

TRAINING FESTIVAL **2008** UNIVERSITY OF DELAWARE

**US FIGURE  
SKATING**  
SYNCHRONIZED SKATING

Founded in 2006



**08**

June 27-29, 2008  
University of Delaware  
Newark, Delaware





## CAMPUS LIFE

The 2008 U.S. Figure Skating Synchronized Skating Training Festival is moving East! It will begin on Friday evening, June 27 - Sunday evening, June 28, 2008 at the University of Delaware campus in Newark, Del. The University of Delaware is home to the Ice Skating Science Development Center and many national and international athletes including 2006 World Champion, Kimmie Meissner and the 2007 U.S. collegiate synchronized skating bronze medalists the University of Delaware SST.

The arena and host hotels are located just off of route I-95, approximately 40 miles south of the Philadelphia International Airport.

Founded in 2006, the U.S. Synchronized Skating Training Festival is a two-day program for synchronized skaters of all ages and abilities. It is the only synchronized skating training program designed by U.S. Figure Skating.

Athletes will participate in an intensive training camp, kicked off by a "New Student Orientation Party". The program faculty will be lead by the head coaches of U.S. Figure Skating's synchronized skating national team. The curriculum will consist of approximately 16 hours of instruction, including eight on ice sessions with Team USA coaches. Every athlete will have the opportunity to work with every coach.

Off ice curriculum will focus on building a well rounded athlete: core body strength, balance and flexibility, nutrition and team building / sports psychology.

**PARENTS ARE WELCOME TO ATTEND!**

Parents' Education seminars will be held each morning by U.S. Figure Skating staff and officials. Parents classes are free to those accompanying athletes.

In addition, campus tours and informational visits can be scheduled and the University is approximately 50 minutes from Philadelphia.

## COURSE SYLLABUS

- More than 15 hours of instruction:
- 8 hours on the ice under the direction of Team USA coaches
- Age-appropriate judging seminar
- Nutrition
- Yoga
- Sports science
- A welcome orientation and closing exhibition
- Optional learn-to-teach workshop for age / level appropriate athletes.
- Parents' Education classes
- Collegiate skating seminar

## CURRICULUM DESIGN TEAM

- Kelly Hodge, Director, Synchronized Skating
- Dann Krueger, Chair, Synch. Skating Committee
- Jill Cipresso, Chair, Synch. Development Subcommittee
- Dr. Ellen Geminiani, Sports Science & Medicine Committee
- Susi Wehri, Senior Director, Membership

## FROM OUR ALUMNI

"I really enjoyed learning from all the top coaches in synchro, meeting new people from around the nation and making new friends."  
 "I liked being part of a team, being challenged and learning new things from great coaches."

## ON ICE SESSIONS

This program is unique as it offers the only opportunity to work with a variety of superior coaches - the head coaches of the 2008 U.S. Synchronized Skating Team. Athletes will learn valuable skills to improve their overall skating ability, edge quality and skating together as a team: Everything that is important to success in the ISU judging system.

**GET OFF THE ICE AND SKATE BETTER!**

Developing as an athlete is a crucial key to success in any sport. Curriculum for sports science is overseen by Dr. Ellen Geminiani, national vice chair

for synchronized skating on the Sports Science & Medicine Committee.

Classes will focus on core body strength, flexibility and balance, in addition to nutrition and sports psychology.

## SAMPLE DAILY SCHEDULE

FRIDAY, JUNE 27  
 4:00-6:00pm  
 7:00-8:30pm

Athlete Registration  
 Athlete Orientation Party

SATURDAY, JUNE 28

8:00-8:50am  
 9:15-10:15am  
 10:30-11:20am  
 11:30-12:20pm  
 12:30-1:20pm  
 1:30 - 2:20pm  
 2:40-3:40pm  
 4:50 - 5:50pm  
 7:15-8:15pm\*

Yoga 101  
 ON ICE: Skating Skills / Edges 101  
 Sports Science Workshop  
 ON ICE: Musical Interpretation 101  
 LUNCH BREAK  
 ON ICE: Step Sequences 101  
 Sports Psychology 101  
 ON ICE: Elements & Transitions 101  
 Collegiate Skating Seminar\*

SUNDAY, JUNE 29

8:00-8:50am  
 9:15-10:15am  
 10:30-11:20am  
 11:30-12:20pm  
 12:30-1:20pm  
 1:30 - 2:20pm  
 2:40-3:40pm  
 4:50 - 5:50pm  
 6:00 - 6:30pm  
 7:00 - 8:00pm

Yoga 201  
 ON ICE: Skating Skills / Edges 201  
 Judging Workshop  
 ON ICE: Musical Interpretation 201  
 LUNCH BREAK  
 ON ICE: Step Sequences 201  
 Sports Nutrition 201  
 ON ICE: Elements & Transitions 201  
 Floor Practice  
 Closing Exhibition & Party



**THE REGISTRATION  
DEADLINE IS  
APRIL 7, 2008\***

## STUDENT HOUSING & CHAPERONES

The official hotel for the U.S. Synchronized Skating Training Festival is the Embassy Suites and the secondary hotel is the Homewood Suites. They are located next to one another, across the street from the University of Delaware Ice Arenas & Athletic Complex.

Rooms at the **Embassy Suites** include a bedroom and living area with a pull-out couch, refrigerator and microwave. The rate includes a full hot breakfast for all persons in the room.  
Group Rate: \$159 / night per suite.

