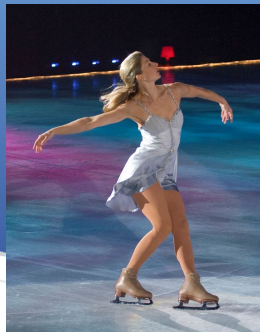


SportQuest Skating Academy

Adult Training Camp

September 23-24, 2016



FEATURED PRESENTER

- Olympian and World Championship Bronze Medalist
- 4 Time U.S. Championship Medalist
- 7 Time Professional Champion
- National and International Choreographer and Coach

Caryn Kadavy

- ❖ Choreography & Interpretation

Inviting Adult Skaters of all levels to participate in the exciting opportunity to refine and develop their skills through a variety of on and off-ice classes with coaches and others who love figure skating as much as you do. Both USFS and ISI Adult Skaters are encouraged to join in the fun.

CLASSES OFFERED

- ❖ Choreography and Interpretation
- ❖ Jump Technique
- ❖ Spin Development
- ❖ Ice Dance / Edges / Moves in the Field
- ❖ Yoga / Stretch / Off Ice Warm Up / Mental Training
- ❖ Directing the Athlete Through the Competition and Testing Process
- ❖ Rotational Harness
- ❖ Champion Cords On and Off Ice
- ❖ Healthy Eating for Adult Athletes
- ❖ IJS and 6.0 Judging Panel Discussion
- ❖ Dry Land Training Techniques and Periodization
- ❖ Round Table Discussions with Presenters
- ❖ End of Camp Social Gathering
- ❖ Private Lessons with Presenters*
- ❖ USFS Adult Test Session*

* Additional Fee

ADDITIONAL PRESENTERS

Page Lipe ❖ Jump Technician
PSA Master Rated in Freestyle & Group Instruction, PSA Level V, International Coach, Featured Presenter on iCoachSkating.com

Val Matzke ❖ Spin Technician
PSA Master Rated in Freestyle, PSA Level IV, Coached ISI through FS10-USFS Senior Free

Ari Lieb ❖ Ice Dance, Edges, Moves in the Field
National & International Dance Coach, Gold Dance & International Dance, Canadian Gold & MIF Gold Medalist

Raleigh Weld ❖ Directing the Athlete Through the Competition and Testing Process
USFS/ PSA Category A Coach
Assistant Director SQSA/Parade, Skate Camp Director, ISI Gold Certified Judge

Sheila Thelen ❖ Rotational Harness & Champion Cords
President/Designer Champion Cords, President Champion Skating Harness, Jump/Spin/Dartfish Specialist

Molly Heise ❖ Healthy Eating For Adult Athletes
ISI Magazine Columnist, Emily Program Education & Community Outreach

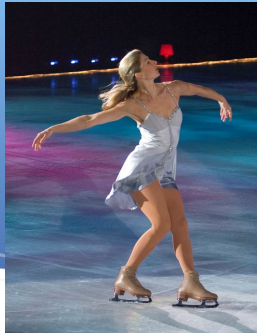
Hosted By:



Register Online at www.sqsaparade.com

Questions? Contact SQSAPARADE@gmail.com

at Parade Ice Gardens
600 Kenwood Parkway, Minneapolis, MN 55403



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- 4 Time U.S. Championship Medalist
- 7 Time Professional Champion
- National and International Choreographer and Coach

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- ❖ Choreography & Interpretation
 - Available for Private Lessons

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- ❖ Jump Technician
- PSA Master Rated in Freestyle & Group Instruction
- PSA Level V Coach
- International Coach
- Featured Presenter on iCoachSkating.com
 - Available for Private Lessons

Ari Lieb



- ❖ Ice Dance, Edges, Moves in the Field
- Coach of National and International Senior Dance Competitors, National Novice Dance Medalists, Gold, International, and Canadian Gold Dance Medalists, and MIF Gold Medalists.
- Ari's competitive Ice Dance Career includes USFSA International Team from 1987-19900, National Senior Ice Dance Competitor 1987-1989, National Junior Ice Dance Silver Medalist 1980
 - Available for Private Lessons



