

Summer Fun on Ice



Figure Skating Skills Camp

Monday, Aug. 7 - Friday, Aug. 11, 2017
9am-12:30pm
at Plymouth State University Hanaway Ice Arena

Week-long Program Includes:

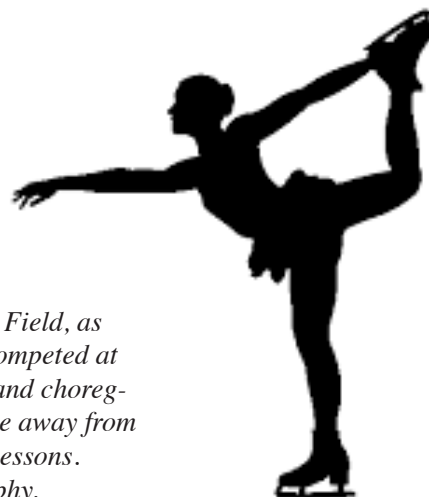
- Jump, spin, edge, and ice dance focus sessions;
 - Program development;
 - Performance and showmanship skills;
- Off-ice, yoga, stretching, and visualization exercises;
- Setting goals, practice habits, harnessing positivity, & the many ways skating can influence and impact skaters' futures.

Designed and Taught by: *Coach Beth Weick*

*For information and registration form,
please contact Beth at
b.a.weick@gmail.com*

Program cost: \$275
Open to skaters who have
passed Basic 4 and above.

Skaters will be organized into
Advanced Beginner,
Intermediate, & High levels for
training purposes.



Coach Beth Weick holds her Gold Level tests in Freestyle and Moves in the Field, as well as Pre-Gold tests in Ice Dance, and Preliminary Pairs. She formerly competed at the Senior level throughout the East Coast. She began working as a coach and choreographer in the early 2000s, in the Mid-Atlantic region. After taking some time away from the sport, she resumed coaching in 2015, offering private and semi-private lessons. Focus areas include jumps, spins, power, artistry, edge/flow, and choreography.