



Dear Parents and Skaters –

We would love to have you join us in beautiful Minocqua, WI this summer for our annual figure skating camp.

Camp will start Sunday July 14th at 8 AM and run through Friday July 19th midafternoon. Friday afternoon our test session will begin and will continue all day on Saturday July 20th.

We strive to keep lower numbers of skaters/coaches on the ice, so all skaters have room to truly practice

Should you require lodging or wish to enjoy all that Minocqua has to offer, please the website of the Chamber of Commerce at <https://www.minocqua.org/>.

To Register, please complete the last 3 pages, and mail along with payment checks made out to LHIA (stands for Lakeland Hawks Ice Arena). Due with Registration:

- Private Lessons - \$30 Registration fee and 25% of ice fees
- Basic Skills Camp \$75

Mail to: Ann Konopacky, 10658 Big Arbor Vitae Dr, Arbor Vitae, WI 54568

If you have any questions, please don't hesitate to contact: akono28@yahoo.com

Coach Bios

Philippe Poirier: Philippe, a former French Canadian figure skater, has been skating for over 30 years. He competed in both singles and ice dance. His testing credentials include Gold Free Skate and International Pattern Dance. He has been a part time dance partner for over 20 years for skaters of all ages and all levels. Philippe's endeavors as a professional skater include touring with Holiday on Ice for 8 years, and also with Robin Cousins' ICE for its inaugural UK tour. He traveled to more than 50 countries, exploring different cultures and meeting people though out the world. Philippe has also worked as an executive manager for a Canadian contemporary dance company, which allowed him to combine his enthusiasm for cultural business management and his passion for dance. He moved to the USA two years ago and is currently coaching in the Philadelphia area.

Marcie Kierpiec: Marcie is a Junior National Coach with 34 years coaching experience, 19 of which were spent in Delaware as a staff professional at both the University of Delaware Training Center and the Skating Club of Wilmington. She has to her credit US and Canadian Gold Dances, Senior and Junior International Dances, Novice Freestyle, Silver Free Dance, 6th Figure and is a certified Level 4 hockey coach with USA Hockey. Marcie coaches all levels of dance, moves in the field and P.O.W.E.R. Hockey, and specializes in the latter two disciplines. In addition to her skating and coaching credentials, Marcie holds both a BA (Michigan State University, '91) and MA (West Chester University, '11) in French. She recently completed her BS degree in Exercise Science (December '16) with an emphasis in strength and conditioning at West Chester University in Pennsylvania. Marcie currently resides in Michigan where she is a full time P.O.W.E.R. Skating instructor and off-ice strength coach for Tier 1 AAA hockey teams in the metro Detroit area in addition to coaching figure skating at various camps in northern Michigan and Wisconsin.

Elena Rodrigues: Elena is a USFS Gold Medalist in Freestyle, Moves, Dance and Solo Free Dance and has passed all International Dances. She has 13 years teaching experience and currently teaches at Petit National Ice Center in Milwaukee, WI. She specializes in teaching all levels of freestyle, choreography, and moves in the field. She has also had much success coaching skaters through high level ice dance tests. Elena passed the Registered Sports Science exam and Basic Accreditation through the Professional Skaters Association and is actively pursuing more ratings. She is also a coach to Regional competitors at the qualifying level. As a skater, Elena was an ISU Junior World, ISU Four Continents, and Winter University Games competitor. Elena earned a BS in Kinesiology and Health from Miami University with a double minor in Coaching and Management & Organization. There she competed for both the Miami University Synchronized Skating program and the Intercollegiate Freestyle team. Elena has also earned an Associates Degree in Nursing.

