



Dear Parents and Skaters,

Welcome to Kirkwood's 2017 Summer Figure Skating Camp. We hope to provide the best program in the area with a wide range of classes and skating times for flexibility. Our program is designed for both low and high skaters to help meet their skating goals. Camp runs Monday through Friday from approximately 8:30/ 8:45 to 3:45 p.m. Our camp is intended for Pre Preliminary/Freestyle 1 skaters and above. There are three options for enrollment this year, weekly, half days and by the session. Priority registration is given to full time campers. Please use the form that suits your needs. If you have any questions please don't hesitate to call!

Back Again!! Ice Skating "Camp Care". This applies to all skaters twelve and under without a parent present at all times in the building. (Fees apply if doing pick and choose options) Skating camp counselor will check in, supervise and check your skater out. Care hours are Monday through Thursday, 8:45 am-3:45 p.m. and Friday 8:45-12:15. Longer hours may be arranged upon request. One of our college skaters will be providing independent before and after care. Please call Susie for more details. We also have before and aftercare sponsored by the community center. See the before and after care form for more information.

Back by popular demand, weekly drawings!! We will be having weekly drawings for the skaters with giveaway items donated to our camp by "Go Figure", "Head to Toe" and other local shops and area stores. Our grand prize give-away will be TBA.

We have at our facility a dining area with tables. The concession stand is not open during the summer months however there are vending machines and a microwave. The concession stand at the pool opens at noon (located on the south side of the complex). I would advise bringing a lunch cooler for those who are spending a good portion of the day. We allow water bottles by the ice area and clear sports drinks. Please have your skater label their bottle. **We are asking all skaters to bring a box of tissue the first day and will have one box for the skaters, as multiple boxes get cluttered.**

We have an off ice jumping harness, which provides a great opportunity for continued jump training and off ice rotation. This harness will be available for private instruction. Our on ice Le Bel jumping harness safety system has over a 100 foot run. This will permit continuing progress with the difficult jumps and add to the skaters' safety. For continued progress we have an off ice harness available too!

TEST OPTIONS! We have single panel testing available as needed and a full panel test session at the end of camp on Friday August 11th. Please ask Susie for more details. Priority will be given to full camp members.

Our "resident only" **pool/water park** is available to all our campers at the end of each day. Be sure to plan for this fun activity. Skaters under the age of twelve must be accompanied by a responsible person fifteen or older.

Please get your summer camp reservation form in as early as possible as the ice is limited. After reviewing the waiver/consent/skating policies please sign both front and back and make a copy for your records. We will have walk-on available to member campers for an additional dollar added to the regular session price (per session), provided the ice capacity is not full. Please check with one of the staff instructors before walking-on. Ice space is limited so please send your form in early for optimal scheduling. **ALL SKATERS MUST PARTICIPATE IN PATCHING JUMP HOLES!!**

Class descriptions:

Artistic Movements/Annie's Edges-This class focuses on edge quality with different rhythms, creative arm and body movements while improving speed and flow. Designed for freeskate levels one and higher.

Mixed /Spins – This class is focused on all levels and spins. Classes will be divided by skills.

Artistry In Motion – This artistry class is focused on graceful positions for all skating related maneuvers.

Conditioning- This class is designed to improve speed, power and stroking efficiency for advanced and higher level skaters. Recommended levels are for Pre-Juvenile through senior skaters. Both on and off ice classes offered.

Low-Juvenile Moves- This class is focused on the elements and patterns that are required on the Pre-Preliminary, Preliminary, Pre- Juvenile, and Juvenile Moves in the Field Tests.

Low Stroking- This class is designed to improve speed, power and stroking efficiency for our younger or lower level skaters. Pre-Juvenile and lower levels are suggested.

Power Stroking- This class is focused to improve speed, power and stroking. All levels benefit from this class!

Beginning Dance - Jamie Mathews will be teaching and partnering the fundamental dances.

Synchronized Practice/Test- This ice is designated for team /test ice. Contact your coach for more details.

Off Ice Stretch/Lyrical/Weights- This class is formatted in three sections. First the class will warm up with stretching, followed by ballet/ lyrical interpretation to music, ending with body or free weight strengthening. Both High and Low levels offered.

Off Ice Stretch/Ballet or Jazz- This class is formatted in three sections. First the class will warm up with stretching, followed by a ballet or hip-hop/ jazz type of dance, ending with a cool down.

Mix It Up Conditioning With Evelyn- Join Evelyn every Friday morning for a complete off ice workout, improving agility, strength and flexibility.

Inna Bauer, Spread Eagles and 135's- We have dedicated a class to these three moves as they are an integral part of ice skating and required for synchronized skating.

S.T.A.R Training- (Standardized Testing of Athleticism to Recognize Skaters) S.T.A.R testing performance in key areas Agility, power, coordination, strength, power and flexibility.

Power Into Everything-. Power will be focused in this exciting class. Be prepared to be a stronger skater!

For any questions or concerns please feel free to ask our summer school staff members. Our rink management and the following teachers will be available to assist with questions during the summer program.

Thank you and have a successful summer!

Susie Smith

Skating Director 314-984-5950 smithsm@kirkwoodmo.org www.kirkwoodmo.org

Staff instructors: Brianne Arnaiz, Bonnie Basler, Julie Binz, Evelyn Gwi, Debbie Howe, Jamie Mathews, Hannah Meneely, Gina Oesterli, Ramona Peterson, Megan Murali, and Morgan Reichardt. All figure skating staff instructors are members of one or more of the following: Professionals Skaters Association, United Figure Skating Association, and or Ice Skating Institute.