Session Punch Card for \$240
(\$12/on ice session)

* DON'T FORGET ABOUT OUR CHOICES FOR PARENTS! ONE PARENT CAN REGISTER FOR IJS AND/OR A YOGA CLINIC FOR 1/2 PRICE WITH A SKATER REGISTRATION!

ON ICE CLINICS

(Classes are 40 minutes in Duration)

Monday Figures/Patch Clinic

Tonia Kwiatkowski

Skaters will practice school figures and edging on their own patch or shared patch for lower levels (when necessary). Skaters will benefit from this clinic by increasing their body awareness and control of simple to complex turns that will enhance transitions and elements in their skating as well as The International Judging systems' step sequences. Skaters will also get a head start on many of the turns they need to know for their Moves in the Field tests at a more controlled pace.

TONIA KWIATKOWSKI—Tonia is a PSA Professional. Six time U.S. Medalist, Three Time World Team member and 1998 Olympic alternate. Tonia passed 8th Figure, Senior, Freeskate, Gold Dance and Intermediate Pair Tests. She has a degree in Psychology & Communications from Baldwin Wallace University and does commentary for Ice Network.com

NEW –THIS SUMMER! EDGE CLINIC - This class is designed to reinforce the development of strong skating skills utilizing the simplest to most difficult turns and steps with musically timed patterns. As every jump and spin encompasses an edge or turn, your efficient ability to master these patterns will have a positive effect on your technical element as well as component marks. Highly recommended for skaters that want to reach their potential. Monday thru Thursday 8:00 am (advanced edgework), Wednesday 12:50-1:30 pm (Intermediate level edgework). Beginners also welcome on Wednesdays.

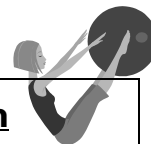
Tuesday and Thursday—Power Skating

Kelly Lynch and Nicky Kopenhagen

Skaters will perform rigorous physiological training to develop endurance for their competitive programs. Exercises and drills will improve the skaters ability to increase power and improve overall stroking technique. Skaters should be Pre-preliminary level and up or Beginner with permission.

KELLY LYNCH—Kelly is a PSA Master rated coach and has been coaching for 27 years. She has coached Regional finalists as well as Sectional and Junior National competitors and is certified in hockey and power skating thru the PSA. With her degree in Mechanical Engineering from the University of Dayton, Kelly offers a complete understanding of biomechanics and skaters' movements as they relate to power skating and figure skating to enhance your skater's speed, balance and control on the ice.

OFF ICE SCHEDULE



Advanced Clinics 10:40 am-11:30 am

Monday and Wednesdays—Advanced Ballet
Tuesdays and Thursdays—Strength Training
(Ages 14 & up or w/permission)
Friday 10:10-11:00 am - Yoga

Mondays

12:50-1:40 pm Advanced Jump Class (Double & Triple jumps)

Tuesdays

1:30-2:20 pm PM IJS Class

Intermediate Clinics 11:50 am-12:40 pm

Monday and Wednesdays—Ballet
Tuesday and Thursdays—Strength Training
(Ages 10 & up)

Tuesday **1:30-2:20 pm** IJS Class

Wednesdays **12:50-1:40 pm**
Intermediate Jump Class (Axel & Double Jumps)



BEGINNER CLINICS

Monday **9:30-10:20 am**—Ballet
Monday **1:40-2:30 pm**—Jump Start (up to and working on singles)
Tuesday **1:30-2:20 pm** Strength Training
Wednesday **1:40-2:30 pm**—Ballet
Thursday **9:30-10:20 am** - Strength Training
Friday **10:10 am** Yoga

FOR PARENTS....

Parents—Join a Yoga Clinic and/or an IJS CLASS!
One Parent can attend w/skater registration for 1/2 price!
*Instructors reserve the right to change a skater's class
if their skill level is not appropriate.*



CLASS DESCRIPTIONS

BALLET -

MIMI SCHWENSEN and BARBARA FITZGERALD

Ballet classes are a fundamental for figure skaters. Classes are designed to improve the skater's lower back strength and landing positions, upper body grace and fluidity, skating style and flexibility!

Beginner Ballet - None or very little ballet experience

Intermediate Ballet—at least 1 to 2 years experience or has worked with Mimi before.

