

# Summer Figure Skating Training Camp

June 1 - August 7 2020



## PHILOSOPHY:

**Arctic Edge Ice Arena is dedicated to athlete's pursuit of maximizing their skating potential through a wide range of skating programs.**

Our rink offers intensive program featuring specialized on and off-ice classes. Individualized programs are developed using the latest techniques in biomechanics, fitness, & conditioning.

## COACHES:

### **Director of Figure Skating Operations**

Jackie Brenner (405) 823-0435

### **Assistant Skating Director**

Alanna Jones (405) 204-8012

Roman Koudriavtsev	(405) 550-4739
Deborah Conteh	(405) 888-6528
Elysse Brenner	(405) 436-0074
Sara Sharp	(405) 312-0028
Lizzy Glaser	(405) 513-0712
Arisa Pistulka	(405) 317-1522
Angie Conley	(405) 229-3134
Kiele Cho	(405) 423-0383
Irene Cui	(786) 973-7261
Elizabeth Mullins	(405) 206-1607

## ON-ICE:

### **FREESKATE (FS) SESSIONS**

Freestyle programs, technical, and private artistic instruction available

### **SPECIALTY CLASS/ POWER**

Group lessons are taught by various coaches for jumps, spins, music intertation, ice dance, edges, and power. These classes rotate throughout the week.

## OFF-ICE:

**FOR ALL OFF ICE CLASSES - Start Date TBD  
Please contact the instructor with any questions.**

**All off-ice classes payable directly to the instructor prior to the start of class via check or cash only.**

9:30-10:15 am Pre-Juv and below  
11-11:45 am Juvenile and above

**JUMP CLASS - Monday & Wednesdays**  
Instructor: Roman Koudriavtsev

**CONDITIONING - Tuesday & Thursday**  
Instructor: Elizabeth Mullins MS,CSCS,NSCA-CPT

**BALLET - Friday**  
Instructor: TBD

## PAYMENT:

ON-ICE  
\$12 per 45 min session



Arctic Edge Ice Arena  
14613 N Kelly Ave ORC  
(405) 748-5454  
www.arctic-edge.com



## Summer Figure Skating Training Camp

# Ice Time Training Schedule



### Monday - Friday AM

ALL Levels

5:30-6:15

MIF/Freestyle

6:15-7:00

Freestyle

7:00-7:45

Freestyle

7:45-8:30

Freestyle

Preliminary - Senior

8:30-8:45 \*

ZAM

8:45-9:30

Freestyle

9:30-10:15

Freestyle

10:15-10:30\*

SPECIALTY

Preliminary & Below

10:30-11:15

Freestyle

11:15-12:00

Freestyle

12:00-12:15\*

SPECIALTY

12:15-1:00

Freestyle

### Tuesday & Thursday PM - All Levels

4:30-5:15

5:15-6:00



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