Val Matzke

- ❖ Spin Technician
- PSA Master Rated in Freestyle, PSA Level IV Coach, Coached ISI through FS10-USFS Senior Free
- Val has been a specialized presenter at Adult Camps since 2011 with a focus on spin technique. Her methodology stems from the Janet Champion technique, a World known spin expert.
- Val works with adult skaters to master the fundamentals of spin technique and help them understand the 6.0 scoring. For IJS adult skaters she guides them as to how they can maximize their levels with positions and the GOE score.
- Val spent many years performing as a soloist in the International Show, Holiday on Ice. Her Holiday on Ice coach told her that if you can't get a huge round of applause from the audience because of your excellent spins then you are not a good spinner. This led to many hours of spin technique lessons and Val still holds this true when working with a student.
- Val is excited to be a part of SQSA Seminar and to share her spin technique and tips!
 - Available for Private Lessons

Raleigh Weld



- ❖ Directing the Athlete Through the Competition and Testing Process
- USFS/ PSA Category A Coach, Assistant Director SQSA/Parade, Skate Camp Director, ISI Gold Certified Judge
- Raleigh has a background in the performing arts. She has performed in plays and theater productions but found her favorite area of stage performance to be in stand up comedy. Through her previous career in merchandising with 3 different retailers, and her training in stand up comedy, Raleigh has developed a variety of methods for how to prepare for and execute performance goals, as well as how to manage nerves and anxiety. Raleigh has a B.A. in communications from the University of MN. She is a full time coach, and works with skaters in both ISI and USFS.
 - Available for Private Lesson



Sheila Thelen

- ❖ Rotational Harness & Champion Cords
- President - Champion Cords & Champion Skating Harness
- Executive Director - Grassroots To Champions
- Senior Staff/Presenter - Grassroots To Champions Seminars & Super Camp
- Vice President & Presenter - iCoachSkating
- Master Rated Coach - Professional Skaters Association
- Jump & Spins & Dartfish Specialis
- Available for Private Lesson

Julie Mattson Ostrow

- ❖ 6.0 Tests and Competitions: What are Judges Looking For?

Julie is a registered dietitian and Vice President of Health and Wellness, Nutrition at Midwest Dairy Council in St. Paul. She comes from figure skating family and is the second of three generations active in the Minnesota figure skating community. Her mother, Janet Mattson, Rochester FSC, has been a Gold Test judge for over 40 years and her daughter Emily, is a Gold Medalist in Moves in the Field, regional, sectional and national competitor. Julie is a former skater and is a Gold Singles and Pairs judge and currently serves on the boards of TCFSA and MN Skating Scholarship Fund.



Natalie Fredricks

- ❖ Locks and Lashes

From a very young age Natalie was introduced to live performances on the ice as a skater, on the stage in theatre, and in front of crowds as a dancer. Not only has Natalie had experience in the spotlight, but she has also had experience behind the scenes creating looks with costume and make-up design. Natalie further refined her expertise with a degree in Esthiology from The Aveda Institute of Minneapolis. Natalie has had experience working with several different makeup lines and because of her background in theatre, dance, skating, and even having been a cheerleader for the Minnesota Vikings, Natalie specializes in make-up looks that are both photo ready as well as natural. As one of the founding partners of Locks and Lashes, Natalie is excited to create beautiful photo ready faces with a few strokes of her brushes.

- Available for Private Lessons

Molly Heise

- ❖ Healthy Eating For Adult Athletes
- ISI Magazine Columnist
- Emily Program Education & Community Outreach



CLASS DESCRIPTIONS



❖ **Choreography and Interpretation - Caryn Kadavy**

Enhance your skating expression by learning how Time, Space, Energy, and Form apply to your choreography process and performance.

❖ **Jump Technique**

Additional details to come – stay tuned.