Advanced Ballet—3+ years experience and know all terminology.

MIMI SCHWENSEN is a former Broadway Ballet Dancer and Radio City Music Hall Rockette! She has 25 years experience as a stylist/off-ice trainer for National and International competitors. Mimi is also available for on ice instruction.

BARBARA FITZGERALD is a USFS, CFSA, ISU Figure/Freestyle Triple Gold Medalist coach. She also holds a Professional Skaters Association (PSA) Master Rating in Figure and Freestyle. Barbara is a skating coach with an extensive ballet background. She has taught a specially designed Skater's Ballet Technique Class for over 30 years aimed at strengthening and developing skills that transfer to on-ice excellence.

JUMP CLASS—CHRISTIAN MARTIN

This class is intended for the development of dry land exercises geared towards enhancing jump elevation, rotation, landing positions, explosive muscle reaction and muscle memory. Exercises will be based on the four fundamental parts of a jump, set up, take off, rotation and landing. Equipment needed: Jump rope and Cross Training Shoes.

Chris is a PSA rated professional with 26 years of coaching experience. He has coached Regional, Sectional and Jr. National competitors while guiding many skaters through their Gold test levels in Freeskating, Ice Dancing and Moves in the Field!

STRENGTH TRAINING & CONDITIONING—

DUSTIN CARNISH

Dustin graduated from Ohio University with a BS in Exercise Physiology in 2011. He is a Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association (NSCA), as well as a Health Fitness Specialist (HFS) and Certified Personal Trainer (CPT) through the American College of Sports Medicine (ACSM).

As a professional strength & conditioning coach, his goal is to help athletes reach their full potential. He uses his personal, multi-sport athletic background in conjunction with his education and professional experience to enhance athletic performance—from youth through the collegiate level. Dustin also serves as a logistics officer in the Ohio Army National Guard. Through several training hiatuses with the military, his leadership style has been molded to bring out the inner drive peak performance in everyone he works with.

YOGA—JANE RUDDY

Proper stretching, flexibility and core strength are key components in figure skating. Yoga class will provide skaters the ability to improve in these areas as well as aid them in mental alertness, focus, relieving stress and muscle soreness and remaining injury free. Yoga also brings about a calm and patience that can totally translate into better performance under pressure. Jane has been teaching and growing in yoga for 14 years. She continually educates and brings the best of her knowledge to her students in hope of sharing yoga which can be practiced for the rest of their lives!

IJS (International Judging System) CLASS *Kelly Lynch*

The IJS class is designed to give skaters a thorough understanding of the basics of the International Judging System as well as teach a skater how to maximize their points within the system. Each skater will learn how to fill out a Planned Program Content Sheet, calculate the maximum possible points for their current program and learn how to attain higher levels of difficulty along with raising their program component scores. Video will be used for this class along with basic math. Kelly is a PSA Master rated coach with extensive experience in the IJS system at the Regional, Sectional and Jr. National levels. She also was a team leader at U.S. Figure Skating's National Program Components Camp in 2011 and 2012 where she worked with her team of skaters to better their program component scores in an intensive two day camp.

REGISTRATION PAGE

SKATER'S NAME _____
 ADDRESS _____
 CITY, STATE, ZIP _____
 PHONE # _____
 EMAIL _____
 PRIMARY COACH _____
 MOVES LEVEL _____
 FREESKATE LEVEL _____ BASIC SKILLS LEVEL _____
 QUAL. REGIONAL COMPETITOR YES _____ NO _____
 SKATER'S AGE _____

 SKATER'S SIGNATURE DATE

 PARENT SIGNATURE DATE

REGISTRATION WILL NOT BE ACCEPTED UNLESS IT IS COMPLETELY FILLED OUT AT SIGNED—NO EXCEPTIONS.

