

# stl summer synchro skating camp



sponsored by  
metro edge figure skating club

**june 15-19, 2009**  
**Hardee's IcePlex**  
**(formerly Summit-Center Ice Arena)**  
**Chesterfield, Missouri**

- **Individual Skill Development**  
featuring world, national and olympic coaches: Nick Perna, Shiela Thelen and Trevor Laak
- **Synchro Team Development**  
featuring Jeannine  
Current Coach of Pheonix Synchro and former coach of Team Elan (Evolution)
- **Full Week Format**  
2+ hours on ice, 2+ hours off ice  
each day for five days  
9:00a.m. — 3:30p.m.  
  
7am-8:45am AND 3:45pm-4:45pm training ice  
with ability to take private lessons from the G2C  
VIP Coaches and your private coaches. Cost for private  
lessons with G2C Coaches \$40 a half hour)  
(charge for training ice and private lessons apply)
- **Off-Ice specialty coaches**

**Space is limited--Call Today**

"Working with Jeannine was amazing.  
She helped the coaches understand the  
IJS Judging System, and she taught our  
synchro teams some new maneuvers.  
The skaters loved working with her."  
—Karen Giedeman, Coach

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**Chesterfield, Missouri**  
**June 15-19, 2009**

sponsored by the Metro Edge FSC  
[www.metroedgefsc.org](http://www.metroedgefsc.org)

STL Summer Skating Camp  
1485 Dearborn Drive  
St. Louis, MO 63122  
Attn: Katina Truman, Director

For more information,  
email [katina@metroedgefsc.org](mailto:katina@metroedgefsc.org)  
or check the website  
[www.metroedgefsc.org](http://www.metroedgefsc.org)

"Last year I participated in the  
Grass Roots to Champions  
clinic, and I learned so much.  
Now I can work on my individual  
and team skating in one week.  
It's the best of both in one camp."

"I loved it. The coaches were great and  
we learned so much. I can't wait to sign up  
next year. I hope Coach Conte comes and  
brings his off ice jump harness and Coach  
Sheila brings her cords!"

# on ice • schedule • fees • off ice • coaches • apply now!

## what to expect

### Monday and Tuesday

#### • FOCUS on your individual skills:

All skaters will be placed on teams based on their age, past synchro experience and MIF test levels. You will work on ice with World and Olympic coaches with a focus on **moves in isolation, edges, transitions, jumps, spins and moves in the field.** Dartfish technology is available at the Hardees IcePlex.

### Wednesday, Thursday and Friday

#### • MOVE to moves, stroking & strength

Transition from jumps and spins to stroking, edges, strength and moves in the field. On ice and off ice work with **Championship Cords and off ice strength & conditioning.**

#### • IMMERSE yourself in team skating

Next, you'll have the opportunity to work with an nationally recognized Synchro Skating Coach, Jeannine Weinschrod. (subject to availability) Coach Jeannine will work with our skaters in a team format to learn synchro elements, moves and transitions. Our off ice will focus on team development, team drills, dance, choreography and strength & conditioning

## coaches and instructors



**Trevor Laak** coaches in Madison, WI and specializes in on-ice jump technique. He works almost exclusively as a consultant to other skating coaches by providing pole harness, video analysis, and regular lesson services to them and their skaters. His own research focuses on quantifying minimum athletic requirements for figure skaters.

Laak has a graduate research degree from the prestigious University of Wisconsin in Madison. He holds 6 patents and he has provided technical consulting for several Fortune 500 companies.



**Nick Perna** is a PSA Master-rated coach who is a jumping pole expert. Perna is a former pairs skater who has carved out a niche in the sport with his unique training device — which has earned him the moniker, “The Fishing Pole Guy” — with two-time men’s national champion Michael Weiss and Olympic Champion Sarah Hughes among the users of his harness. Nick was a World Coach at the 2001 World Championships with Christine Lee.



**Sheila Thelen** holds a Professional Skaters Association Master Rating. She is the Skating Director at the St. Croix Valley Recreation Center located in Stillwater, Minnesota. Ms. Thelen is the Designer and President of Champion Cords (Endorsed by the Professional Skaters Association International) for teaching skaters: alignment, position, muscle memory, awareness and technique.



Jeannine Weinschrod is the Director of Phoenix Synchronized Skating Teams in Rochester, Michigan. Prior to her position with Phoenix Synchronized Skating Teams, Jeannine was the Director of Synchronized Skating at the Detroit Skating Club of Bloomfield Hills, Michigan since the inception of Team Élan in 1991. During her tenure as Director, Team Élan won 18 United States Synchronized Skating Championships, and teams under her direction as Head Coach won 9 of these national titles. She has been involved with national medal winning teams since 1983, coaching various levels, with her specialty at the senior level.

