



Dear Skaters and Parents,

The Tomahawk Figure Skating Club invites you to our 1st ever "Spring Figure Skating Mini Camp". Camp will be on Saturday, April 6th and Sunday, April 7th.

This is a Great Opportunity to get some extra practice time for upcoming Test Sessions and/or Competitions!

We strive to offer a safe skating environment, so there will be limits to the number of skaters and coaches that are allowed on the ice at one time, so please register early to secure your spot. Drop In will be available should the session have availability.

Should you require lodging while visiting Tomahawk, please visit www.gototomahawk.com/lodging

To Register, please complete the attached forms and mail your registration and checks payable to TFSC to: P.O. Box 223, Tomahawk, WI 54487 Attn: Chris Witulski

Registration Deadline is March 22nd

If you have any questions, please contact me directly at 303-519-9580 or via email at flyfishwi@gmail.com.

Thank you,

Chris Witulski

President, Tomahawk Figure Skating Club

Coach Bios

Brittyni Carlson: Brittyni has 5 years professional ice show experience with Holiday on Ice and various US shows as a principle, semi principle, chorus, pair step out, and pair understudy, a member of the International Skating Training Academy in Holland, Trained with Olympic coaches for singles and pairs worldwide

Senior Freeskate, Senior MIF, Gold Dance, Senior Solo Freedance, Preliminary Pairs, Senior Regional Competitor, Experience in adagio/pairs and free dance, ACE Certified Personal Trainer, PSA certified

9 years coaching experience, 12 years basic skills coaching experience, Creator and coach of P.O.S.E. (Power of Skating Edges) classes and clinics taught at various clubs in central Wisconsin, 4 years off ice training experience

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 11 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 7K International Skating Academy. Danielle continues to share her love of skating with all of her students as she makes them 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.

Micah Hoger: Micah has been coaching for the past 7 years and has been the Head Coach at Tomahawk Figure Skating Club for the past 5 years. Testing levels include Silver Dance, Junior Moves in the Field, and Novice Free Skate.

Montana Grabowsky: Montana has achieved Junior MIF, Juvenile Free Skate, Gold Dance. 2 years synchronized skating experience, 7 years teaching Learn to Skate, and 3 years professional coaching experience. CER certified. Choreography.

Lea Beckman: Lea's background includes Novice MIF, Pre-Juvenile Free Skate and 2 Silver Dances. 9 years teaching Learn to Skate. CER Level B. Coach MIF, Freestyle, dance and choreography.

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 Dance

Low – Beginning to work on single jumps, Pre- Preliminary through Pre-Juvenile Moves, Preliminary through Bronze Dance.

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 Tomahawk Figure Skating Club and/or Sara Park Ice Arena, 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 Tomahawk Figure Skating Club and/or Sara Park Ice Arena as a result of my participation in these activities/sports.

I understand and acknowledge that TFSC 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: _____

2019 Coaching Staff – rate per 15 minutes

Brittyni Carlson - \$15

Kourtney Rowe - \$13

Danielle Wolosek - \$12

Heidi Strosahl - \$8

Micah Hoger - \$8

Grace Hoger - \$8

Lauryn Cook - \$7

Montana Grabowsky - \$6

Lea Beckman - \$5

Skaters 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 | Saturday 4/6/19 | Sunday 4/7/19 |
|----------------|---------------|------------------------|----------------------|
| Low | 8:00 - 8:45 | | |
| Low/Int | 8:45 – 9:30 | | |
| Low/Int | 9:30 – 10:15 | | |
| Zamboni | 10:15 – 10:30 | | |
| Intermediate | 10:30 – 11:15 | | |
| Intermediate | 11:15 – 12:00 | | |
| Int/High | 12:00 – 12:45 | | |
| Zam/Lunch | 12:45 – 1:15 | | |
| High | 1:15 – 2:00 | | |
| High | 2:00 – 2:45 | | |
| High | 2:45 – 3:30 | | |
| Zamboni | 3:30 – 3:45 | | |
| General | 3:45 – 4:30 | | |
| General | 4:30 – 5:15 | | |
| General | 5:15 – 6:00 | | |
| General | 6:00 – 6:45 | | |
| Zamboni | 6:45 – 7:00 | | |
| General | 7:00 – 7:45 | | |
| General | 7:45 – 8:30 | | |
| General | 8:30 – 9:15 | | |

Ice Fees

| | |
|---|-----------------|
| Non-Refundable Administration Fee | \$ <u>25.00</u> |
| Drop In Fee: \$15 per session | \$ _____ |
| Session Fees: 2-7 sessions or less \$12.00 each | |
| 8-13 sessions \$11.00 each | |
| 14 or more \$10.00 each | |
| # of Sessions _____ X rate (\$12, \$11 or \$10) | \$ _____ |
| Total Due | \$ _____ |

Registration Deadline is 3/22/19. Registration fees are non-refundable after March 31st. Questions concerning registration can be directed to Chris Witulski: cell number 303-519-9580 or email at flyfishwi@gmail.com.

Lessons will be assigned in order that Camp Registrations are received.

Please be sure that you have a current USFSA number.

Registration and Checks are payable to "TFSC" and should be mailed to: TFSC

Attn: Chris Witulski

P.O. Box 223

Tomahawk, WI 54487