

SPORTQUEST SKATING ACADEMY (SQSA)

Parade Ice Garden

600 Kenwood Pkwy, Minneapolis MN 55403

www.sqsaparade.com



ANNOUNCING SUMMERQUEST 2010

A COMPLETE TRAINING PROGRAM FOR FIGURE SKATERS

MON JUNE 14- WED AUGUST 18, 2010

Daily Ice * Leveled Sessions * On- Ice Technique Classes * Off-Ice Training * Dartfish * Video Analysis * ISI and USFS instruction * Guest Coach Inquiries Welcome!

Daily Calendar

Notes:	Mon	Tue	Wed	Thu	Friday
<i>Ice 1 High FS (Skaters must have passed ISI FS4 or USFS Preliminary FS test)</i>	FS Ice 1 (High) 9:00-10:00am	FS Ice 1 (High) 9:00-10:00am	FS Ice 1 (High) 9:00-10:00am	FS Ice 1 (High) 9:00-10:00am	FS Ice 1 (High) 9:00-10:00am
<i>Ice 2 Medium FS (Skaters must have passed ISI FS1)</i>	FS Ice 2 (Medium) 10:15-11:15am	FS Ice 2 (Medium) 10:15-11:15am	FS Ice 2 (Medium) 10:15-11:15am	FS Ice 2 (Medium) 10:15-11:15am	FS Ice 2 (Medium) 10:15-11:15am
<i>Ice 3 Open FS (Open to all levels-beginning skaters should be accompanied by coach)</i>	FS Ice 3 (Open): 11:15-12:00 noon	Resurface followed by FS Ice 3 (Open) 11:30-12:15pm	FS Ice 3 (Open): 11:15-12noon	Resurface followed by FS Ice 3 (Open) 11:30-12:15pm	FS Ice 3 (Open): 11:15-12:00 noon
	(Parade Public Skating from 12:15-1:15pm)	There is No Public Skating on Tue & Thu 	(Parade Public Skating from 12:15-1:15pm)	There is No Public Skating on Tue & Thu 	(Parade Public Skating from 12:15-1:15pm)
Group Classes may be subdivided depending on enrollment	Off-Ice Group Class: Yoga/Stretch 12:30-1:15pm	On Ice Group Class Jump & Spin 12:15-12:45pm	Off Ice Group Class: Peak Performance 12:30-1:15pm	On Ice Group Class Power/Interval Training 12:15-12:45pm	End of SummerQuest Training Week at noon each Friday! -
	On Ice Group Class: Power/Interval Training 1:30-2:00pm	Resurface followed by Ice 4 (Open) FS 1:00-2:00pm	On Ice Group Class: Figures (Edge Control) Class 1:30-2:00pm	Resurface followed by Ice 4 (Open) FS 1:00-2:00pm	ENJOY YOUR
<i>Ice 4 Open FS (Open to all levels-beginning skaters should be accompanied by coach)</i>	FS Ice 4 (Open) 2:00-3:00pm	Off-Ice Group Class: Dance 2:15-3:00pm	FS Ice 4 (Open) 2:00-3:00pm	Off Ice Group Class: Jump & Core Conditioning 2:15-3:00pm	WEEKEND!

