

Team Braemar Presents The 3rd Annual Summer Synchronized Skating Clinic

June 17 & 18, 2011



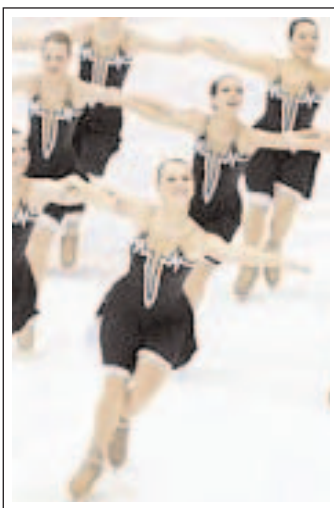
A Weekend Skating Experience Like No Other

Join our staff of leading Team USA synchronized skating coaches, officials, and performance professionals for an intensive weekend of synchronized skating. Athletes will receive instruction and train on and off-ice.

Our accomplished team of experts who have International and World Team experience include: Josh Babb, Saga Krantz, Dann Krueger, Pam May, Toni Swiggum, and others to be announced.

Synchronized skating teams of varying levels are encouraged to participate. Individual skaters are welcome and will be

placed by our staff on an appropriate team according to skating level and age. Coaches accompanying their team of twelve or more skaters will have the opportunity to observe on ice during the clinic. Space is limited.



The weekend will consist of a 2-day clinic for skaters with a moves-in-the-field (MIF) test level of Pre-Juvenile through Senior with no age requirements.

All clinic activities will be held at Dakotah Sport and Fitness Ice Arena, located at 2100 Trail Of Dreams in Prior Lake, Minnesota, 55372, www.dakotahsport.com. Many hotels and restaurants are located within a half hour of the facility.

Your Weekend In Detail

2-Day Clinic

- **Friday, June 17, 2011**, 6:00 - 10:00 p.m.
 - **Saturday, June 18, 2011**, 8:30 a.m. - 4:30 p.m.
- (Daily schedules will vary depending on enrollment.)

Our 2-day, 12 hour program is designed for skaters with a MIF of Pre-Juvenile through Senior with no age requirements. The curriculum will consist of:

6 On-Ice Sessions

- Synchro Elements
- Skating Techniques
- Step Sequences
- Music Interpretation

4+ Hour Off-Ice Session

- Utilization of Movement & Music Interpretation
- Stretching & Conditioning
- Classroom Instruction: IJS Judging

Team Building

Lunch

- Team USA Synchro Video viewing

Also Provided

- T-shirt, snacks, and water

Special Opportunity For Parents

- Informal question and answer session hosted for parents during the final hour of the clinic on Saturday.

Tuition Fee Fees are Non-Refundable

2-Day Clinic: \$250 per Skater

Coaches On-Ice Observation: \$100 per Coach, per day. Coaches accompanying their team of twelve or more skaters will have the opportunity to observe on ice during the clinic. Coaches may observe for one or two days. Limited space is available.

What to Bring

Black leggings to be worn during all clinics, on-and off-ice, Tennis Shoes and Socks, and Skates/Hard Guards. You will receive a T-shirt to wear.

Accommodations

Transportation and accommodations are NOT included in the fee, and are the responsibilities of individual families. Surrounding suburbs of Bloomington, Burnsville, Eden Prairie, Edina, and Prior Lake host a number of hotels of various price and service levels.

Synchronized Skating Staff

Josh Babb, Director of Synchronized Skating, Head Coach, Skyliners (2011 ISU Junior World Challenge Cup Team Competitors; 2011 USFS Junior National Champions; 2011 Gold Medalists Milan Spring Cup). Team USA & World Team Coach, Synchronized Training Festival/National Coaches College Staff.

Saga Krantz, Director, Head Coach, Haydenettes & Lexettes (2011 Senior Silver Medalists Mozart Cup; 2011 USFS Senior National Gold Medalists, 2011 World Synchronized Skating Championship Bronze Medalists). Team USA & World Team Coach; Synchronized Training Festival/National Coaches College Staff. 2008 PSA Developmental Coach of the Year.

Dann Krueger, Chair, USFS Synchronized Management Subcommittee and past Chair, Synchronized Skating Committee; World Judge; International Technical Controller and International Judge - STS; National Referee - STS; National Judge - Singles/Pairs.

Pam May, Director of Synchronized Skating, Head Coach, Team Braemar (2011 ISU Junior World Challenge Cup Bronze Medalists; 2011 USFS Junior National Silver Medalists, 2011 Gold Medalists French Cup; 2010 & 2009 Junior National Champions; 2011 USFS Novice Bronze Medalists). Team USA & World Team Coach; Synchronized Training Festival/National Coaches College Staff.

Toni Swiggum, Coach, Team Braemar; Team USA & World Team Coach; 32 years experience coaching Synchronized Skating at Braemar-City of Lakes Figure Skating Club.

For More Information Contact

Kathy Hegseth: dkhegseth@yahoo.com or 612-201-4401

Team Braemar is part of the Braemar-City of Lakes FSC, www.braemarfsc.org

Team Braemar Summer Synchro Clinic Registration Form

Please postmark and mail your registration, including full payment, by Monday, May 9, 2011.
Use one form per skater.

Skater's name _____ Male or Female _____ Age _____
Circle

Parent's name _____

Mailing address _____
Street

City _____ State _____ Zip _____

Daytime phone _____ Parent's cell phone _____

Skater's cell phone _____ Parent's e-mail _____

Did you skate on a synchronized skating team in 2010-2011? If so, please write Team Name and Team Level below.

Team Name _____ Team Level _____

Home club _____

Are you attending/registering with a synchronized skating team? If so, please write Team Name below

Are you registering as an individual synchronized skater? Yes _____ No _____
(You will be placed on an appropriate team)

Highest Moves In the Field test passed? _____ USFS number _____

Are you a coach who is bringing 12 or more skaters and who would like to observe on-ice? Yes _____ No _____

T-shirt size (circle one, skaters only) Child's: M L Adult: S M L XL

Tuition Fee Tuition Fees are Non-Refundable

2-Day Clinic: \$250 per Skater, Friday, June 17 & Saturday, June 18, 2011 \$ _____

Coaches On-Ice Observation: \$100 per Coach, per day (12 skater min.) \$ _____

Check days of interest: Friday, June 17 _____ Saturday, June 18 _____ \$ _____
Total

Please make checks payable to: Team Braemar

Mail to: Kathy Hegseth, 17050 Grenadier Ave., Lakeville, MN 55044. Postmark and mail your registration, including full payment, by Monday, May 9, 2011.

Signature _____
Parent, Guardian, or Skater if 18 years old

Once your registration and full payment has been received, a detailed confirmation email will be sent to you. You will need to download, fill in, and sign both a Liability Waiver and a Medical Information/Consent to Treat Form from our website before your skater is allowed to participate in the clinic. More information about this will be in your confirmation email.