Jeannine Weinschrod has her Master Rating in Synchronized Skating through the PSA. She has Level 6 Ranking from PSA that is awarded to coaches in recognition of successful performances by their skaters at World and Olympic levels. Jeannine serves as Coach Representative on the U.S. Figure Skating Sports Science and Medicine Committee, Membership Committee and served on the Board of Directors of U.S. Figure Skating from 1999 – 2002. Jeannine was named Synchronized Skating Coach of the Year in 2004. Prior to her involvement in synchronized skating, Jeannine skated with the Ice Capades from 1980 through 1982. She joined America on Ice in 1982 and performed as a member of the cast in Japan.

## fees

The weekly fee for the camp is \$330. This fee includes all your on ice and off ice instruction. Lunch is available at the rink for \$6.50 per day, including a sandwich, salad, fruit or dessert and sports drink or soda. The full grill will be open to take orders in the morning and have ready for lunch.

To participate in this camp, skaters Must be **TESTED** FS1 and have passed **PRELIMINARY** Moves in the Field or must be pre-approved by STL Summer Skating Camp Committee.

### FOR OUT-OF-TOWN SKATERS THAT NEED HOUSING:

Drury Plaza Hotel - 355 Chesterfield Ctr, Chesterfield, MO 63017 located less than 1miles east of the ice rink next to Chesterfield Mall, is offering a block of rooms at \$99 per night with two queen beds. This includes a hot breakfast buffet and great guest ammenities. To make reservations call 800-325-0720 and reference group 2057575 or click on the link:


<http://www.druryhotels.com/Reservations.aspx?groupno=2057575>


The Metro Edge Figure Skating Club is committed to the development of skaters. By bringing in coaches with National and Olympic experience, we can expose our skaters to opportunities not easily available to them. This camp does have a synchronized skating team focus. Skaters will work on jumps and spins, but as they relate to synchro elements. With Nick and Trevor specializing in jump technique, we are encouraging our free-stylers to sign up for private lessons to work on your higher level jumps and spins. Every year we update the camp based on your evaluations. We hope the camp continues to meet and exceed your expectations.

**EACH PARTICIPANT MUST HAVE MEDICAL INSURANCE.** Metro Edge FSC and/or the Hardees IcePlex will not be responsible for any medical or dental injures. Any accident or illness will be treated at St. Lukes Hospital, -- or the nearest available hospital to the ice arena. Medical & insurance forms will be sent to each participant’s parent or guardian upon receipt of your application. It must be signed by the parent or guardian and brought to registration. Skaters cannot be admitted or treated without parental approval. Medical & Insurance forms can be found on our website: [www.metroedgefsc.org](http://www.metroedgefsc.org)

**2009 STL SUMMER SKATING CAMP APPLICATION**

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ M F  
 Address \_\_\_\_\_  
 City, State Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Home/Cell Phone (\_\_\_\_\_) \_\_\_\_\_  
 Work Phone (\_\_\_\_\_) \_\_\_\_\_  
 Tests Passed: USFS Free Skate \_\_\_\_\_ Moves in the Field \_\_\_\_\_ Dance \_\_\_\_\_  
**Current Synchro Team Level/Experience:** \_\_\_\_\_  
 USFS # \_\_\_\_\_ ISI # \_\_\_\_\_ Highest ISI FS Tested Level \_\_\_\_\_  
 Signature of Parent \_\_\_\_\_  
 MAKE CHECKS PAYABLE TO: Metro Edge Figure Skating Club  
 Return application form and check to:  
 STL Summer Skating Camp  
 1485 Dearborn Drive  
 St. Louis, Missouri 63122  
 ATTN: Katrina Truman, Director

 **I want to sign up for private lessons with the visiting coaches. Please contact me when the sign up is open.**

 sponsored by the Metro Edge FSC

**FINANCIAL INFORMATION**  
 (Skaters Must be **TESTED** FS1 and MIF Preliminary or must be pre-approved by Camp Director)

**STL Summer Skating Camp** \$ 300  
**TOTAL FOR WEEK** \$ \_\_\_\_\_  
**REQUIRED DEPOSIT** \$75 \$ - 75  
**Balance Due by May 25, 2009** \$ \_\_\_\_\_

A daily lunch will be available for a cost of \$6.50 a day. This will include a sandwich, salad, fruit or dessert and sports drink or soda. A full week lunch menu will be available on Monday.  
 Coaches welcome and encouraged to observe on and off ice

