



BELIEVE TO ACHIEVE

“WHAT THE MIND BELIEVES, THE BODY WILL ACHIEVE”

Figure Skate Camp December 27-29, 2018

Camp Facility

Maas Ice Arena
112 21st St SW
Watertown, SD

Camp Contact Information:

Camp Director:
Taylor Johnson
sk8coachjohnson@yahoo.com

Camp Committee Members:
Becky Reeves, Cheryl Reiter, Kelli Anderson, & Marcy Kohl

Club Webpage:
www.watertownfigureskateclub.com



2017 Advanced Skaters



2017 Basic Skills Skaters

A Letter from the Camp Director - Taylor Johnson

Dear Skaters,

Welcome to Believe to Achieve Winter Skate Camp presented by the Watertown Figure Skate Club. We are very proud to provide a winter camp that is designed to accommodate skaters of all ages and abilities, from beginner to international competitors. Whether you aspire to improve your skating skills for individual or team competitions or you skate for fun, our camp can help you reach your personal skating goals. Believe to Achieve has an exceptional coaching staff with many years of experience and expert knowledge in both USFS and ISI skating programs. Coaches are trained in all disciplines of figure skating and will help you to improve your skating skills in an encouraging fun and safe environment while challenging skaters to take chances and try some new techniques! Our classes are designed to ensure that each skater develops in a safe environment from first time beginners to high level competitors. We have many great things planned for the skaters during camp and are looking forward to meeting each one of you.

Taylor Johnson

Camp Schedule and Classes

Camp begins each day with off ice warm up and stretching. Athletes will then be divided into small groups depending on level and rotate between 6-13 stations throughout the day. Each class will be 30-45 minutes of on- ice or off ice instruction consisting of strength conditioning, power skating, edge control, jumps, spins, dance, skills, and Moves in the Field. Each class is led by a certified professional.

On and Off Ice Classes

- Jumps and Spins – Learn and perfect different spins and jumps and ways to improve entry, exit, body position and speed.
- Moves in the Field – Emphasize edge quality, control, extension, flow and presentation.
- Ice Dance Solo and Partner – elements and patterns
- Presentation and choreography – Explore ways to add expression and body movement to create interesting, fun, and visual appeal to programs.
- Power Skating – Improve strength, endurance and control.
- 3 Turns, Mohawks, Twizzles, Rockers, Counter, Choctaws – Skating Skills
- Flow and Lean with Posture and Extension --- Interpretation & Presentation
- Off-Ice Boot Camp – strength training and core work out routines

What to Bring

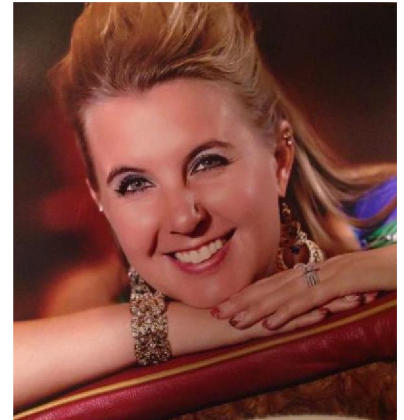
- Yoga mat/Pilates mat/towel for off-ice stretching and dance classes
- Bring a Sack Lunch only snacks will be provided.
- Sneakers and comfortable clothing for skating and off-ice programs
- Layered clothing, light gloves, thin socks, light jacket, anything that will make you comfortable for training classes.



Meet Our Believe to Achieve Camp Coaches

Taylor Johnson – Camp Director

- MIF, Jumps, Spins, and Power Skating Specialist
- Watertown Figure Skate Club LTS
Director PSA Rated Coach
- 16 years of Coaching Experience
- Professional Ice-Skating Tour Show Skater – Nutcracker on Ice State, Regional, and International Competition Competitor Senior Ladies Competitor and Medalist
- Ice Show and Competition Director
- Guest Skater for Mexican Government Holiday Show Believe to Achieve Camp Director 2016-2018
- Edges of Summer Camp Director 2015-2017



