

HALF DAY CAMP

Half-Day camps are being offered

- Gilmour Academy summer camp
 - Train in the morning
 - Enjoy day camp in the afternoon
- Swimming, outdoor activities fieldtrips and much more!!
 - (weeks 1-8 only)

****ONLY \$225 for the week****

Includes lunch and full day programming on Friday's

Half-Day Camp Schedule

- 12:30 finish last ice session & go to lunch
 - 1-4 afternoon camp activities
- After Care offered from 4:00-6:00 = \$65
- Before Care offered 7:15-8:30AM= \$35
 - ****Both for \$85****

****If registering for Half-Day Camp please email**

Kelly Lynch for SPECIAL registration code**



Gilmour Academy
Summer
Development
Program

June 12th-August 11th 2023



GILMOUR  ACADEMY
ICE ARENA

Floyd E Stefanski Ice Arena

2045 SOM Center Rd.
Gates Mills, OH 44040
440.473.8153

Kelly Lynch—Director
lynchkelly@gilmour.org

Guest Professionals Welcome



ICE SCHEDULE RINK TWO

Monday Tuesday Wednesday Thursday:

7:30am-8:30am :	General
8:30am-9:30am :	General
	(Ice Cut)
9:40am-10:40am :	High Free
10:40am-11:40am :	General
	(Ice Cut)
11:50am-12:30pm:	On Ice Clinic
12:30pm-1:30pm :	General
	(ice Cut)
1:40pm-2:40pm :	General
2:40pm-3:40pm :	General

Friday:

7:30am-9:30am : General

Definition of sessions

High- Free :

Landing an axel and above or with permission

General:

Basic 4 and up or with permission

Weeks 1, 2 & 5 ONLY

7:30-8:30am
 8:30-9:30am
 10:40-11:40am
 11:40-12:40pm
 1:50-2:50pm
 2:50-3:20pm

See special schedule for week #4



Skating Packages

Skating Package 1:

\$10 General Sessions and \$9 Clinics
When purchasing 6 or more general session &
4 or more clinics per week

Skating Package 2:

\$12 General Sessions and \$11 Clinics
When purchasing 5 or less general session & 3
or less clinics per week

Skating Package 3:

\$15 General Sessions
When purchasing ice only

****MAKE-UP CREDITS WILL BE ISSUED
FOR SESSIONS MISSED BUT MUST BE
USED BY AUGUST 11TH NO
EXCEPTIONS****

**ALL SKATERS MUST PREREGISTER
FOR ALL SESSIONS**



Gilmour Academy Summer Development Program

On Ice Clinics

Tuesday / Thursday

Power Clinic:

(By Nicky Kappenhagen Kelly Lynch)

The edge portion of this clinic will strengthen your skaters use of their edges and teach them simple to complex turns and steps. Enhancing the difficulty and complexity of their program as well as footwork sequences. The power portion is designed to increase both a skaters foot speed and acceleration as well as develop power and endurance for their program. Drills and exercises will develop these skills in a fun environment with music.

Nicky Kappenhagen has been coaching for over 30 years and is a member of U.S. Figure Skating (USFS) and the Professional Skaters Association (PSA). Her PSA ratings include: Registered Free Skating, Registered Group and a Master Rating in Moves in the Field. Nicky has trained skaters through their Gold Moves in the Field and Free Skate tests as well as trained skaters for all levels of competition from basic skills thru U.S. Figure Skating qualifying competitions. Nicky enjoy helping skaters of all ages and levels learn to skate, establish goals and work to achieve those goals.

Kelly Lynch is a PSA Master rated coach with 33 years coaching experience. Having coached Regional, Sectional and National competitors., Kelly specializes in Moves, Freeskate, edgwork and Stroking. She is certified in power skating through the PSA and has coached power skating to both figure skaters and hockey players for over 25 years.

Monday

Dance Artistry: (By Daria Classen)

Join in to explore different types of dance movement that will lend to and develop your artistry on ice and musicality! This class will help a skater develop expression and emotion in the skating performances as well as further enhance your skaters body line, extension, grace and flexibility.

Instructors reserve the right to adjust the skater's class to match their skill level



Gilmour Academy Summer Development Program

OFF ICE SCHEDULE

Senior Clinics

MONDAY — THURSDAY

10:50-11:40 AM

Monday: Off Ice Jump Class
(Axel, double and triple jumps)

Tues/Thurs: Pilates/Strength Training
(13 & up or with permission)

Wednesday: Ballet
****Weeks 1,2,4&5 class times are different, refer to the schedule page****

Junior Clinics

MONDAY — THURSDAY

9:40-10:30 AM

Monday: Off Ice Jump Class
(Singles and beginning Axel)

Tues/Thurs: Pilates/Strength Training
(12 & below or with permission)

Wednesday: Ballet
****Weeks 1,2,4&5 class times are different, refer to the schedule page****



Off-Ice Clinics

Ballet and Beyond (By Daria Classen)

Ballet is the foundation of all forms of dance including figure skating. This class will incorporate ballet and other forms of movement utilizing both the mat and the barre. It is ideal for the skater that wants to take their skating to the next level in artistry and performance.

Junior Ballet - For the skater that is Pre Juv and below

Senior Ballet - For the skater that is above Pre Juv

Note: If a skater has had ballet experience and wants to be in the higher level with out the ice level they may audition with the instructor.

EQUIPMENT NEEDED: MAT, BALLETT SLIPPERS, WATER BOTTLE

Daria Classen is a a Double Gold Medalist in Freestyle and Figures. She holds a Master Rating in Freestyle and Choreography with the Professional Skating Association. She toured as a soloist with The Ice Follies. Daria has spent the last 30 years as a comprehensively trained Pilates, ballet, and yoga teacher to skaters. She loves to share her passion for movement both on and off the ice.

