

## WHAT SEPARATES I.C.E.

Presently there are numerous clinics available. **I.C.E.** separates itself in the following ways:

Ice time available in **I.C.E.** Clinic's totals 8 hours. The clinic fee covers ice time and all classes, and is less than the average ice time cost.

The **I.C.E.** Clinic's specialized classes enable each skater to excel in all areas needed to produce a totally packaged skater. The clinic goal, is to improve every aspect of each skaters level and ability.

Participation in the **I.C.E.** Clinic's gains awareness of the areas where improvement is needed for success. Complete improvement comes when a skater masters all the areas the classes cover, not just jumps and spins.



Keegan Messing - US International Team



## C L A S S E S

### OFF ICE STRETCHING AND CONDITIONING

The first class of the day is split into two halves running back - to - back. During the first half of the class we strive to work with every student to meet their individual needs as they relate to pre-ice warm up and stretching. As the class progresses to the second half, the skaters move through a total body warm up utilizing a variety of exercises, focusing on core strength, dynamic flexibility, and body awareness.

### STROKING

During this class we work on the skater's ability to cover the ice. Achieving maximum amount of pushing power utilizing proper technique with an effortless appearance.

### JUMP

The goal of the on ice jump class is to break each jump down into different stages: setup, take off, flight, and finally, landing positions. When understanding the biomechanics and fundamental positions required, the success rate of a jump is elevated. This benefits the skater in numerous ways. Jump patterns are also covered resulting in a more cohesive training session for skaters.

### SPIN

In this class we cover the different levels required for the skater to attain maximum points within the new International judging system. Understanding the mechanics of each spin relating to the blade, direction and edge creates a great advantage for any skater. Centering of spins, increasing and maintaining rotational speed throughout spins is also covered.

### ICE BALLET

This is a unique class, which requires the skaters to move together in a line or block information. Class features deep flowing edges featuring all turns, Spread Eagles, Spirals etc.

Focus is also placed on the upper body, arm positions and head positions; all are equally as important as leg positions when striving to present the finished package.

### POWER

The power class is the last class of the day and is a highlight of the clinic. In this hour we do a variety of exercises skated to fast paced music utilizing different equipment (parachutes, resistance bands, cones etc.). This is a strenuous class focusing on skating ability, cardiovascular fitness and endurance.

## T E S T I M O N I A L S

My daughter has participated in the skating clinics of Gary Irving and has worked with Gary individually over the past several years. As a mom and educator, I appreciate the high quality of skating instruction they provide as well as their ability to motivate my daughter to do her best. Gary brings to the ice a unique blend of skill, personality, and complementing styles that make their clinic a positive experience for skaters of all levels.

*Barb Doucette, M.S.E School Psychology*

I just want to thank you for a great weekend of skating. On the way home Sunday, C. C. said that she had the BEST time and hoped we would have another seminar with the same two coaches. I must say I was thoroughly entertained watching; especially the POWER sessions. C. C. could hardly walk when she arrived home, but was full of energy and stories of skating. What a great way to kick off this competition season! Thank you for the time and effort you all put into it. I think I can say it was much appreciated by all.

*Nancy Collins*

Skating for ten hours gave me a lot more energy and running on the ice on my toe picks was awesome!

*Morgan Jane Snyder*

I had a fantastic time during the workshop. I wasn't able to walk without hurting, but the fun and all the things I learned more than made up for it.

*Heather Corson*

I had so much fun, and even though I was so sore after, the fun and the stuff I learned from Gary made it worth it. I hope you can come back next year, too!

*Melanie Shiver*

Gary put on a great workshop packed with great competitive tips, jump and spin coaching and blow-out power classes. Best of all, their enthusiasm and energy has pumped up everyone in our club - skaters and parents alike!

*Dr. Lucinda Halstead - VP FSC Charleston*

Everyone in the Palace club (adult skaters) is still raving about the seminar, food - everything. Some of us can even walk again! (Sore muscles)

*Linda Firpo*

# Private Lessons

Monday June 20th, 6:30-11:30 a.m.

Private Lesson Fees:

Ralph: under Juvenile \$80.00/ hr  
over \$100.00/hr.

Gary: \$80.00 /hr.

Lessons will be scheduled on a first-come; first served basis in one-half hour increments and paid directly to the coach prior to lesson.

Please schedule:

With Coach:

- Gary
- Ralph

For more information,  
Please contact:  
Mary Hensley  
Skating Director  
708.857.5173, x2204

## REGISTRATION:

Please Check One:

- Skater Registration** : \$135.00 before May 25, 20  
\$150.00 after May 25, 2011 deadline.
- Coach Registration** : \$ 35.00 before May 25, 2011  
\$ 50.00 after May 25, 2011 deadline.
- Parent Pool Party** : \$ 10.00
- Coach with 4 or more attending** Fee waived—free

Participant Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Gender  Male  Female

Skating Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Highest FS test passed (Pre-Pre/FS 4 and up): \_\_\_\_\_

Most difficult jump attained: \_\_\_\_\_

Name of Coach: \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Full payment for seminar must accompany application. Make checks payable to Oak Lawn Park District and send to:

Oak Lawn Ice Arena  
9320 south Kenton Ave  
Oak Lawn, Illinois 60453  
Re: Seminar

*It is agreed that the participant and family holds the Oak Lawn Park District Ice Arena staff, and the Glenwood Figure Skating Club, harmless from any and all liability for damages or loss of property. I/We assume the risks for participating in the seminar and waive all claims for any personal injury.*

Skater/Parent or Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Saturday: Noon—5 p.m./Sunday: 9-2; Warm-up gear needed for **Off-Ice Classes**; Skating attire and skates for **On-Ice Classes**.

**Pool Party** will be held at Central Pool adjacent to the Oak Lawn Ice Arena on Sunday, June 19th after the Clinic!

Oak Lawn Ice Arena and  
Glenwood Figure Skating Club

Are proud to host:

## International Competitive Edges



Two-Day  
Skating Clinic

Enrollment is limited!  
Sign up today!

Saturday/Sunday, June 18/19, 2011



I. C. E.