

REGISTRATION FORM

Continued on reverse side

REGISTRATION OPTIONS (check to register):

Wednesday – Friday

_____ \$350, if registered by May 30, 2019

_____ \$375, if registered after May 31, 2019

*Lunch included

*Includes meet and greet with Gracie Gold

ADDITIONAL CAMP OPTIONS:

Private Lessons

Daily Freestyle Sessions

PAYMENT OPTIONS:

Payment: \$100 due with registration (all deposits nonrefundable)

_____ pay in full

_____ \$100.00 deposit included, balance due by 7/1/19

Please note: There will be no refunds after July 1, 2019

Accepted forms of payment: Check, Visa or Mastercard
Checks made payable to 'NSC'

CIRCLE ONE: VISA MASTERCARD

_____/_____/_____/_____

EXPIRATION DATE: ____/____/____

NAME ON CARD: _____

SIGNATURE: _____

Please mail completed form with payment to:
NSC - Reach Figure Skating Camp
1700 105th Avenue Northeast
Blaine, MN 55449

PRESENTING COACHES

(Select coaches are available for private lessons)



Gracie Gold: Two time United States National Champion
World Team Member & 2014 Olympic Team Event Bronze Medalist

Geoff Varner: Achieved 24th in the World as a 7 year member
of Team USA. 3 time ISU Grand Prix Competitor. Grand Prix Final
Bronze Medalist, Double Gold Medalist in Freeskate and 10 time
National qualifier.

David Harris: David Harris has been coaching since 2006 and
has taught all ages from 2 to 80 how to safely enjoy the sport
of Figure Skating. Personally trained by Dmitrii and has worked
with him and other spinner coaches over the last couple years to
gain knowledge and understanding from Olympic-level coaches
around the world.

Amanda Truax: 20+ years perfecting the art of edges, jumps, spins
& choreography. Amanda performed & travelled the World with
Disney on Ice, was the Disney on Ice Edge Class, Ballet Instructor,
and cast Line Captain during her career with Disney on Ice. She has
also worked closely with World & Olympic Coaches, and recently
worked on a project for US Figure Skating and Stars on Ice. She
is also a choreographer and style instructor for many competitive
figure skaters in the Twin Cities teaching Ballet, artistic movement,
and developing skaters signature style on the ice.

Karen Olson: US Sectional and Junior National coach, PSA master
rated coach; moves in the field & freestyle, BS in physical education.

Rodrigo Menedez: 3 time Mexican figure skating champion, Only
gold medal in the youth olympics for the Mexican federation in
1997, alternate competitor at the 1998 world championships,
toured with Disney on Ice for 10 years around the world and a
season with Holiday on Ice.

Additional guest coaches to be announced!

Visit the website for updated coach information.
Presenting coaches subject to change

REACH 2019 SKATING CAMP



R - REACH

E - EXCELLENCE

A - ACHIEVE

C - CHALLENGING

H - HEIGHTS

JULY 24-26, 2019
SUPER RINK
BLAINE • MN

1700 105TH AVE NE • BLAINE, MN • 55449
763.717.3880 • superrink.org



This skating camp will offer both on and off-ice classes to help individual skaters "REACH" their full potential.



REACH CAMP SCHEDULE*

Wednesday, July 24 • 1 pm.–5 pm

Thursday, July 25 • 9 am–5 pm

Friday, July 26 • 9 am–3 pm

**Schedule subject to change, lunches included*

**Additional information to register for private lessons and daily freestyle will be emailed once registration form and payment has been received.*

CLASSES OFFERED

JUMPS: Technique for all the jumps broken down into different sections; edge jumps, toe jumps and axel jumps. Single, double and triple jumps will be covered working on power and height of the jumps. Skaters will explore difficult entries, enhanced air positions and maintaining proper run of edge for jump combinations and sequences.

SPINS: Information on all basic position spins and flying entrances continuing into spin enhancing features. Skaters will work on preparation, entry, balance, body axis and also explore creativity in spinning and learn the mechanics of changing feet and changing positions and edges in spins as well as accurate positions and rotational force.

CHOREOGRAPHY: Enhance the skaters performance of movement and projection through Choreography set to a selected piece of music.

ON ICE POWER CLASS: An innovative explanation of how we generate power in skating using drills to help skaters develop knee and ankle rhythm, proper weight transfer, coordination, and agility to achieve greater power on the ice.

EDGE CLASS: Involves music and edge work, helping skaters understand that practicing edges, three turns, brackets, loops, counters, rockers, and twizzles can be practiced everyday to your favorite music. Embrace all the different edges, turns and steps fundamental for skating skills/transitions.

DANCE CLASS (off-ice): Classes will include ballet bare, which will encourage skaters to find their strength through balance and posture as well as Jazz technique which will guide the skaters to find more of their creative side through movement.

JUMP TECHNIQUE AND ALIGNMENT (off-ice): Focus on drills to improve body awareness, coordination, balance and alignment. We will do rotation exercises and jumping exercises focusing on good form as well as working on foam rollers to maintain balance and proper alignment.

ENDURANCE/CARDIO: On-ice endurance training is very difficult, and requires some component of off-ice training. In this segment, we will discuss how to best train off the ice to increase cardiovascular endurance for skating to help you get through your program.

CONDITIONING CLASS (off-ice): Skaters will learn exercises that will develop the strength and flexibility needed for a complete figure skating training program.

FOR MORE INFORMATION, CONTACT:

Jane Schaber

jschaber@superrink.org • 763.717.3891

Karen Olson

kolson@superrink.org • 763.717.3886

REGISTRATION FORM

Continued on reverse side

NAME: _____

ADDRESS: _____

HOME CLUB: _____

EMAIL: _____

**This will be our primary means of communication*

PHONE NUMBER: _____

TSHIRT SIZE (circle) CS CM CL AS AM AL

AGE: _____

PLEASE INDICATE YOUR CURRENT SKILLS:

MIF level passed: _____

Current ISI level passed: _____

Current USFS level passed: _____

Your competition level for the 2019–20 season:

Wednesday – Friday (check all that apply)

Doubles that you land consistently

_____ Double axel

_____ Double lutz

_____ Double flip

_____ Double loop

_____ Double toe

_____ Double sal

_____ Consistent axel

_____ Working on axel

_____ Working on loop, flip, lutz

COACHES SIGNATURE / APPROVAL: