

## Registration and Fee Schedule:

This clinic is a great value with 4.5 hours of ice time and two hours of off-ice instruction with some of the nations experts in developing well-rounded skaters!

Early Bird Registration — ends Friday Feb 10th, 11:59 PM \$110.00

Regular Registration — ends Monday Feb 20th, 11:59 PM \$120.00

Late Registration fee — as space permits after Feb 20th \$20.00

**Register** on the Triangle FSC Entryeze Membership Site: <http://comp.entryeze.com/Membership/Welcome.aspx?cid=39>

Contact for camp questions or more information:

Beth Campbell, [campbellba4@gmail.com](mailto:campbellba4@gmail.com)

Beverly Lineberger, [bdlinebrgr@aol.com](mailto:bdlinebrgr@aol.com)

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## Private Lessons:

Clinic participants will have priority sign-up for private lessons with Kim or Nick which will be available on the following dates:

Monday March 13, 6 AM-5 PM, Raleigh IcePlex or Polar @ Wake Forest

Tuesday March 14th, 6 AM-5 PM, Raleigh IcePlex or Polar @ Wake Forest

Wednesday March 15th, 6 -11 AM, Raleigh IcePlex

Payment by check must be submitted PRIOR to inclusion into either guest coach's schedule. Remaining spots may be filled by non-clinic participants.

Coach rate per 30 min lesson is as follows :

Kim: \$ 65/30 mins

Nick: \$ 65/30 mins

### **Contact for Private Lessons:**

For Spins with Kim Ryan: Beverly Lineberger, [bdlinebrgr@aol.com](mailto:bdlinebrgr@aol.com)

For Jumps with Nick Perna: Denys Hare, [denys@mollyhare.com](mailto:denys@mollyhare.com)



**Get your skills ready for  
the competition season!**

SCNC & TFSC

present:

# **Spins, Jumps and Footwork Skills Advancement Clinic 1:30-7:30 PM**

Saturday March 11, 2017

Polar Ice House @ Factory

1839 S. Main Street

Wake Forest, NC 27587



**Kim Ryan**—has been coaching figure skaters in the Pacific Northwest and across the country for more than 40 years. A former competitive skater herself, Kim trained under John Nicks – renowned coach of Olympic skaters such as Ashley Wagner, Sasha Cohen and Tai Babilonia and Randy Gardner. Kim has coached at the national, sectional as well as regional levels.

In 2005, after many years of teaching all elements of a balanced program, Kim decided to focus her skills on the discipline that had always been at the core of her strength as a coach and created Spinergy – a focused and energized approach to both the art and mechanics of spinning.

Her instructional videos are featured on her website, [Kimspinergy.com](http://Kimspinergy.com), and also on other skating sites such as iCoach.

Kim will be available for **private lessons** Mon-Weds March 13-15th, 2017.



**Nick Perna** —is a PSA Master Rated Instructor in Freestyle and Pairs. He is a US Figure Skating Gold Medalist and a National, International, and World Team Coach. He has been on the faculty of several Team USA Training Camps and has been instrumental in the development of many skating champions worldwide. His students have included Michael Weiss, Sasha Cohen, Sarah Hughes and Gracie Gold, all of which he has helped with his innovative coaching ideas and knowledge of the hand-held jump harness. He holds patents on several different skating related inventions, including the "Pic-Skate" inline figure skate and the "Freedom Blade."

He is one of the main presenters at the renowned "Grassroots to Champions" (G2C) Seminars and the leading online coaching site "[icoachskating.com](http://icoachskating.com)". He is frequently asked to guest coach at training centers around the world.

Nick will be available for **private lessons** Monday-Tuesday March 13-14th, 2017

**Additional Faculty — Footwork, Body Line, Goal Setting and IJS Enhancement:**

**Dia McGaughey** — Dia has taught Regional-National competitors since 1988 and has PSA Senior ratings in Freestyle and Moves and is a Level IV Ranked Coach attaining the PSA Honor Roll of Coaches. She currently coaches all ages and levels including adult, recreational and competitive skaters in skills pertaining to Moves in the Field, Choreography and Style, Power and Off-Ice Training.

**Elena Betchke** — Born and raised in former Soviet Union, Elena competed in pairs on behalf of her country earning accolades as 1989 World Bronze Medalist, 1992 Olympic Silver Medalist and 1996 World Professional Champion. From 1993-2000 she was a Stars on Ice Skating Show Soloist and has coached for 21 years. During the clinic, she will focus on Body Line/Posture and Jump Plyometric fitness.

**Sarah Godwin** — U.S. Figure Skating Collegiate National Champion in Junior Ladies Division, Fifth place & Sectional alternate in Junior Ladies at the 2017 South Atlantic Regional Championships. Only competitor in that division to achieve an IJS Level 4 Footwork with positive GOE's, PSA member, U.S. Figure Skating Basic Skills coach. Attends Boston University and is a member of their Intercollegiate Skating Club Team.

Triangle Figure Skating Club is pleased to be able to bring in top faculty in Spins and Jumps technique as well as instruction in footwork from some of our local experts. This will be a unique opportunity to benefit from expertise of two coaches who have worked with U.S. Figure Skating National Competitors and learn the latest techniques to improve your overall skating skills.

Parent education on skater development will also be offered by some of our more-experienced Skating Club of NC and Triangle FSC parents. Learn about the diversity of opportunities available through U.S. Figure Skating for skaters with a wide-range of interests and skill sets.

**Sample Schedule (will vary by level):**

1:30 PM	Check In
1:45 PM	Introductions, Initial instructions
2:00-3:30 PM	Parent Education Session
2:00-2:30 PM	Off-Ice Spins
2:45-3:15 PM	On-Ice Spins
3:15-3:45 PM	On-Ice Jumps
3:45-3:55 PM	Skates Off
3:55-4:15 PM	Off Ice Body Line
4:15-4:35 PM	Off Ice Footwork discussion
4:35-4:45 PM	Skates On
4:45-5:15 PM	On Ice Footwork & Body Line
5:15-5:45 PM	On Ice Jumps
5:45-6:15 PM	On Ice Spins
6:15-6:30 PM	Advanced Spins
6:30-7:00 PM	Off Ice Plyometrics & Conditioning
7:00-7:30 PM	Off Ice Goal Setting and Periodization