Jamie Burns – Ice Dance & Skating Skills Specialist

- St. Paul FSC Associate Director of Ice Dance
- Coached multiple national championship competitors, sectional Medalists, state champions, and USFS Gold Medalists
- 11 Time National Championship Competitor Senior Level British Ice Dance Bronze Medalist
- Performed in International Professional Ice Shows often as principal role, Including Holiday on Ice and Woodstock Ice Productions
- Private Lessons available in Pattern Dance, Partnering, Skating Skills, edges, solo free dance choreography, and Moves in the Field



Brock Huddleston – Skill, Power, Jump and Spin Specialist

- Master Rated PSA Coach
 - Master Group, Certified MIF, Registered FS, Registered Dance* 7 Year Coaching Experience
- Specialty Areas Include: Skating Skills, Power Skating, Jump Technique, Spin theory and technique.
- Other Disciplines: Moves in the Field, Ice Dance, Pairs, Off-Ice, Group instruction both USFS and ISI.
- ISI Gold Certified Judge



Courtney Heath – Learn to Skate USA Coach

- Intermediate MIF, Juvenile Freeskate, Pre-Bronze Dance 10 Years Skating Experience
- Local and Regional Competitor
- Guest Skater for Carnival of Silver Skates
- 3 years Coaching Experience Group and Private Lessons



David St. John – SDSU Associate Head Track & Field Coach

- David St. John is the Associate Head Track and Field Coach at South Dakota State University.
- David has been coaching at the collegiate level for 25 years. During his coaching career, he has coached over 50 conference champions, 20 NCAA Championship qualifiers and 6 athletes that have competed at either the USA Track and Field Championships and Olympic Trials.
- David has taken his training program he uses at the collegiate level and applied those same principles to Figure Skating.
- During the camp, he will use plyometric jumps; speed and strength training techniques that will help each student develop their skills as skaters.



Megan Wight – Virtual Health & Fitness Coach

- Certified Coach In: BodyPump & Turbo Kick Piyo
- Online Fitness Coach, Group Fitness, and Boot Camp Instructor



Kelsey Raml, MS, RD, LN – Nutrition Specialist

- Bachelor of Science degree in Nutrition and Food Science with a specialization in Dietetics from South Dakota State University.
- Master of Science degree in Nutritional Sciences from SDSU in 2009 and started at Brown Clinic in the summer of 2009.
- She completed her Dietetic Internship at the University of South Dakota School of Medicine and Center for Disabilities in Sioux Falls



Ellie Kohl – Ballet Instructor

- Ellie has been studying dance for 15 years in several different styles, including ballet, pointe, jazz, contemporary, lyrical, modern, musical theater, and ballroom.
- She has performed in several leading roles of Ballet Wichita productions (Wichita, KS), including *The Nutcracker*, *Snow White*, *The Wizard of Oz*, and *The Little Mermaid*.
- Ellie has trained at several nationally recognized intensive ballet programs throughout her dance career, such as American Ballet Theatre, Kansas City Ballet, Oklahoma City Ballet, and Texas Ballet Theatre.
- In her free time, Ellie also enjoys yoga, pickleball, and Ultimate Frisbee.
- Ellie is currently a student at the University of Minnesota, where she is studying Kinesiology in pursuit of becoming a physical therapist.



Camp Packages

You may purchase a one-day camp or the two-day camp option per skater



Thursday, December 27, 2018 --- Basic Skills Camp \$75.00

- **EARLY BIRD DISCOUNT REGISTRATION \$55.00 (Before 10/05/18)**
- USFS Basic 1 – Freeskate 2 and/or ISI Pre-Alpha – Delta Level Skaters Only
- Skater Check-In 7:30am Basic Low Skaters and 12:30pm Intermediate Level Skaters
- Camp from 8:30am-11:30am Levels Basic 1-Basic 4 AND 1:30-4:30pm Levels Basic 5-Freeskate 2 Includes: Snacks



Friday, December 28, 2018 --- Advance Camp 1 Day \$150.00

- **EARLY BIRD DISCOUNT REGISTRATION \$120.00 (Before 10/05/18)**
- USFS Freeskate 3 – Senior (Advance Level Skaters) and/or ISI Freestyle 1-10
- Skater Check-In 7:00am
- Camp from 8:00am-5:00pm (Open Ice 7:00-8:00am)
- Includes snacks



