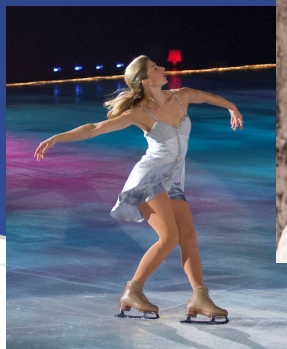


Featured in USFS
Skating Magazine
Favorite Camps

SportQuest Skating Academy 3rd Annual

Adult Training Camp

September 21-22, 2018



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
- ❖ Jump Technique On & Off-Ice
- ❖ Footwork & Component Scoring
- ❖ IJS: Spin Critiques and Levels
- ❖ What Judges Look For: IJS & 6.0
- ❖ Private Lessons with Presenters*
- ❖ Spin Development
- ❖ Edge Class
- ❖ Champion Cords On Ice
- ❖ Mental Training
- ❖ Yoga & Stretching
- ❖ Power Class On Ice

* Additional Fee

ADDITIONAL PRESENTERS

Ari Lieb ❖ Edges & Dance
National & International Dance Coach,
Gold Dance & International Dance,
Canadian Gold & MIF Gold Medalist

Sheila Thelen ❖ Champion Cords & Rotational Harness
President/Designer Champion Cords,
President Champion Skating Harness,
Jump/Spin/Dartfish Specialist

Carey Tinkenberg ❖ Power, Yoga, & Stretch
PSA Master Rated, International
Presenter, Gold Test Skater

Kelly Corcoran Smith ❖ Footwork & Component Scoring
Gold Medalist in MIF, Freestyle, &
Dance. Silver Medalist in Pairs &
International Dance

Katrina Stewart ❖ Spin Technician
PSA Rated and Ranked Level II, ISI Gold
Certified Judge, USFS Gold Medalist

Sarah France ❖ Off Ice Belly Dancing
Gold Medalist in Ice Dance, MIF, Solo
Free Dance. 4-time US Open
Professional Championship Competitor

Mandy Pirich ❖ Off Ice & Mental Training
PSA Master Rated in Moves in the Field,
PSA Rated in Free Skating and Group.

Ann Harschutz ❖ IJS Judging
IJS Technical Panelist

Register at www.sqsaparade.com

Early Bird Price Ends July 10th

Questions? Contact SQSAPARADE@gmail.com



Hosted by SQSA
2018 Camp Location:
St. Louis Park Rec Center

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.



❖ **Jumps On-Ice**

Presenters will share techniques for height and power in all jumps through an emphasis on exercises skaters can continue to utilize in their training after camp. Skaters will be introduced to difficult entries, enhanced air positions, and review how to implement correct landings for solo jumps, combinations and sequences.

❖ **Off-Ice Jump Training**

Improve your jumps through off-ice exercises focusing on take offs, air position, landings, body awareness, coordination, balance, and alignment.

❖ **Power Class On-Ice**

Skaters will learn drills and exercises to generate power, boost conditioning, and improve their agility.

❖ **Spins**

All will work on entry, body position during, and the exit of spins in all basic positions through exercises and actual repetitions. Higher levels will cover flying spins, combinations, and maximizing spins with features.

❖ **Edge Class**

Learn skills to implement into daily warm up or footwork sequences. Gain a better understanding of edges, three turns, brackets, loops, counters, rockers, twizzles and clusters.

❖ **Footwork and Component Scoring**

Class will cover their importance at any level and incorporating the 5 Program Components.

❖ **Mental Training**

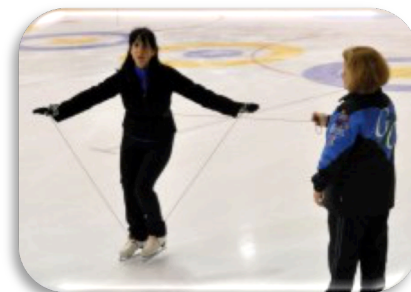
Techniques to help calm nerves before a big event and how to practice those skills in everyday training.

❖ **Yoga and Stretching**

Class will focus on exercises to improve flexibility. (Bring a yoga mat).

❖ **Champion Chords On-Ice**

Learn to create better body alignment and position with these fun training tools. (Class taught by designer & Patent Holder – Sheila Thelen)



❖ **Private Lessons with Presenters***

Available upon request in 15-minute blocks on a first come, first served basis.

*Additional Fee

CAMP SCHEDULE

FRIDAY September 21st 1pm-8pm

- 12:30-1pm Registration, 1-1:30pm Welcome and Meet the Coaches
- Dynamic warm-up, 2-7pm On and Off-Ice Classes and Dinner, 7-8pm Yoga/Stretch

SATURDAY September 22nd 9am-8pm

- 9am Dynamic warm-up, 9:30am-1p On and Off-Ice Classes and Lunch
- 1-2pm Off-Ice Presentation, 2-7pm On and Off-Ice Classes, Dinner/ Social time (at rink)

NEW CAMP LOCATION for this year:

- **St. Louis Park Rec Center**, 3700 Monterey Drive St. Louis Park, MN 55416
 - Hotels in the area: <http://www.discoverstlouispark.com/hotels>

REGISTRATION:

- \$375 Early Bird Special – Register by 7/10/2018
- \$425 After 7/10 (Registration deadline: Sept 1st or when full)
- Registration includes all On-Ice and Off-Ice group classes and topics, snacks, and light meals during camp (Fri dinner, Sat lunch, and Sat dinner/social).
- Adult Skaters (18 and older) will be grouped by level and will rotate through so everyone can participate in all learning opportunities. Coaches of campers are welcome to attend and listen to presentations.
- *Camp filled up early the last 2 years 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)

PRIVATE LESSONS WITH PRESENTERS:

- Private lessons are available upon request in 15-minute blocks on a first come, first served basis at the Coach's rate. Email camp director Sandy Wittmann at sjw6395@gmail.com if you are interested.
- An athlete may request up to 2 blocks when registering
- Private lessons will be available at:
 - **Parade Ice Garden**, 600 Kenwood Parkway Minneapolis, MN 55403 (Last Year's Camp Location)
 - Friday: 7:00AM-11:15AM** and 11:30AM-12:15PM** (before camp begins)
 - Saturday: 7:15AM-8:15AM** (before camp hours)
 - **Skaters must pay for ice time outside of camp hours (at a rate of \$10/hour or \$6/30 min).
 - **St. Louis Park Rec Center**, 3700 Monterey Drive St. Louis Park, MN 55416 (This Year's Camp Location)
 - Saturday: Open practice session during camp hours (time TBD).

WHAT TO BRING TO CAMP:

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