



2009
SUMMER SKATING SCHOOL
JUNE 29 – SEPTEMBER 4, 2009

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DIRECTOR OF FIGURE SKATING

CRAIG MAURIZI
World and Olympic Coach

SENIOR STAFF PROFESSIONALS

Featuring
NIKOLAI MOROZOV
World and Olympic Coach/Choreographer

VLADIMIR KAPROV **SARA BETH**
World Singles Coach Int'l Singles Coach

ELAINE ZAYAK Jr. World Coach	STEVEN RICE US National Singles Coach	ROMAN SEROV US National Singles Coach
VAKHTANG MURVANIDZE Jr. National Coach	KIM MURPHY Jr. National Coach	WENDY WESTON Jr. National Coach

ABOUT THE ICE HOUSE

The figure skating program has gained worldwide recognition for Olympic level skaters including the 2002 Olympic Champion Sarah Hughes. With over 100 hours of ice time weekly and one of the best coaching staffs around the Ice House has established itself as a premier figure skating training facility. Since it's inception in 1999 the Ice House has sent 11 skaters to the Olympic Games, and 22 skaters to the US National Championships.

ON ICE CLASSE

Edge Work Power Stroking

OFF ICE CLASSES

Strength & Conditioning

Ballet

Pilates

MONTHLY TEST SESSIONS

June

August

MORAN MEMORIAL CHAMPIONSHIPS

August 28-30

FREESTYLE SESSIONS DAILY DIVIDED BY LEVEL

WELCOME

Welcome to the **ICE HOUSE** Skating School. We are offering a comprehensive on and off ice training program designed to maximize the potential of every skater. On and off ice sessions are divided by levels. In addition, we have the best Professional Staff in the area and one of the best in the entire country!

ON ICE PROGRAM

Freestyle, Dance/Pair and Elite ice is available from 6:15am to 6:05pm Monday through Friday. We have sessions for every level of skater. Please check the Freestyle, Pairs/Dance and Elite ice schedule in this packet to see the designations. We are limiting the number of skaters on every session. The limit per session will vary based upon the lowest designation for that particular session.

OFF ICE PROGRAM

The amount of classes available during Summer Months has been based on the recommended Off Ice Training Regimen set by the *US Figure Skating Association.

We provide the absolute best opportunity for Skaters of all levels, by scheduling the following programs in accordance with one another as well as the Skaters On Ice schedule.

Athletic Enhancement Training- the MAXABILITY Training Team led by Coach Tim Lynch offers the safest and most advanced performance training techniques designed specifically for Figure Skaters. For more information, about the Classes and/or the Private and Group Sessions available year round, please stop upstairs or call 551-404-4294.

Ballet-Pilates-Stretch- Instructor/Program Director Christine DeVito creates style and grace through a balance of techniques essential for all skaters. For more information call Christine directly at 201-914-6502

PRICING

We offer the following pricing options for every skater for our Freestyle, Open and Pairs/Dance sessions:

WALK ON: \$13 10 SESSION CARD: \$100 40 SESSION CARD: \$310

- All session cards will have an expiration date of 60 days from the date of issue.
- All sales, tickets (issued as a receipt for all sessions purchased), discount cards etc. are non transferable (ie: they may be used only by the specific individual in whose name the purchase was made).
- Each individual person must purchase a minimum of 40 sessions to get the extended discounted per session rate (ie: we will not combine two children onto one discount card).

CREDITS/REFUNDS

- A customer will be granted a credit for any reason only if they have their original ticket and present it at the admissions window a minimum of 15 minutes prior to the start of the session in question.
- Switching of sessions will be processed as a credit and a new sale and subject to the same 15 minute rule.
- All credit/refund issues will be handled exclusively by the Admissions Dept.

PLEASE NOTE: All sales for ANY sessions are FINAL within 15 minutes of the start of a session!

IT IS THE POLICY OF THE ICE HOUSE THAT PAYMENT FOR ANY SESSION MUST BE MADE PRIOR TO GETTING ON THE ICE. FAILURE TO PAY FIRST WILL RESULT IN THE SKATER BEING ASKED TO LEAVE THE ICE. SKATER MUST THEN PAY THE WALK ON FEE FOR THE SESSION(S) HE/SHE DID NOT PAY FOR IN ADVANCE. IF CAUGHT THREE TIMES WITHOUT PAYING FOR A SESSION WITHIN A 60 DAY PERIOD THE SKATER WILL BE REQUIRED TO PAY THE WALK ON FEE FOR EVERY SESSION THEY SKATE FOR 30 CONSECUTIVE DAYS.



