

## Schedule

Skaters will be divided into 2 groups:

Adult Silver & below; Adult Gold & up

**Friday July 24 – 3:00-8:15 pm**

<b>on-ice</b>	<b>off-ice</b>
30 minutes Champion Cords	30 minutes Body Awareness
30 minutes Field Moves	& Movement
30 minutes Jumps & Exercises	30 minutes Champion Cords
30 minutes Spins	30 minutes Technical
30 minutes Theater Class	Specialist Class

**Saturday July 25**

**8:00 am-6:05 pm**

**on-ice**  
40 minutes Moves in the Field  
40 minutes Spins  
40 minutes Jumps & Exercises  
45 minutes Freeskating/Private Lesson Time  
30 minutes Edge Class  
30 minutes Choreography  
40 minutes Jumps & Exercises  
30 minutes Body Awareness & Movement  
30 minutes Freeskating/Private Lesson Time

**off-ice**  
40 minutes Yoga  
45 minutes Nutrition Class  
30 minutes Jumps & Exercises  
30 minutes Ask the Judge

**Sunday July 26**

**8:00 am-3:00 pm**

**on-ice**  
30 minutes Edge Class  
30 minutes Jumps & Exercises  
30 minutes Body Awareness & Movement  
30 minutes Spins  
30 minutes Dartfish Technology  
30 minutes Jumps & Exercises  
60 minutes Freeskating/Private Lesson Time

**off-ice**  
30 minutes Injury Prevention Class  
30 minutes Body Awareness & Movement  
30 minutes Jumps & Exercises

## Curriculum & Presenters

15 minute Private Lessons are available on Saturday & Sunday on a first come/first serve basis. Cost is \$20 per 15 minute lesson payable directly to presenter

### Body Awareness/Movement

**Tara Stamm** [urbanfairie77@gmail.com](mailto:urbanfairie77@gmail.com):

*BS in dance and an MA in dance movement therapy & USFS gold medals in ice dance and MIF. Her class integrates the theory of how the body moves through time, weight and space while teaching the principles of figure skating & includes the development of body/spatial awareness while instilling the concepts of fine edge quality and flow that begins with the breathing and molding it to the core.*

### Champion Cords

**Sheila Thelen:**

*PGA Master Rated and Designer and President of Champion Cords (Endorsed by the Professional Skaters Association International) for teaching skaters: alignment, position, muscle memory, awareness and technique. Her video tips on [www.icoachskating.com](http://www.icoachskating.com) received a 2008 Top 5 Award.*

## Choreography

**Pamela O'Connor** [jonathondougherty@hotmail.com](mailto:jonathondougherty@hotmail.com):

*An International singles competitor, World dance competitor & ISU event medalist, her experiences have given her a vast knowledge of the sport from working with some of the best coaches from all over the world. This class will focus on enhancing the skaters' performance through presentation and projection.*

### Dartfish Video Analysis

**Tom Incantalupo** [scoach92@yahoo.com](mailto:scoach92@yahoo.com):

*US National Coach & a PSA. Level V Ranking International Coach; National, Sectional, Regional competitor; USOC Certified as a Dartfish Video Analysis Specialist in 2005; USFS Regional Technical Specialist; Class will consist of breaking down single and double jumps into four areas: Set-up, Take-off, Air position and Landing, giving suggestions on starting new jumps plus making enhancements or corrections to existing jumps.*

### Edges

**Jonathon O'Dougherty** [jonathondougherty@hotmail.com](mailto:jonathondougherty@hotmail.com):

*A World level Ice Dance competitor and ISU event medalist, trained with world renowned coaches alongside World and Olympic Medalists, possesses an impressive knowledge of techniques from all over the world. The goal of this edge class is to gain deeper control of edges and steps that are essential for style, musical interpretation, and IJS points: utilizing twizzles, brackets, loops, counters, choctaws, rockers, 3-turns and toe-steps.*

### Injury Prevention

**Elaine Walin** [laniebug53@comcast.net](mailto:laniebug53@comcast.net):

*Doctorate in Physical Therapy from the College of St. Scholastica. She has been practicing physical therapy for 2 years and has been involved in organized figure skating from the age of 8, currently competes at the Championship Adult Gold level. This class applies her knowledge of body mechanics and mechanisms of injury to skating, addressing common causes of a variety of injuries faced by figure skaters secondary to the demands of the sport. This knowledge can be applied to help enhance performance by maintaining a balance of muscle strength and flexibility for improved muscle performance.*

### Moves in the Field

**Kim Cole Stahle** [kimberly019@hotmail.com](mailto:kimberly019@hotmail.com):

*SPFSC Edge Program & Off-Ice Training Coordinator, Regional and State Champion Coach; PSA Certified Coach; USFS Quadruple Gold Medalist (Freestyle, MIF, Dance & Figures); Intermediate Pair; Junior Free Dance; US Collegiate National Champion; USFS National, Sectional and Regional Competitor; BS in Kinesiology, minor in Psychology, Coaching certificate-U of Minnesota; ballet training*

### Nutrition

**Julie Mattson Ostrow, MS, RD** [jmostrow@msn.com](mailto:jmostrow@msn.com):

*Julie is a registered dietitian with the Midwest Dairy Council in St. Paul, MN. She holds a Master's degree in Food and Nutrition from UW-Stout, has been a registered member of the American Dietetic Association since 1986, & is past president of the Minnesota Dietetic Association and a recipient of the association's "Young Dietitian of the Year" award. A former skater, Julie is active with the St. Paul FSC as a judge, Board member and mother of a skater.*

