

Featured in USFS
Skating Magazine
Favorite Camps

SportQuest Skating Academy 2nd Annual

Adult Training Camp

September 22-23, 2017



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
- ❖ Jump Technique

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 others who share your passion for skating. Everyone is encouraged to join in the fun including USFS and ISI.



CLASSES OFFERED

- ❖ Choreography and Interpretation
- ❖ Mental Training Techniques
- ❖ Rotational Harness Off Ice
- ❖ Jump Harness On Ice
- ❖ Yoga & Stretching Techniques
- ❖ Private Lessons with Presenters*
- ❖ IJS: Spin Critiques and Levels
- ❖ 6.0 Tests & Competitions: What Judges Look For
- ❖ Jump Technique
- ❖ Spin Development
- ❖ Edges & Moves
- ❖ Champion Cords On Ice
- ❖ Power Class On Ice
- ❖ Components & Footwork
- ❖ 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 ❖ Edges & Moves in the Field
National & International Dance Coach, Gold Dance & International Dance, Canadian Gold & MIF Gold Medalist

Raleigh Weld ❖ Mental Training, Goals, & On-Ice Harness
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

Kelly Corcoran Smith ❖ Choreography & Components
Gold Medalist in MIF, Freestyle, & Dance. Silver Medalist in Pairs & International Dance

Carey Tinkelenberg ❖ Power, Yoga, & Stretch
PSA Master Rated, Board of Governors PSA, Gold Test Skater

Alex Johnson ❖ Competition Preparation
National and International Senior Competitor

Register at www.sqsaparade.com

Early Bird Price Ends July 10th

Questions? Contact SQSAPARADE@gmail.com



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

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.



❖ **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.

❖ **Jump Technique – Multiple Presenters**

Learn a series of on and off ice drills you can continue to utilize in your daily training to improve jump technique.

❖ **Power Class On Ice – Carey Tinkelenberg**

Boost your power and agility at any level in this fun, high-energy class. We will use edge exercises, drills, and music to improve your conditioning in an upbeat group setting. Bring your water bottle!

❖ **Yoga / Stretch – Carey Tinkelenberg**

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.

❖ **Mental Training and Realistic Goal Setting - 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.

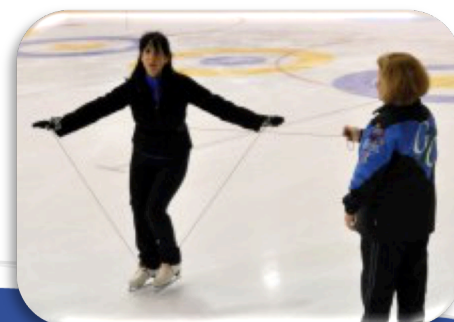
❖ **Champion Chords On Ice – Sheila Thelen**

Champion Cords: 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

❖ **Moves in the Field - Ari Lieb**

Learn tricks to make turns smother and easier and cover Pattern layout and Introduction steps for moves.

❖ **Edges - Ari Lieb**

Focus on learning correct alignment, how to generate power, and why speed can be your friend. Repeat the exercises at home as a great on ice warm-up.

❖ **6.0 Tests and Competitions: What are Judges Looking For? – Vanessa Szalapski**

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.

❖ **IJS Spin Critique and Levels – Tech Panelist Anne H.**

Discuss positions and features in spins and then demonstrate a spin you have questions on and want to understand why it is being called the way it is.

❖ **Choreography & Components – Kelly Corcoran Smith**

Class will cover choreography, components and their importance at any level. Incorporating the 5 Program Components: Skating Skills, Transitions/Linking Footwork, Performance/Execution, Choreography/Composition, and Interpretation; This will be a chance to think and develop your style at all adult levels. Exercises will work on Facial Expression, Body Movement, Character Work/Acting, and Alignment.

❖ **Cross Training and Nutrition for the Adult Athlete – Katrina Stewart**

Cross training to avoid injury and maintaining balance within your busy adult lifestyle. Tips for choosing nutritious food while on go and how to fuel your body before and after a work out.

❖ **Private Lessons with Presenters***

Available upon request, private lesson times will be Friday before camp begins and during designated sessions throughout camp. Private lessons are in 15-minute blocks on a first-come, first-served basis. An athlete may request up to 2 blocks when registering. See additional details at the end of this brochure.

❖ **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

CAMP SCHEDULE

Friday September 22nd 3pm-8pm and

Saturday September 23rd 9am-7pm

With a Social gathering after the last session of camp on Saturday

REGISTRATION:

- \$330 Early Bird Special – Register by 7/10/2017
- \$380 After 7/10
- Registration includes all On-Ice and Off-Ice group classes and topics, snacks, and light meals during camp (Fri dinner, Sat lunch and dinner), and the social gathering on Saturday night. Adult Skaters (18 and older) will be grouped by level and rotate through so everyone can participate in all learning opportunities. All coaches of campers are welcome to attend and listen to presentations.
- *Camp filled up last year so we recommend registering ASAP to secure your spot.*

OPTIONAL ADD-ONS:

- Camp T-Shirt for \$20 (size XS-XL), +\$5 extra for extended sizes.
 - T-Shirt Design coming soon.
- Adult USFS Test Session – Test Registration Fee still to be determined.
 - If you wish to test: email SQSAPARADE@gmail.com with the tests you want to take. Additional details on the test session will be sent to you closer to camp date.