**2009 SUMMER SKATING SCHOOL
ON ICE SCHEDULE
JUNE 29 – SEPTEMBER 4, 2009**

MONDAY – FRIDAY
(NO ICE JULY 3)

RINK 1

6:00am-6:45am
6:45am-7:30am
7:40am-8:25am
8:25am-9:10am
9:20am-10:05am
10:05am-10:50am
10:50am-11:20am
M,W,F: Juv-Senior
11:30am-12:15pm
12:15pm-1:00pm
1:10pm-1:55pm
1:55pm-2:40pm
2:50pm-3:35pm
3:35pm-4:20pm
4:30pm-5:15pm
5:15pm-6:00pm

NO TEST-SENIOR
NO TEST-SENIOR
JUVENILE-INTERMEDIATE
JUVENILE-INTERMEDIATE
NOVICE-SENIOR
NOVICE-SENIOR
STROKING CLASS
T,TH: No Test-PreJuv
NO TEST-SENIOR
NO TEST-SENIOR
JUVENILE-SENIOR
JUVENILE-SENIOR
NO TEST-SENIOR
NO TEST-SENIOR
OPEN
OPEN

RINK 2, 3 or 4 (check daily schedule)

7:00am-7:40am ELITE DANCE
7:40am-8:20am ELITE DANCE
8:30am-9:10am ELITE DANCE
9:10am-9:50am PAIRS/DANCE/ELITE
10:00am-10:40am PAIRS/DANCE/ELITE
10:40am-11:20am ELITE SINGLES
11:30am-12:10pm ELITE SINGLES
12:10pm-12:50pm ELITE DANCE
1:00pm-1:40pm ELITE DANCE
1:40pm-2:20pm ELITE DANCE
2:30pm-3:10pm ELITE SINGLES
3:10pm-3:50pm ELITE SINGLES
3:50pm-4:30pm PAIRS/DANCE/ELITE

TUESDAY/THURSDAY ONLY

6:15pm-7:00pm ADULT ONLY
7:00pm-7:45pm ADULT ONLY

SATURDAY

(NO ICE July 4, August 29 and September 5)

9:00am-9:45am
9:45am-10:30am
10:30am-11:15am

NO TEST-SENIOR
NO TEST-SENIOR
NO TEST-SENIOR

9:15am-9:55am
9:55am-10:35am
10:35am-11:15am

PAIRS/DANCE/ELITE
PAIRS/DANCE/ELITE
PAIRS/DANCE/ELITE

FREESTYLE:

All sessions are restricted to skaters whose freestyle test levels correspond to the session. The skater **MUST** have passed the minimum level of **FREESTYLE** test to qualify to skate on a particular session i.e.: skater must have passed the Juvenile **Freestyle** Test to skate on a JUVENILE-SENIOR session.

OPEN:

Open to any level of skater &/or skating discipline

PAIRS/DANCE:

Open to PAIRS TEAMS and DANCE TEAMS. Solo Ice Dancers may skate a PAIRS/DANCE session **ONLY** with prior approval from the Director of Figure Skating.

ELITE:

Open only to those skaters who qualified for the US National Championships in the prior year or a Foreign Junior or Senior skater who participated in Junior Worlds or the World Championships and placed in the top 24 in the prior year.

ADULT:

Open to any adult skater who is at least 21 years of age.

PLEASE NOTE:

Field Moves may be skated on any session corresponding to the skater's freestyle level. Solo Dance lessons **MUST** be skated on OPEN sessions ONLY!

It may be necessary for you to show proof of membership to the ISI/USFSA or of their highest Freestyle test passed. PLEASE have your membership card or most recent test sheets with you when you come to the rink should the office need to see proof.