Brittyni Carlson: Brittyni has 5 years' experience as a professional ice skater, in which 4 of those years included touring and skating in Europe with Holiday on Ice. During her travels and in between contracts she trained at the International Skating Academy in Utrecht, Netherlands. She trained adagio/pairs skating in Australia with Olympic coaches, and worked with a principle pair team from Disney on Ice. In addition to skating with Holiday on Ice, Brittyni performed in various other shows around the United States under multiple short-term contracts. Her testing credentials include achieving her USFS Senior Freeskate test, USFS Senior Moves test, USFS Gold Dance test, USFS Senior Solo Freedance test, and USFS Preliminary Pairs test. Professionally Brittyni has 15 years coaching experience which include: Medford Figure Skating Club, Timberline Figure Skating Club, both the Valley and Greater Green Bay Figure Skating Club – where she currently teaches on a full-time basis.

Kourtney Rowe: Kourtney passed USFS level tests including Senior Moves in the Field (as well as the Senior Supplemental MIF), Adult Gold Freeskate, Gold Dance, and all international dances, Canadian Gold Dance, Senior Solo Freedance, First Figure, and Pre-Juvenile Pairs. Kourtney graduated from US-Stevens Point with a Bachelor's degree in Biology with double minors in Psychology and Coaching. She also has an Associate's Degree in Forensic Sciences. She has been coaching for 12 years, specializing in moves and dance. Kourtney's skaters have accomplished USFS gold medals in moves, solo free-dance, dance, and international dances.

Danielle Wolosek: Danielle has passed tests through Senior Moves in the Field, Senior Partnered Free Dance, Gold dance, all 10 International Dances, Canadian Gold Dance, Junior Free Skate, Intermediate Pairs, as well as Preliminary and 1st Figures. She has been skating since she was 4 years old and has realized that coaching is her true passion. In order to learn more about the competitive nature of the sport, IJS and high Freestyle technique Danielle travels back and forth from Wisconsin to Colorado to learn from Olympic level coaches at the 7K International Skating Academy. Danielle continues to share her love of skating with all of her students as she makes the smile, and while training them to be the best skaters they can be.

Heidi Strosahl: Heidi skated at Lakeland Figure Skating Club when she was a teen. She has been coaching for over 20 years. She coaches through Intermediate Moves, Intermediate Freestyle, and Pre-Silver Dance. She also choreographs and does off ice conditioning. When not skating, Heidi is a graphic designer, and is continuing her education in the area of personal training through her ISSA certified business Spiral Fitness.

Lainie Kuckkahn: Lainie fell in love with the ice when she was 5, and has been coaching for 7 years. Lainie has competed at Upper Great Lakes Regionals for the past 8 years, this year at the Senior level. She has passed Senior Moves in the Field, Senior Freeskate, and Gold Dance. Lainie will be a Freshman at Trine University this year where she will continue skating for the Varsity Synchro and Intercollegiate teams.

Montana Grabowsky: Montana has passed tests through Gold Dance, Junior Moves in the Field, and Juvenile Free Skate. She has 2 years of synchronized skating experience, 3 years of professional coaching experience, 8 years teaching Learn to Skate, and she also choreographs and offers off-ice training. Montana has trained with the 7K International Skating Academy in Colorado. In addition to skating, Montana attends UW Stevens Point majoring in Business Administration.

Lauryn Cook: Lauryn has passed tests through Junior Moves in the Field, Pre Gold Dance, and Juvenile Free Skate. She has been skating 17 years and has been coaching for the last 7 years. She has skated as well as coached in many competitions including Badger State Games, State Games of America and High School National Competitions. She coaches skaters preparing for US Figure Skating testing as well as competitions. She especially enjoys choreographing programs for Show Case events.

For the safety of our skaters, the following are GUIDELINES for skating levels for sessions:

HIGH – Landing Axels, working on double jumps, Intermediate and higher moves, silver and higher dances

INTERMEDIATE – Landing single jumps and working on axel, Pre-Juvenile to intermediate moves, Bronze through silver dances

Low – Beginning to single jumps, Pre-Preliminary through Pre-Juvenile Moves, Preliminary through Bronze Dances

Name: _____ Club: _____ USFS#: _____

MEDICAL CONSENT FORM FOR TREATMENT OF A MINOR CHILD

To Whom It May Concern: I do, herewith, authorize treatment by a licensed physician of the following minor(s) in the event of a medical emergency which, in the opinion of the attending physician may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed. This is granted only after reasonable effort has been made by the instructor to contact me. This form is completed and signed of my own free will and for the sole purpose of authorizing medical treatment in the event of an emergency.