**The Homewood Suites** has both one and two bedroom suites which include a living room and kitchen. The rate also includes a full hot breakfast for all persons in the room.  
Group Rates:  
\$159 / night for a one bedroom suite  
\$199 / night for a two bedroom / two bath suite  
(limited number available).

Reservations are on a first come-first serve basis. Participants are to book their rooms directly by calling the hotel, reference the group "U.S. Figure Skating / Synchronized Skating Festival":

**Embassy Suites**  
654 South College Ave., Newark, DE 19713  
(302) 368-8000, [www.embassysuites.com](http://www.embassysuites.com)  
Sales manager: Joan Siemienski

**Homewood Suites**  
640 South College Ave., Newark, DE 19713  
(302) 453-9700, [www.homewoodsuites.com](http://www.homewoodsuites.com)  
Sales manager: Karen Whilsett

## REGISTRATION PROCESS

Athletes should register by submitting the registration form in this newsletter to U.S. Figure Skating. Registrations are accepted via fax, e-mail and mail.

\* Registrations will be accepted on a first come, first serve basis, providing that the athlete can be fit into an age and skill appropriate team. The program is limited to 200 athletes. If the program fills prior to the entry deadline, it will be closed. Full payment is due with the registration form. However, payments will not be processed until after the deadline. Credit cards will be charged after April 7th and checks may be post dated to April 7, 2008.

**WAIT LIST:** If more than 200 registrations are received, athletes will be put on a wait list. If a participant withdraws, the next applicant of similar age and skill will be given their spot. Wait listed athletes will be contacted immediately and informed of their status.

**REFUNDS:** If an athlete withdraws after the registration deadline, due to an injury that is documented with a doctor's note, they will receive a refund, minus a \$100 administrative fee. All program materials will be shipped to the skater.



## FACULTY

- Josh Babb, Skyliners
- Jill Cipresso, California Gold
- Lisa Darken, Chicago Jazz
- Erin Donovan, Hockettes
- Vicki Korn, Miami University
- Saga Krantz, Haydenettes
- Merita Mullen, The Colonials
- Pam May, Team Braemar
- Shannon Peterson, Crystallettes
- Brooke Sloan, University of Michigan
- Benoit Venne, Evolution

## ENROLLMENT & HOUSING INFORMATION

### REGISTRATION FEE

The registration fee for athletes is \$375 for the entire program. Registration fee includes:

- Meal Plan & Snacks:  
Lunches are included. Day 1 will be a boxed lunch with a sandwich, whole fruit, chips, two cookies and drink. Day 2 will be a BBQ cook out in the picnic / pool area of the ice arena.  
Snacks: Each athlete will receive a bag of snacks and a bottle of water daily.
- All classes: Approximately 15 hours of instruction, including eight hours of ice time.
- A logo t-shirt, event materials and a special gift
- Educational materials
- Parents education classes and collegiate skating seminar
- Orientation party and closing exhibition.





# ATHLETE REGISTRATION FORM

This form may be copied for additional athletes.  
It may also be faxed or scanned and e-mailed.

Athlete's name \_\_\_\_\_ T-shirt size \_\_\_\_\_

Parent name (if under 18): \_\_\_\_\_

Chaperone (if applicable) \_\_\_\_\_

Daytime phone \_\_\_\_\_

Athlete e-mail \_\_\_\_\_

Parent e-mail \_\_\_\_\_

Mailing address \_\_\_\_\_  
STREET

CITY STATE ZIP

Athlete's membership # \_\_\_\_\_

Did you skate on a synchro team in the 2008 season?  YES  NO

**IF YES:** Team name \_\_\_\_\_ Team level \_\_\_\_\_

**FOR NEXT SEASON, MY GOAL IS TO SKATE:** Team level \_\_\_\_\_

HIGHEST MOVES IN THE FIELD TEST **PASSED:** \_\_\_\_\_

I AM WORKING ON \_\_\_\_\_

AND I HOPE TO TEST \_\_\_\_\_  
WRITE IN THE MONTH YOU WILL TEST

AGE AS OF JULY 1, 2008\* (eligibility for 2009) \_\_\_\_\_

*\* We strongly recommend that athletes are at least 8 years old and have passed at least pre-preliminary MITF. It is the responsibility of the parent to look at the schedule and discuss it with the coach to make sure your young child is prepared to participate in this program.*

## PAYMENTS

REGISTRATION FEE & MEALS \$375.00

*Please attach a check to this form, or provide credit card information below. Payments will not be processed until after the registration deadline. You may choose to post date your check to April 7, 2008. Parents will receive an e-mail the week of April 7th reminding them that payments will be processed and to look for a charge or deposited check.*

CREDIT CARD PAYMENTS (CIRCLE ONE)

VISA MASTERCARD DISCOVER AMERICAN EXPRESS

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

SEND THIS FORM BY APRIL 7, 2008 TO:

MAIL: U.S. Figure Skating | 20 First Street | Colorado Springs, CO 80906 | Attn: Kelly Hodge, Director, Synchronized Skating

FAX: 719-635-9548

E-MAIL: khodge@usfigureskating.org

CONTACT: Kelly Hodge | Phone: (719) 635-5200 ext. 455 | E-mail: khodge@usfigureskating.org | Web site: www.usfigureskating.org

**THE REGISTRATION DEADLINE IS APRIL 7, 2008\***