



stl summer skating camp



sponsored by metro edge figure skating club

june 16-20, 2008
Hardee's IcePlex
(formerly Summit-Center Ice Arena)
Chesterfield, Missouri

- **Individual Skill Development**
featuring world, national and olympic coaches: Chris Conte, Shiela Thelen and Pasquale Camerlengo
- **Synchro Team Development**
featuring Vicki Korn, Miami University of Ohio Head Synchro Coach
- **Full Week Format**
2+ hours on ice, 2+ hours off ice each day for five days--including lunch 9:30a.m. — 3:30p.m.
7am-9:15am AND 3:45pm-5:15pm training ice with ability to take private lessons from the G2C VIP Coaches, Vicki Korn and your private coaches (charge for training ice and private lessons apply)
- **Off-Ice specialty coaches**

Space is limited--Apply Today

“Working with Vicki Korn 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



Vicki Korn working with Metro Edge USFS Intermediate Team

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ATTENTION COACHES:
On Sunday, June 15th, Chris Conte will conduct a seminar on **Technical Calling**. This will be held at the Drury Plaza Hotel starting at 7pm. There is a **\$20 per coach charge to attend this 2 hour seminar.** (Max 25 coaches)

sponsored by the Metro Edge FSC
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
or check the website
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.”
—Allie R., skater

“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!”
Kelly - skater in 2007 camp

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

what to expect

Monday, Tuesday and Wednesday

• FOCUS on your individual skills:

All skaters will be placed in groups based on their freestyle levels. You will work on ice with World and Olympic coaches with a focus on **Jumps and Spins, stroking, edges and moves in the field.** All skaters will be placed on a team based on your MIF test levels, past skating experience and age. Dartfish technology is available at the Hardees IcePlex (additional charges may apply)

• 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.**

Thursday and Friday

• IMMERSE yourself in team skating

Next, you'll have the opportunity to work with an internationally recognized Synchro Skating Coach, Vicki Korn. (subject to availability)

Coach Korn will work with our skaters in a team format to learn synchro elements and moves.

Our off ice will focus on team development, team drills and strength & conditioning



Vicki Korn with the Metro Edge USFS Intermediate and Open Juvenile Teams

Thursday NIGHT

• ENJOY an evening with Vicki Korn

Vicki will be our keynote speaker at a banquet dinner. Drury Plaza Hotel - Chesterfield. This is limited to the first 120 people (skaters, parents and coaches). \$20 per person

coaches and instructors

Chris Conte is a PSA rated coach and choreographer based in Laurel, MD. He will demonstrate/speak on how Dartfish technology can speed the learning process. Conte is choreographer to International & National level skaters in Pairs & Freestyle, and has worked with skaters including Tim Goebel, Sasha Cohen and Emily Hughes.



Pasquale Camerlengo is a World and Olympic coach and choreographer, World and Olympic competitor, available for all levels of instruction including on and off-ice training, choreography and style, and technical instruction. Camerlengo also does choreography for synchronized skating.



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.



Vicki Korn enters her 24th season as head coach of the nation's first collegiate senior-level synchronized skating program. Korn, who served as Miami's skating director from 1984-2001, started the synchronized skating program at the club-level in 1984. She led the team to a national championship at the junior level in 1993 and two bronze medals at the senior level (1994-95). Since her program was upgraded to a varsity sport during the 1995-96 season, Korn has guided Miami's senior-level synchronized skating team to a U.S. National Championship in 1999 and World Championship appearances in four of the last six years. At last year's appearance at Worlds, March 2007, Vicki let her Senior Team to a **SILVER MEDAL.** The highest level every achieved by a USA team!



St. Louis area coaches are welcome and may be assisting on and off the ice during this week. These coaches could include: Karen Giedeman, Kim Wuertz, Ramona Peterson, Maria Gumersal, Bridgid LaMear, Eden Delphy, Charity Whitlock and Evelyn Gwi. **Outside coaches are welcome to observe on and off ice with prior approval.**

thursday night banquet

In addition to the on ice and off ice experience, our skaters will be given the opportunity to hear Vicki Korn as the keynote speaker for dinner on Thursday night. Coaches, parents and skaters are invited to attend. The cost is \$20 per person. This is limited to 100 people. Please reserve your space early. **(LAST YEAR WE FILLED)** The banquet facility will be in the Drury Inn Chesterfield, a new hotel just 4 miles east of the ice arena.

fees

The weekly fee for the camp is \$330. This fee includes all your on ice and off ice instruction and lunch every day. (MEFSC member skaters receive a \$20 discount) To participate in this camp, skaters Must be **TESTED** FS1 and MIF Pre-Preliminary or must be pre-approved by STL Summer Skating Camp Committee.

IF SPACE PERMITS, skaters will be allowed to register on a per day basis. The cost per day is \$110. This will include your lunch. This is on a space available basis, and if the camp fills with full-week skaters, you could lose your space.

FOR OUT-OF-TOWN SKATERS THAT NEED HOUSING:

Drury Plaza Hotel - 355 Chesterfield Ctr, Chesterfield, MO 63017 located just 4 miles east of the ice rink next to Chesterfield Mall, is offering a block of rooms at \$100 per night with two queen beds. This includes a hot breakfast buffet and great guest amenities. To make reservations call 800-325-0720 and reference group 203251 or click on the link: <https://reservations.druryhotels.com/GroupReservationConfirmation.aspx?GroupNo=2032511>

EACH PARTICIPANT MUST HAVE MEDICAL INSURANCE. Metro Edge FSC and/or the Hardees IcePlex will not be responsible for any medical or dental injuries. 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

To reserve a place at the Thursday night banquet featuring Vicki Korn as our keynote speaker, please select this on your registration form and add \$20 for each person attending the banquet. **Payment must accompany your reservation.**

2008 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 Deaborn Drive
 St. Louis, Missouri 63122
 ATTN: Katina 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/or MIF Pre-Preliminary or must be pre-approved by Camp Director)

STL Summer Skating Camp	\$ 330
☀️ Thursday Banquet (\$20 x Number attending)	\$ _____
TOTAL FOR WEEK	\$ _____
REQUIRED DEPOSIT \$75	\$ - 75
MEFSC Discount, if applicable - \$20	\$ _____
Balance Due by May 15, 2008	\$ _____

IF SPACE PERMITS, skaters will be allowed to register on a per day basis. The cost per day is \$110. This will include your lunch. This is on a space available basis, and if the camp fills with full-week skaters, you could lose your space.

Coaches welcome and encouraged to observe on and off ice