Ice Etiquette & Safety Guidelines

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

"On Program" and "In Lesson" Get Priority

The skater who is "on program" (whose music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Be on time for your sessions, especially after a resurface. Use every minute of your ice time to the maximum. Say, "excuse me", if you can see that another skater does not see you coming. Say "I'm sorry" when you accidentally get in someone else's way, especially if they had the right of way.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (except for clockwise jumpers). These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice of activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem. Practice spins in the center of the rink and jumps at either far end to avoid problems.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and may be injured, don't just drag him or her off without being certain that doing so won't hurt him or her further. If you suspect that someone else is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that the other skaters avoid collisions with them, and 2) get a qualified person (EMT) to come and help them. A blanket or warm up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way. Pay special attention when skating away from the boards. Always look in both directions.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice time and presents additional hazards for other skaters to avoid. If you must chat or stop to rest, please do it off the ice; go to the penalty boxes, or the boards. Stay moving – standing around means someone has to maneuver around you, which can cause an accident.

No Littering

Please do not litter or leave anything on the ice. Be sure to keep track of your used tissues, tissue boxes, and guards. Items left on the ice may severely damage the Zamboni, and it is inconsiderate to others to leave used tissues along the boards.

Music Playing Procedure

To insure every skater will have an opportunity to get his/her music played, the procedure will be as follows: Pro request will automatically be placed at the front of the line. However, we will not play an unlimited number of Pro requests ahead of the non – lesson requests. We will allow a maximum of one Pro request to the front of the line. After the Pro request is played, we will play a non lesson then another Pro request then a non – lesson etc. Skaters can only play their music once a session unless ALL other programs have been played already. There will be NO restarting of a program with programs waiting to be played. If a skater does not get their music played on a particular session, that skater will have priority on the next session with getting their music played. The skater cannot go ahead of lesson requests but will have the priority over skaters who had a program played that day already. If there isn't a music monitor on a particular session, it is the responsibility of the skater's and the Professional Staff to adhere to these guidelines. The Pro or skater must be aware of who is in a lesson and who is not when placing their program in line. If you are not sure who is in a lesson then please ask a skater or coach. To help with knowing if a particular program is a skater or Pro request you should do the following:

1. Cassettes: Pro requests should have cassettes standing up and skaters should have them lying down.
2. CD's: Pro requests should have the label facing the rink and skaters should have their labels facing backwards. All CD programs should be standing on their end.

Summer Off Ice Dance 2009

I have put together a selection of Ballet, Jazz, Pilates and Stretch classes based on what was successful last summer. Ballet and Jazz classes are 60 minutes, Pilates and Stretch classes are 45 minutes.

Class times coordinate with ice times and levels but students with more Dance experience may attend up one level, pending my approval. Parents should call ahead, so I can place students in the correct level class and to reserve a spot in your desired class. Private lessons will be available every weekday throughout the day.

Stretch & Jazz

open to students 7 years and up

Ballet

open to students 8 years and up

Pilates/Stretch (Wed. Beg. only)

open to students 8 years and up

Pilates (Intermediate Mon., Weds.)

open to students 12 years and up

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Stretch 7 years & up	9:30 Ballet 1 8 years & up		9:30 Jazz 1	9:30 Stretch 7 years & up
	11:00 Jazz 2 10 years & up		11:00 Ballet 2	7 years & up
12:00 Pilates Intermediate	12:00 Ballet 3 12 years & up	12:00 Pilates Intermediate	12:00 Stretch	10 years & up
		1:15 Pilates/Stretch Beginner 8 years & up	12 years & up only	

Registration forms will be available in the Skating School office and up stairs in the Athletic Performance Center. All questions should be directed to Christine DeVito (201) 914-6502



visit christinedevito.com.

2009 Summer Off Ice Dance Program APPLICATION

Name _____ Age _____
 Address _____
 Phone _____ Cell _____

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30 Stretch 7 years & up	9:30 Ballet 1 8 years & up 11:00 Jazz 2 10 years & up	12:00 Pilates Intermediate	9:30 Jazz 1 7 years & up 11:00 Ballet 2 10 years & up 12:00 Stretch 12 years & up only	9:30 Stretch 7 years & up
1:10 Pilates/Stretch Beginner 8 years & up				

Next to each week write in the day and time of desired classes.

June 29-July 2 (No Stretch Friday July 3) _____
 July 6-July 10 _____
 July 13-July 17 _____
 July 20-July 24 _____
 July 27-July 31 _____
 August 3-August 7 _____
 August 10-August 14 _____
 August 17-August 21 _____

Ballet & Jazz classes are 60 minutes, Stretch & Pilates are 45 minutes

Ballet/Jazz # of classes _____ x \$20.00 = \$ _____
 Pilates/Stretch # of classes _____ x \$17.00 = \$ _____

Make Checks payable to Christine DeVito (201-914-6502)

Classes without a minimum of three students will be cancelled. Students may make up missed classes in any age appropriate class during the summer session only, no cash refunds.

