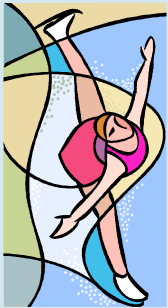


## Additional Camp Information

Attire: Athletic pants and skating dresses are recommended. Tennis shoes are **REQUIRED** for off-ice activities.

Supplies: A yoga mat and jump-rope are recommended.

Locker rooms will be provided for changing and storage.



Participants needing special considerations for early drop-off or late pick-up may contact the skating director, Heather Piepenburg. She will also be happy to answer any additional questions you have about this

program.

Heather Piepenburg  
410-612-1000 x 101  
skating@iceworld.com

**Send completed application  
and full payment to:**

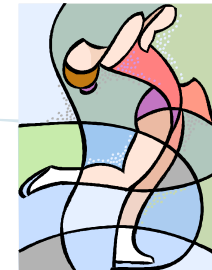
**Ice World  
1300 Governor Court  
Abingdon, MD 21009**



## Advanced Figure Skating Camp

June 21, 22 & 23, 2010

9:00 am - 4:00 pm



Send completed application  
and full payment to:

Ice World  
1300 Governor Court  
Phone: 410-612-1000 x 101  
Fax: credit card payments to 410-612-1004  
E-mail: skating@iceworld.com  
www.iceworld.com

410-612-1000 x 101  
www.iceworld.com

## Program Philosophy

Ice World's Advanced Figure Skating Camp is designed to give competitive skaters an opportunity to work with highly qualified coaches on all aspects of their skating, both on and off-ice. Training sessions will address:

- ◆ Off-ice Conditioning/Stretching
- ◆ Off-Ice Harness Training
- ◆ Jumps/Dartfish Video Analysis
- ◆ IJS Spins
- ◆ Artistry/Theatre on Ice
- ◆ Power/Edges



To re-enforce proper training habits, a healthy morning snack, nutritious lunch, and bottled water are provided daily.

## Sample Camp Schedule

- 9:00-10:00 am: On-Ice Class  
10:00-10:45am: Off-Ice Class  
10:45-11:00am: Morning Snack  
11:00-11:50am: Freestyle Session  
12:00-12:45pm: Lunch  
12:45-1:45pm: On-Ice Class  
2:00-2:45pm: Off-Ice Class  
3:00-4:00pm: Freestyle Session

**Enrollment in this camp is offered to skaters in Pre-Preliminary Freestyle and above.**

## Camp Coaches:

### Chris Conte

Coaching since 1992, USFS Gold Medalist in Freestyle, USFS Technical Specialist (Sectional FS), PSA Registered Rating in Freestyle. Technical consultant for U.S. Olympians Tim Goebel, Sasha Cohen, and Emily Hughes. Consulted World, Olympic, and International level skaters in Freestyle and Pairs. Team coach with World and Olympic coach Audrey Weisiger in Fairfax, VA, Fully proficient in the use of the Pro-Motion pole, fixed and off ice harness systems. One of the first U.S. coaches to utilize DARTFISH video analysis software and is considered to be one of the foremost specialists in video analysis and feedback. Choreographer for elite level skaters. Currently coaches World and Olympic skater, Kimmie Meissner.

**Rate:** \$50/30 minutes  
(semi-private lessons available upon request)

**Phone #:** 443-570-9216

**E-mail:** chrisconte@chrisconte.com

### Joy Thomas

USFS Gold Medalist in Ice Dancing, PSA and USFS Member and World Performer.

**Rate:** call to inquire

**Phone #:** 917-301-6620

**E-mail:** mbenjal602@aol.com

### Heather Piepenburg, Skating Director

U.S. Adult National Master Senior Gold Medalist, 2010 and U.S. Adult National Championship Masters Silver Medalist, 2008. PSA Certified Rating in Freestyle, MIF and Program Director. USFS Gold Medalist in Freestyle and Moves in the Field, Silver Dance, 2nd Figure. Bachelor's Degree in Exercise and Sport Science, Sport Management.

**Rate:** \$27/25 minutes,

**Phone #:** 410-612-1000 x101

**E-mail:** skating@iceworld.com

**Camp coaches and Ice World coaches will be available during the freestyle sessions to give private lessons. You may contact the coach directly to set up a lesson.**

## Advanced Camp Registration Form

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

Parent's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

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

City: \_\_\_\_\_

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

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

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

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

E-mail: \_\_\_\_\_

### Additional Emergency Contact:

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

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

Highest Test Level Passed: \_\_\_\_\_

MIF: \_\_\_\_\_ Freeski: \_\_\_\_\_

Payment:

\_\_\_\_\_ \$270 for all 3 days

\_\_\_\_\_ \$25 late fee after June 14, 2010

\_\_\_\_\_ Total

Assumption of Risk Agreement and Release: Upon entering events sponsored by Ice World and/or agents or affiliates, I/We agree to abide by the Rules of Ice World. I/We understand that participation in the sport constitutes a risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners I, LLC, event organizers and skating professionals from any liability therefore.

\_\_\_\_\_  
Signature of Parent/Guardian Date