SummerQuest 2009 Weekly Calendar

All Sessions at Parade Ice Garden, 600 Kenwood Pkwy, Minneapolis MN 55403

Week #	Dates	Notes
1	June 14-June 18	FIRST DAY OF SUMMERQUEST is Monday June 14 - Full Schedule all week Exhibition Ice Wed 6/16 4:45pm-5:30pm
2	June 21-June 25	Full Schedule, Exhibition Ice Wed 6/23 4:45-5:30pm
3	June 28-July 2	Full Schedule, Exhibition Ice Wed 6/30 4:45-5:30pm
4	July 5-July 9	Full Schedule, Exhibition Ice Wed 7/7 4:45-5:30pm
5	July 12-July 16	AWAY COMPETITION WEEK (LIBERTY OPEN COMP, PHILADELPHIA). NO REGULAR SUMMERQUEST CONTRACT ICE AND NO REGULAR ON OR OFF ICE CLASSES. PRO'S ICE WILL BE AVAILABLE DURING THE MORNINGS. SUMMER SKATING AND ARTS CAMP WILL BE HELD AT PARADE THIS WEEK. PLEASE SEE SEPARATE FLYER AND REG. FORM FOR THIS ONE WEEK CAMP
6	July 19-July 23	Full Schedule will be offered this week. Monday, Tuesday sessions will be held at Parade Ice Garden, Wed at BRECK Session 1 at 12:30pm Session 2 at 1:45pm, Session3 at 2:45pm OnIce Class at 3:30pm. No Session 4; No Total Athlete. Thurs session will be held at ST. LOUIS PARK . Session 1 at 2pm Session 2 at 3:15pm No Session 3 On Ice Power at 4:15pm Session 4 at 5pm No Off Ice Jumps!! Friday at BRECK Same times and schedule as normal Friday. AN E-MAIL REMINDER WILL BE SENT TO YOU!
7	July 26 - July 30	Full Schedule, Exhibition Ice Wed July 28, 4:45-5:30pm
8	Aug 2 - Aug 6	Full Schedule, Exhibition Ice Wed Aug 4, 4:45-5:30pm
9	Aug 9 - Aug 13	Full Schedule, Exhibition Ice Wed Aug 11, 3:15-4pm (note different time this week)
10	Aug 16 - Aug 18	Full Schedule Mon thru Wed only. LAST DAY OF SUMMERQUEST is WED Aug 18

SummerQuest Information (continued)

OFF AND ON ICE GROUP INSTRUCTION INCLUDES:

Monday On Ice Group Class: Power/Interval Training
Tues On Ice Group Class: Jump & Spin

Wed On Ice Group Class: Figures Class
Thurs On Ice Group Class: Power/Interval Training

Monday Off-Ice Group Class: Yoga - Stretch
Tuesday Off-Ice Group Class: Dance
Wednesday Off-Ice Group Class: Total Athlete

Thursday Off Ice Group Class: Off Ice Jumps and Core Conditioning

Objective:

Designed to build stamina
Designed to master & improve jumps and spins (Jumping Drills & Spinning Exercises)

Edge Control (Designed to prepare you for the new USFS moves/edges tests)
Designed to build stamina

Increase your flexibility and work on breathing.
Learning to connect movement with music
Working with skaters to achieve mental and physical techniques they can use to become high level athletes. Classes cover: breathing technique, emotional control, re-focusing, relaxation, competitive planning, goal setting and nutrition.

Improve Jumping Technique and Body control

Depending on enrollment group classes may be subdivided among multiple instructors.

*EXHIBITION ICE

See the Summary Weekly Calendar on previous page for currently scheduled Exhibition dates.

Sign up sheets will be posted.

Talk to your coach

about your exhibition schedule and for which ones you should sign up for

Priority will be for skaters who are competing the following week.

Exhibition ice is NOT part of the ice contract.

**Exhibition ice will be paid separately as you sign up.*

Simulation Run Through of Skaters Programs, in a competition simulation setting

We encourage parents, friends, relatives to attend Exhibition Ice and cheer and applaud to help create a competition simulation environment for the skater to put his or her program out there.

Beginning Skater Private Lessons may be arranged with your coach or other SQSA staff coaches on any of the Free Style sessions other than the 9-10am and the 10:15-11:15 am sessions.

If a beginning skater skating on SummerQuest Ice is concerned about being on the ice without their coach please contact us.

The SummerQuest training program offers skaters who contract the most sessions, significant discounts, while still offering families the flexibility to select their preferred skating weeks to allow for family vacations and trips.

Contract skaters are expected to contract a minimum of 2 full weeks. Out of town skaters please contact director.

(Random buy-on ice offered on a space-available basis. Buy-on Ice rates will be published in the sign in book)

Guest Coaches: Guest Coach Inquiries are welcome. Please contact Page Lipe at 612-209-8382 or via email: PageLipe@aol.com

**FOR SUMMERQUEST 2009 APPLICATION FORMS
PLEASE EMAIL SQSA1@AOL.COM OR CALL 612-209-8382**

OR DOWNLOAD THE APPLICATION FORM FROM WWW.SQSAPARADE.COM

SummerQuest 2010 Contract forms are due Thursday May 27, 2010 to avoid late fee.