PRIVATE LESSONS:

- Private lessons will be available on Friday before camp begins and during designated sessions during camp weekend.
- Private lessons are in 15-minute blocks on a first-come, first-served basis at the Coach's Rate. An athlete may request up to 2 blocks when registering.
- Skaters are responsible for paying for the ice time if they do the lessons outside of camp hours (at a rate of \$10/hour or \$6/30 min).

WHAT TO BRING:

- Notebook and Pen/Pencil (to take notes on what you learn)
- Yoga Mat
- Good pair of running shoes for off-ice training
- Jump Rope
- Water Bottle
- Layers of Skating Clothing (temperatures will vary between On and Off-Ice class locations)
- Foam Roller (if you own one)



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
- ❖ Jump Technique
 - Available for Private Lessons

MEET OUR PRESENTERS



Page Lipe

❖ 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

❖ 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 1987-1990, 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

❖ Mental Training and Realistic Goal Setting

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
 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

Kelly Corcoran Smith

❖ Choreography and Components

3 time USFS Gold Medalist in Moves in the Field, Freestyle and Dance, as well as a Silver Medalist in Pairs and International Ice Dance. He holds a B.S.B.A. in Marketing and Musical Performance from the University of Denver. He also has an extensive background in dance, having trained in ballet, modern and jazz. He has been a professional ice skater for the past 14 years, performing as a principle on board Royal Caribbean Cruise Lines. He was featured as the *singing skater* in *Willy Bietak's* North American Tour of BROADWAY ON ICE for 3 seasons and also in it's European Debut. He was also the featured pair at Knott's Berry Farm in Los Angeles directed by Karen Kresge. Kelly has also been performing abroad in Europe in shows directed by Robin Cousins and Dynamic Shows in Germany. Stateside, Kelly has skated for Sea World's Winter Wonderland on Ice produced by Advanced Entertainment Group, Shipstad Entertainment, Aspen Ice Spectacular and Beaver Creek Resorts. Kelly was the Artistic Director and Choreographer for Ucha Atayde Entertainment in Mexico for the last 6 years. He was also a 4 time National Competitor with Ice Theatre of the Rockies and a Director for Showtime on Ice in Centennial, CO. Kelly was a 5 time Midwestern Sectional Competitor in Singles and Pairs, as well as National Collegiate competitor for the University of Denver, also a former Head coach for DU's Inter-Collegiate Team. Kelly has worked with multiple National and International Competitors at all levels, as well as Olympic Champions. Kelly also was a blocker and assistant director for NBC Sports, creating professional skating shows on TV. He is currently the Artistic Director and a choreographer for Parade Ice Garden in Minneapolis, MN. When Kelly is not traveling internationally, he still works on and off the ice as a choreographer and stylist all over the USA.



Carey Tinkelenberg

❖ Power Class On Ice and Yoga and Stretch

PSA Master Rated, Board of Governors PSA, Business Development Specialist Learn to Skate USA, Founding Owner and Directors of Northfield Skating School.

B.A Psychology, Carleton College.

Carey is a Gold Test skater who trained in Boston and was the 2010 Adult Masters Pairs National Silver Medalist and has presented at several Adult Skating Camps in recent years. She is the coach of adult and standard track gold test skaters and an international coach with Shattuck St. Mary's School. As a Regional Silver Medalist and Sectional competitor, U.S Figure Skating Consultant, presenter, member of multiple governing committees, author of leadership and program management articles for *SKATING* Magazine, *PS* Magazine, *RINK* magazine, and entrepreneur class trainer at *WomenVenture*, and Co-Founder/Owner of Natural Bliss, an award winning handcrafted body and home care line of products, Carey brings a wealth of knowledge she enjoys sharing with adult skaters.



Alex Johnson

❖ How to prepare for the big competition and deal with success and failures

11-time National competitor (6th place in Senior Men 2016 and 2017.

2-time National medalist. International medalist. National level choreographer.

Basic accreditation thru PSA.

With his vast competitive background and extensive training under elite coaches, Alex has learned many ways to help plan for and overcome the stresses of competition.

- Available for Private Lessons

Vanessa Szalapski

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

Gold level test judge; Gold medalist in moves in the field and freestyle; Silver medalist in ice dance



Katrina Stewart

❖ Cross Training and Nutrition for Adult Athlete

PSA Rated and Ranked Level II, ISI Gold Certified Judge, USFS Gold Medalist,

Coached through Gold MIF and Gold Freeskate

Marathon runner and Professional Ski Instructor Association Level II Ranking