Name of Minor (s) _____

Signature of Parent/Guardian _____ - _____ Date: _____

Specific Medical Allergies _____

Chronic Illnesses or other conditions _____

Child's Physician _____

Primary Insurance Policy Carrier _____ Policy Number _____

In Case of Emergency, contact _____ Phone# _____

WAIVER OF LIABILITY

In consideration of my participation in activities and sports sponsored by the Lakeland Hawks Ice Association, Inc., I, for myself, my heirs, assigns, beneficiaries, and personal representatives, waive and release any and all rights and claims for damages based on the negligence or otherwise, that I may have against the Lakeland Hawks Ice Association, Inc. as a result of my participation in these activities/sports.

I understand and acknowledge that LHIA shall not be responsible for cancellation of ice due to mechanical failure, weather or any other circumstance beyond their control.

Parent Signature if under 18

Date

2018 Coaching Staff – rate per 15 minutes

Philippe Poirier \$23 Marcie Kierpiec \$21 (Thursday & Friday) Elena Rodrigues \$16 (Mid-Sun to Mid-Wed)
 Brittyni Carlson \$15 Kourtney Rowe \$13 Danielle Wolosek \$12 Heidi Strosahl \$8
 Lainie Kuckkahn \$8 Montana Grabowsky \$7.50 Lauryn Cook \$7

SKATER'S NAME: _____ USFS # _____

EMAIL: _____ CELL #: _____

HOME CLUB: _____ LEVEL: _____

To Request Lessons:

- List coach preference (with coach's initials) and lesson length (15/30/45 minutes)
- If you are looking for practice ice, please mark the box ICE

Session	Time	Sun	Mon	Tues	Wed	Thur	Fri
Low	8:00-8:45						
Low	8:45-9:30						
Low/Int	9:30-10:15						
ZAM	10:15-10:30						
Intermediate	10:30-11:15						
Intermediate	11:15-12:00						
Int/High	12:00-12:45						
ZAM	12:45-1:15						
High	1:15-2:00						
High	2:00-2:45						
High	2:45-3:30						
ZAM	3:30-3:45						
General	3:45-4:30						TEST
General	4:30-5:15						SESSION
General	5:15-6:00						
BASIC SKILLS	6:00-6:45						
ZAM	6:45-7:00						
General	7:00-7:45						
General	7:45-8:30						
General	8:30-9:15						

ICE FEES

Non-Refundable Administration/Coach Travel Fee	\$ <u>30.00</u>
Drop in Fee: \$15 per session	\$ _____
Session Fees: 7 sessions or less \$12.00 each	
8-13 sessions \$11.00 each	
14 sessions or more \$10.00 each	
# of sessions _____ X rate (\$10, \$11, or \$12)	\$ _____
SUB TOTAL (ADMINISTRATION AND SESSION FEES):	\$ _____
LESS DEPOSIT – MINIMUM OF \$50	\$ _____
TOTAL DUE	\$ _____

25% of Ice fees are due with Registration, which are refundable until July 1. The remaining 75% is due July 7th

BASIC SKILLS ONLY

Camp is Sunday through Thursday from 6:00-6:45 \$ 75

Group lesson with Heidi Strosahl and helpers.

If you would like additional lessons, please complete the box above.

Please be sure you've registered with USFS for the upcoming season and submit a permission to test form if you plan to test

Checks made out to LHIA

Schedule will not be even started until June

Non-refundable Registration Fee and 25% of ice fees are due by May 31, 2019. Ice fees are refundable until July 1st.

**Please mail to: Ann Konopacky
10658 Big Arbor Vitae Dr
Arbor Vitae, WI 54568**