## Spins

**Val Matzke** [vgmatzke@msn.com](mailto:vgmatzke@msn.com):

*PSA master rated freestyle coach, PSA master rated sports science, Coach of regional, sectional, Junior National, collegiate and international competitors, USFS gold medalist in figures and freestyle, 13 years as a soloist in Ice Capades and Holiday on Ice. Spin class focuses on improving overall speed, length of spins and positions. Great class maximizes spin values, incorporating all different features (entrances, change of edge, positions and exits) which will benefit the skater competing in IJS competitions.*

### Technical Specialist/Jumps

**Ben Miller** [Benjaminemiller@gmail.com](mailto:Benjaminemiller@gmail.com):

*U.S. National Coach; Chair of USFS Athlete Development Committee; USFS Athlete Representative to International Committee Management Subcommittee; USFS Sectional Technical Specialist; Senior Grand Prix Competitor; Senior International Medalist; Junior World Competitor; USFS Quadruple Gold Medalist (Freestyle, MIF, Compulsory and Free Dance); PSA Member; Trained under SPFSC Skating Director Ann Eidson for 14 years; Trained under Olympic Coaches Alexei Mishin, Igor Shpilband, and Marina Zoueva.*

*Technical Specialist: Discussion will focus on the features required in jump elements, step sequences, spiral sequences and spins*

*Jumps: Off-ice class will break down and strengthen the separate components which are inherent in all jumps. Utilizing this foundation, skaters will transfer their knowledge to the ice surface.*

*On-ice class will focus on the basic principals for singles, doubles and triples; using an array of unique jump, spin and edge exercise.*

### Judge

**Shirley Hage:**

*National Judge; has judged at Adult Nationals; will discuss both 6.0 & IJS Judging and program components and the guidelines for marking the GOE.*

### Yoga

**Tami Eshult** [tami@patorono.com](mailto:tami@patorono.com):

*Tami is a NETA certified Yoga Instructor. Class focuses on Core Stability using strength, flexibility and balance essential for increased performance on the ice. Class includes Core Stability Test to track growth in core stability.*

## Hotel Information

**Holiday Inn – RiverCentre:** \$121 + tax

175 West 7<sup>th</sup> Street, St. Paul, MN 55102

Restaurant on site, will shuttle to Pleasant Arena

Phone: 651-556-1407, Fax: 651-556-1413

**Courtyard by Marriott:** \$69 + tax

1352 Northland Dr, Mendota Heights MN 55120

(Pilot Knob Rd & 494 ~ between airport & arena)

Phone: 1-800-236-2427

Restaurants close & deliver, hot breakfast included

**Rates based on availability – book by June 23, 2009**

## SpecTacular Adults Seminar

Name: \_\_\_\_\_ M / F

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

USFSA # \_\_\_\_\_

Highest freestyle passed: \_\_\_\_\_

Highest jump landed consistently: \_\_\_\_\_

Seminar Fee ~ \$325

*Includes complimentary personalized  
Camp Journal!*

Camp Shirt ~ \$10

Circle size: S M L XL

Enclosed check # \_\_\_\_\_ for \$ \_\_\_\_\_

*Make checks payable to: SPFSC*

*Mail with form to: SPFSC,*

*%Lexie Kastner, P O Box 296, Deerwood MN 56444*

### 15 minute PRIVATE LESSON REQUEST

*Indicate choice by writing: 1, 2, 3, 4, etc.  
in blank by name.*

*First come/first serve basis ~ \$20 per lesson  
payable directly to presenter before lesson.*

\_\_\_\_ Ben Miller – Jumps

\_\_\_\_ Ben Miller – Technical Specialist

*Private lesson continued.....*

\_\_\_\_ Elaine Walin – Injury Prevention

\_\_\_\_ Jonathon O'Dougherty - Edges

\_\_\_\_ Julie Mattson Ostrow - Nutrition

\_\_\_\_ Kim Cole Stahle – Moves in the Field

\_\_\_\_ Pamela O'Connor - Choreography

\_\_\_\_ Sheila Thelen – Champion Cord

\_\_\_\_ Tami Eshult - Yoga

\_\_\_\_ Tara Stamm – Body Awareness

\_\_\_\_ Tom Incantalupo - Dartfish

\_\_\_\_ Val Matzke – Spins

### WAIVER FORM

I, the undersigned, hereby give my consent for myself to participate in the July 24-26, 2009 seminar hosted by St. Paul FSC (SPFSC) at Pleasant Arena.

I understand that (SPFSC), Ramsey County, its employees and/or volunteers assume no liability for me while participating in, or traveling to or from this program.

I understand that SPFSC and Ramsey County are not responsible for the actions or inaction of others on or off of the ice. I also certify that I am covered by medical health insurance and agree in case of medical emergency to allow myself to be transported to the nearest medical facility by emergency medical service.

I fully recognize the possibility of physical injury associated with the activity in which I desire to participate, and hereby release SPFSC, Ramsey County and its officials, employees, contractors, and volunteers, from any and all claims for property damage and/or personal injury arising out of my participation in this activity.

NO MAKEUP LESSONS OR REFUNDS.

Waiver of Liability Signature

\_\_\_\_\_  
Signature of participant

Date \_\_\_\_\_

St. Paul  
Figure Skating  
Club



Established in 1936

**Presents**



**July 24-26, 2009**

**Pleasant Arena  
848 Pleasant Ave  
St. Paul MN 55102**

**Registration deadline:  
Monday June 15, 2009  
For more information, contact**

**sandy@stchristophers-mn.org,  
or lekastner@aol.com or  
www.stpaulfsc.org**