I acknowledge and assume all risks of injury associated with these off ice classes. I also agree that the instructor shall not be held liable to me or my child for any damage or injury.

Sign and Date _____



SUMMER OFF ICE TRAINING

JUNE 29 - September 4

Tel: 551-404-4294

Fax: 201-498-1250

Email: tlynch@maxability.net

Ages- 8 to 12 yrs. old

1 WEEK (3 Sessions) \$100

5 WEEKS \$375

10 WEEKS (\$15 per) \$450

Juv/Inter

1 WEEK (7 Sessions) - \$150

4 WEEKS (28 Sessions) - \$350

70 SESSIONS- ONLY \$499



GET IT DONE



JUVENILE - INTERMEDIATE

The following schedule has been based on the recommended training regimen designed by the U.S. Figure Skating Association.

ANAEROBIC COND. - MON/WED/FRI 10:00-10:30
STRENGTH/INJ. PREV. - TUES/THURS 10:30-11:00
PLYO/CORE/BALANCE - TUES/THURS 10:00-10:30

ANAEROBIC CONDITIONING

High intense circuit training designed to work at 85%-90% of max heart rate. Skaters will train to be able to have the same level of energy from the beginning to the end of their program.

PLYOMETRICS

Only after developing lower body strength can athletes safely perform Plyometric drills. Performing these drills correctly can tremendously improve athletes vertical jump.

CORE/BALANCE

Focus on rotation, muscular stability, lower back and abdominals, and slow twitch muscles responsible for balance.

STRENGTH/INJURY PREVENTION

A balance of muscular strength is the key component for any athlete to increase athletic ability and decrease the likelihood of overuse injuries.

NO TEST -PRE JUV

Athletic Performance Training

MON/WED/FRI 10:30 - 11:15

- Increase Jumping Ability
- Agility/Coordination Development
- Core Strength + Rotation
- Aerobic/Anaerobic Conditioning

This class is designed for young skaters to experience the various components that go into a dedicated off-ice training program. Each athlete, regardless of their previous off-ice experiences, will gain a new respect for what hard work is all about.

NOVICE - SENIOR

PRIVATE AND GROUP TRAINING

SCHEDULED BY APPOINTMENT



REGISTRATION FORM

Circle the # of Sessions [3 15 30] [7 28 70]

Participant's Name _____

Skating Level _____ D.O.B _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell _____

Email _____

Pay By (please circle):

CASH  OR  CHECK # _____

If paying by credit card:

AMOUNT \$ _____

NAME ON CARD _____

CARD NUMBER _____ EXPIRATION DATE _____

X _____

PARTICIPANT WAIVER & RELEASE OF LIABILITY

I acknowledge and assume all risks of injury associated with participating in the training programs with MAXABILITY LLC. I also agree that MAXABILITY and any and all of its current directors, officers, members, employees, attorneys, representatives, insurers, agents, successors and assigns (individually and collectively the "RELEASEES"), shall not be liable to me or my child for any injury or damage, however caused, resulting directly or indirectly from my child's participation in any MAXABILITY programs at any time preceding, during or after such program is in session. I further understand that MAXABILITY provides no medical, dental, or accident insurance to any MAXABILITY program participant, including my child, and I release, discharge, and promise not to sue the RELEASEES from and with respect to any and all claims, actions, suits, liabilities, or damages whatsoever which against the RELEASEES, my child and I have, or hereafter can, shall or may have for, upon, or by reason of any injury or damage to me or my child. I intend this release to be a general release of any and all claims to the fullest extent permissible by law. I agree to indemnify and hold harmless the RELEASEES from any injury or damage, however caused, sustained by an invitee or guest if either me or my child, resulting directly or indirectly from that invitee or guest's participation in any and all MAXABILITY programs at any time preceding, during, or after such program is in session. I grant MAXABILITY the right to use all photographs or videos taken of me or my child during and MAXABILITY programs for advertising and promotional purposes.

I hereby state that my son/daughter is physically fit to participate in any/all MAXABILITY training and fitness programs.

Skater's Name _____

Parent/Guardian Signature _____

Date _____