❖ **Spin Development – Val Matzke**

Val's methodology stems from the Janet Champion technique, a World known spin expert. A strong base of spin fundamentals is the first priority as she uses a marker on the ice during class to draw prints of what should happen on spin entrances. Class will also focus on transitions in spins, from one position to the next, and what the judge's expectations are for these positions will also be covered.

❖ **Moves in the Field - Ari Lieb**

Will include Pattern layout and Introduction steps. In addition, you will learn Tricks to make turns smoother and easier.

❖ **Ice Dance - Ari Lieb**

Cover the basics of timing and rhythm, learn a new dance or two, and concepts of tracking.

❖ **Edges - Ari Lieb**

Focus on learning correct alignment, how to generate power, and why speed can be your friend.

❖ **Yoga / Stretch / Off Ice Warm Up – Raleigh Weld**

This class will involve stretching and warm up exercises that prepare a skater for a productive practice on the ice. It will also teach daily exercises to help with balance and core strength. Please bring a yoga mat.

❖ **Directing the Athlete Through the Competition & Testing Process - Raleigh Weld**

The class will focus on goal setting, event preparation, and stress management, to allow athletes to achieve their potential in high stress situations.

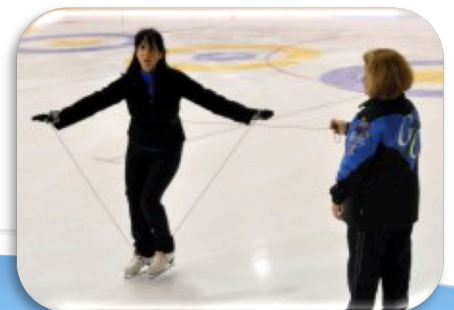
❖ **Champion Chords: On and Off Ice – Sheila Thelen**

Champion Chords: Learn to create better body alignment & position.

These fun training tools - are perfect for all ages!

Focus on: body awareness & balance.

(Class taught by designer & Patent Holder - Sheila Thelen)



CLASS DESCRIPTIONS



❖ **Rotational Harness: Off Ice – Sheila Thelen**

Learn to rotate correctly on this fantastic training tool.

Focus on: Air Position, body awareness & air balance

❖ **Healthy Eating for Adult Athletes – Molly Heise**

This session will focus on the overall nutrition of the adult athlete and the way in which we fuel our bodies. Topics will include training and everyday eating habits, basic nutritional needs, pre and post competition meals, and suggestions for top performance and maximum energy! This session will also cover healthy body image and the signs, risks and dangers of eating disorders in adult athletes.

❖ **6.0 Tests and Competitions: What are Judges Looking For? – Julie Mattson Ostrow**

Ever wonder what that panel of judges is looking for at a test session or competition? This session will help prepare you for your next test or 6.0 competition. Learn about the important areas to focus on in your training and how you can get the most out of your skating experience. Learn how are tests different from competitions and what that means for your training. Discussion and questions are welcome.

❖ **Dry Land Training Techniques and Periodization**

Additional details to come - stay tuned.

❖ **Locks And Lashes – Natalie Fredricks**

Have you ever wondered just what your makeup should look like when you step on the ice? Well wonder no more. You'll learn step by step the importance of full makeup ready. Please provide your own makeup bags and also a set of false lashes. We'll also be working on minor styles for

❖ **Round Table Discussions with Presenters**

A time to get all your questioned answers by a panel of experts. Athletes can submit questions prior to discussion. A basket will be available during the camp to submit your questions. Healthy snacks will be served. Time: immediately following camp on Saturday.

❖ **Private Lessons with Presenters***

Private lessons are available upon request. Each private lesson is 15 minutes segments. An athlete may request 2 segments when registering. An email will be sent with the information for each private lesson.

❖ **USFS Adult Test Session***

Tentative – Stay tuned for more info. Tentative info: Friday- September 23: 1:15-2:45PM, all levels and disciplines.

*Additional Fee

Additional info to be posted in mid April including Early Bird Pricing, Registration, and Schedule Outline.