Saturday, December 29, 2018 --- Advance Camp 1 Day \$150.00

- **EARLY BIRD DISCOUNT REGISTRATION \$120.00 (Before 10/05/18)**
- USFS Freeskate 3 – Senior (Advance Level Skaters) and/or ISI Freestyle 1-10
- Skater Check-In 7:00am
- Camp: 8:00am-3:00pm (Open Ice 7:00-8:00am)
- Includes snacks
- **TEST SESSION – 3:30-9:30pm (Additional Fees & Registration Required)**



Friday and Saturday December 28-29, 2018 --- Advance Skating Camp 2 Days \$285.00

- **EARLY BIRD DISCOUNT REGISTRATION \$225.00 (Before 10/05/18)**
- USFS Freeskate 3 – Senior (Advance Level Skaters) and/or ISI Freestyle 1-10
- Skater Check-In 7:00am
- Camp: 8:00am-5:00pm Friday and 8:00am-3:00pm Saturday
- Open Ice 7:00-8:00am
- Includes: Snacks

Surprise Your Skater with a Camp Package for Christmas!

For just \$40.00, you will receive a WFSC Believe to Achieve black puffer Vest (available in adult sizes) or black puffer Jacket (available in youth sizes only), brochure, and personalized certificate for your skater to open on Christmas Day!
What a great way to let your skater know they are going to camp!

Christmas Surprise Camp Registration Due OCTOBER 15, 2018!

Due to limited availability no late orders will be accepted. This offer is only available to registered campers!

How to Register for WFSC Believe to Achieve Camp

Register ONLINE at <http://comp.entryeeze.com/Membership/Welcome.aspx?cid=310>

- Click “Register as a Guest” at the Home Page
- Enter your skater(s) contact information – if registering two skaters, click “add a new member” once the first one is complete
- A confirmation email will be sent for verification from WFSC
- Select “Contract Ice” to view the Believe to Achieve Camp Packages
- Place the cursor over the eye symbol for details
- Select the package that works best for you and add to the cart
- To purchase the Christmas Surprise Package, click on the “Merchandise Tab”, select jacket/vest size and add to your cart
- Click on the cart to check out

Additional Forms to Complete

On the Entry Eaze Homepage, on the bottom right hand side, click on “Private Lesson Form” and “Release of Liability Waiver Forms”.

Complete and email or mail back BOTH FORMS by 10/05/18 to:

Watertown Figure Skate Club
c/o Taylor Johnson
138 S. Lake Drive, Watertown, SD 57201
Sk8coachjohnson@yahoo.com

Early Bird Discount Registration & Christmas Surprise Package Deadline is October 05, 2018.

Final Camp Registration Deadline is December 07, 2018.

Camp Fees are refundable only with medical verification and prior to December 07, 2018. No other exceptions will be made.

Need help or have questions?

Contact Camp Director Taylor Johnson at sk8coachjohnson@yahoo.com

WFSC Believe to Achieve Camp Private Lesson Request Form

- The Camp Director will confirm private lesson schedule for all coaches prior to December 20, 2018.
- Lessons will be scheduled in the order in which requests are received.
- Each skater may request up to 3 lessons with our trained coaching staff, not guaranteed first requested coach for each lesson.
- The Camp Director will send an invoice(s) per private coach to each skater that must be paid at check-in by 12/20/18
- Additional private lessons may be available upon check-in
- **All private lessons must be paid at check-in**

SELECT COACH(S) & CIRCLE NUMBER OF PRIVATE LESSONS BEING REQUESTED PER COACH:
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_____	Coach Taylor Johnson	\$22 per 20 Minute Lesson	Number of Private Lessons: 1 2 3
_____	Coach Jamie Burns	\$26 per 20 Minute Lesson	Number of Private Lessons: 1 2 3
	<i>NOTE: Available for private lessons on Friday & Saturday ONLY</i>		
_____	Coach Brock Huddleston	\$24 per 20 Minute Lesson	Number of Private Lessons: 1 2 3
_____	Coach Courtney Heath	\$15 per 20 Minute Lesson	Number of Private Lessons: 1 2 3
	<i>NOTE: Available for private lessons THURSDAY ONLY</i>		

Take a picture or scan this form and email to Camp Director Taylor Johnson at sk8coachjohnson@yahoo.com by October 05, 2018.

