



Dear Parents and Skaters,

Welcome to Kirkwood's 2009 Summer Figure Skating Camp. We hope to provide the best program in the area with a wide range of classes and skating times for flexibility. Our program is designed for both low and high skaters to help meet their skating goals. Camp runs Monday through Friday from approximately 9am to 3:30 pm. If you are not yet eligible for our camp, check out the beginner club

We have at our facility a dining area with tables. The concession stand is not open during the summer months however there are vending machines and a microwave. I would advise bringing a lunch cooler for those who are spending a good portion of the day. We allow water bottles by the ice area and clear sports drinks. Please have your skater label their bottle. **We are asking all skaters to bring a box of tissue the first day and will have one box for the skaters, as multiple boxes get cluttered.**

The Core Strength Ball class is offered on Friday mornings. The class will use a fitness ball to improve and strengthen muscles in the back and abdomen. All students will need to provide their own ball. We have found "Core strength physio balls" available on-line, Bed- Bath and Beyond, sporting goods stores, Wal-Mart and Relax the Back. Please make sure the product is returnable.

We have an off ice jumping harness, which provides a great opportunity for continued jump training and off ice rotation. This harness will be available for private instruction. Our on ice LeBel jumping harness safety system has over a 100 foot run. This will permit continuing progress with the difficult jumps and add to the skaters' safety. For continued progress we have an off ice harness available too!

**New This Year! Special Events!** See our flyer and form on the Web site! Back by popular demand, weekly drawings!! We will be having weekly drawings for the skaters with give away items donated to our camp by "Go Figure", "Tip of the Ice" and other local shops and area stores. Our grand prize give-away will be TBA.

**TEST OPTIONS!!** This year we have four test date options. See the page on the internet listed a "Test Dates".

Our "resident only" **pool/water park** is available to all our campers at the end of each day. Be sure to plan for this fun activity. Skaters under the age of twelve must be accompanied by a responsible person fifteen or older.

Ice reservations are on a first come first serve basis. Please get your summer camp reservation form in as early as possible. After reviewing the waiver/consent/skating policies please sign both front and back and make a copy for your records. To help with your skating progress we are keeping our skater to ice ratio low. High freestyle allows up to fifteen skaters so get your forms in early to ensure your reservation.

We will have walk-on available for an additional dollar added to the regular session price, provided the ice capacity is not full. Please check with one of the staff instructors before walking-on. Ice space is limited so please send your form in early for optimal scheduling.

**ALL SKATERS MUST PARTICIPATE IN PATCHING JUMP HOLES!!**

**Class descriptions:**

**Artistic Movements/Annie's Edges-**This class focuses on edge quality with different rhythms, creative arm and body movements while improving speed and flow. For Free skate levels one and higher.

**Inter-High Moves** – This class is focused on the elements and patterns that are required on the Intermediate, Novice, Junior, and Senior Moves in the Field Tests.

**High Stroking-** This class is designed to improve speed, power and stroking efficiency for advanced and higher level skaters. Recommended levels are for Juvenile through Senior skaters.

**Low-Juvenile Moves-** This class is focused on the elements and patterns that are required on the Pre-Preliminary, Preliminary, Pre- Juvenile, and Juvenile Moves in the Field Tests.

**Low Stroking-** This class is designed to improve speed, power and stroking efficiency for our younger or lower level skaters. Pre-Juvenile and lower levels are suggested.

**Introduction to Dance-** with Bonnie and Andy Stroup. This class is focused on the first six dances in the structure and the fundamentals necessary for ice dancing.

**Synchronized Skating Skills-** with Ramona Peterson. Synchronized skating will includes blocks, wheels, circles, step sequences, intersections, and fundamentals. Perfect class for any level to keep your skills sharp for the upcoming season!

**Low or High Off Ice Stretch/Lyrical/Weights-** This class is formatted in three sections. First the class will warm up with stretching, followed by ballet/ lyrical interpretation to music, ending with body or free weight strengthening. Both High and Low levels offered.

**Low or High Off Ice Stretch/Hip Hop/Jumps-** This class is formatted in three sections. First the class will warm up with stretching, followed by a hip-hop or jazz type of dance, ending with dance/skating jumps. I.e. Split, stag, Russian split. Both High and Low levels offered.

**Off Ice Jump Conditioning-** This class is designed to strengthen the core body muscles needed in jump landing and overall skating control along with proper torso alignment and muscle memory. Some of the conditioning classes may be outside on fitness course. Tennis shoes are mandatory.

**Core Strength Physio Ball Class** – Join us Friday morning for a complete workout with Physio Balls. Strength training and conditioning are a major part of all athletics. We want to help develop the whole skater with complete conditioning. All participants must provide their own physio ball.

#### **Beginner Club/ All Category\***

This is especially for those skaters that fall into the basic skills level 5 to Freeskate 4 skaters so both young and old can still skate with us. Offered at this time will be a small class that teaches ice etiquette and other skills necessary to skate on full figure skating ice. Other levels are permitted but limited. \*

**Dartfish-** Dartfish video software allows you to integrate video to its maximum potential in sports training and education: During training for immediate visual feedback. Use images as a basis for trainer-athlete communication. After training tools to analyze, compare and highlight performances, techniques, trajectories, and positions. Sharing of your analyses across different formats. Parents, please have your coach call Debbie Howe 314-822-4876 to schedule a Dartfish session.

If the skaters have questions or concerns please feel free to ask our summer school staff members. Our rink management and the following teachers will be available to assist with questions during the summer program. Thank you and have a successful summer!

#### **Susie Smith**

**Skating Director** 314-984-5950 [smithsm@kirkwoodmo.org](mailto:smithsm@kirkwoodmo.org)  
[www.ci.kirkwood.mo.us](http://www.ci.kirkwood.mo.us)

**Staff instructors:** Julie Binz, Jenn Fortin, Debbie Howe, Christina Lorenz, Gina Oesterli, Ramona Peterson, Brianne Ryder, Bridget Ryder, Shelley Stein, Andy Stroup, Bonnie Stroup, Jennifer Clossum- Ballet, and Laurie Stream –jazz/ballet.

All figure skating staff instructors are members of one or more of the following: Professionals Skaters Association, United Figure Skating Association, and or Ice Skating Institute.