HOLD HARMLESS AGREEMENT

OBM Arena/Iceland USA and its teaching professionals 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 harness training; and whereas I understand the participation is voluntary. Therefore, I agree to hold OBM Arena/Iceland USA, the summer skating program and its teaching professionals, harmless for any direct, indirect special consequential damages 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/Legal Guardian of the mentioned applicant:

Skater's Signature (if over 18) _____

Parent/Legal Guardian Signature (if skater under 18) _____

INDIVIDUAL SESSIONS WORK SHEET

Total number of Freeskatte Sessions
 Number _____ x \$12.00/session (\$10 w/pkg*) = \$ _____

Total Number of On/Off Ice Clinics
 Number _____ x \$11.00/Session (\$9 w/pkg*) = \$ _____
 Number _____ Parent Class x (\$4.50/session w/pkg) = \$ _____

Total Number of Punch Cards
 Number _____ x \$240.00/card (\$12/session) = \$ _____

Note: To lock in ice times with punch card you MUST include a \$25.00 processing fee or you can use your punch card as a walk-on card.

TOTAL DUE = \$ _____ ***

***PLEASE NOTE ! PACKAGE PRICES EXPIRE JUNE 2, 2017**
 After June 2, 2017 free skate sessions are \$14.00 per session and clinics are \$13.00 per session.

Package/Individual	Total # of Weeks	Cost	Total
National Package		X \$183	
Jr. Nat'l Package		X \$145	
Regional Package		X \$116	
Competitive Package		X \$96	
Warm-up Package		X 38	
Individual Session/ punch cards		***	
SUBTOTAL			
<u>PROCESSING FEE</u>			\$ 25.00
TOTAL DUE			

PAYMENT METHOD: CASH _____ CHECK # _____
VISA/MC _____ - _____ - _____ EXP DATE ____/____
JUNE 2nd _____ 50% JUNE 23rd _____ 50%

NO REFUNDS AFTER JUNE 23, 2017
 Make-up Coupons will be issued when necessary
CHECKS PAYABLE TO ICELAND USA

TIME	SESSION	RINK	MON-ON	MON-OFF	TUE ON	TUES-OFF	WED-ON	WED-OFF	THUR ON	THUR OFF	FRI-ON	FRI OFF
8:00-8:30 am	EDGE CLINIC	W										
8:30-9:30 am	ELITE HIGH FREESTYLE	W										
8:00-9:00 am	GENERAL	E									WEST	
9:00-10:00 am	GENERAL	E									WEST	
9:30-10:30 am	HIGH FREESTYLE	W										
9:30-10:20 am	BEGINNER CLINIC OFF ICE			BALLET						STRENGTH		
	<i>ICE CUT</i>											
10:40-11:40 am	GENERAL	W									10:10 am	
10:40 –11:30 am	OFF ICE CLINIC-ADVANCED	OFF										10:10 am
11:40 am -12:40 pm	GENERAL	W									11:10 am	
11:50 am-12:40 pm	OFF ICE CLINIC—INTERMEDIATE	OFF										
	<i>ICE CUT</i>											
12:50-1:30 <i>M-W</i>	ON ICE CLINIC	W										
12:40-1:20 <i>Tue-Thur</i>	ON ICE CLINIC											
12:50-1:40 pm	OFF ICE JUMP	W		ADV				INTERM				
12:20-1:20 pm	GENERAL	W										
1:30-2:20 pm	OFF ICE IJS <i>TUES ONLY</i>	OFF										
1:30-2:30 pm	GENERAL	W										
1:40-2:30 pm <i>Except Tues</i>	OFF ICE –BEGINNERS	OFF		JUMP		1:30-2:20 pm		BALLET				
2:30-3:30 pm	GENERAL	OFF										
	<i>ICE CUT</i>											
3:40-4:40 pm	GENERAL	W										
4:40-5:40 pm	GENERAL	W										
	<i>ICE CUT</i>											
5:50-6:50 pm	ADULTS (18 & over only)	W										

Please check which weeks you will be contracting. If your schedule will change some weeks during the summer, please provide additional registration sheets

_____ WEEK 1 (6/12—6/16) _____ WEEK 3 (6/26—6/30) _____ WEEK 5 (7/10—7/14) _____ WEEK 7 (7/24—7/28) _____ WEEK 9 (8/7—8/11)

_____ WEEK 2 (6/19—6/23) _____ WEEK 4 (7/3—7/7) _____ WEEK 6 (7/17—7/21) _____ WEEK 8 (7/31—8/4) _____ WEEK 10 (8/14—8/18)

NO ICE 7/4