Jump Class (By Sally Tasca)

The purpose of this class is to introduce proper jump technique to a skater. Explosive take-offs, posture and body control, rotation and proper landing positions are the key ingredients to successfully building your jump arsenal from singles too doubles to triples and beyond.

**EQUIPMENT NEEDED :
ATHLETIC SHOES & JUMP ROPE**

Sally Tasca has been a member of the Professional skating association for over 39 years and is Master Rated in both freeski and moves in the field. Along with a Level 4 Ranking Sally is a Team USA international coach teaching all levels of skaters in Freeski, moves, stroking and off ice jump.



Clinics Continued

Junior/Senior Strength Training (By Lawrence Wynn & Amber Kruse)

This class is designed to build both upper & lower body strength and endurance, as well as improve a skater's balance and core stability. This is not only key for a skater's safety and the ability to rotate multiple revolution jumps, but also aids in program stamina.

EQUIPMENT NEEDED: ATHLETIC SHOES

Amber Kruse is a member of the Professional Skaters Association, USFSA double gold medalist, as well as a five-time State Games of America gold medalist. She completed the A to Z's of Coaching Cohort with World & Olympic coaches Tom Zakrajsek and Kori Ade. Amber is a Certified Personal Trainer through the National Academy of Sports Medicine, as well as a certified Pilates instructor.

Lawrence Wynn was hired as Gilmour's Director of Strength and Conditioning in 2022 after being an Assistant Strength Coach in 2021. He spent the last six years as an Assistant Strength coach at Archbishop Hoban High School. Coach Wynn received a Bachelor of Science in Exercise Science from the University of Akron. During his college career, he played football and ran track for the University of Cincinnati (2010-12) before transferring back home to finish his undergrad in 2015. He is a Certified Strength and Conditioning Specialist (CSCS). In his seven years of being a strength coach, he has won 11 state championships.

On Ice Clinics

Wednesday Skills and Drills:

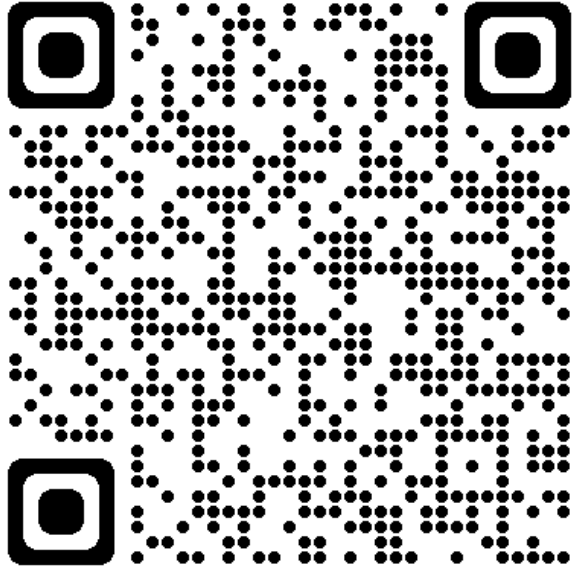
(Kelly Lynch and Various Guest Instructors)

This clinic provides various avenues of training to broaden each skaters' arsenal of exercises in their development to be the complete skater. Each week will be different and will offer fun and challenging drills for each skater. Exploring areas such as figures, transitions, turns and edges, spirals and footwork, spins, jumps and landing positions and choreography and theatrical expression.



Gilmour Academy Summer Development Program

Registration Page



**ABOVE QR CODE WILL TAKE YOU
TO OUR
FIGURE SKATING CLUB HOME
PAGE**

**THERE YOU CAN REGISTER FOR
OUR SUMMER PROGRAM.**



Gilmour Academy Summer Development Program

NEW THIS YEAR

ONLINE REGISTRATION

<https://www.gilmour.org/campus-life/after-school-classes/figure-skating-club>

**50% payment due by May 1st
Balance due by June 20th**

NO REFUNDS AFTER JUNE 19th

Monday	12-Jun	19-Jun	26-Jun	3-Jul	10-Jul	17-Jul	24-Jul	31-Jul	7-Aug
GENERAL	1	2	3	4	5	6	7	8	9
GENERAL	1	2	3	4	5	6	7	8	9
JUNIOR JUMP TRAINING	1	2	3	4	5	6	7	8	9
HIGH FREE	10:40-11:40	2	3	4	10:40-11:40	6	7	8	9
GENERAL	11:40-12:40	2	3	4	11:40-12:40	6	7	8	9
SENIOR JUMP TRAINING	12:50-1:40	2	3	4	12:50-1:40	6	7	8	9
ON ICE CLINIC—DANCE	11:50-12:30pm	2	3	4		6	7	8	9
GENERAL	12:30-1:30pm	2	3	4		6	7	8	9
GENERAL	1:50-2:50	2	3	4	1:50-2:50	6	7	8	9
GENERAL	2:50-3:20	2	3	4	2:50-3:20	6	7	8	9
Tuesday	13-Jun	20-Jun	27-Jun	4-Jul	11-Jul	18-Jul	25-Jul	1-Aug	8-Aug
GENERAL	1	2	3		5	6	7	8	9
GENERAL	1	2	3		5	6	7	8	9
JUNIOR STRENGTH CLASS	1	2	3		5	6	7	8	9
HIGH FREE	10:40-11:40	10:40-11:40	3		10:40-11:40	6	7	8	9
GENERAL	11:40-12:40	11:40-12:40	3		11:40-12:40	6	7	8	9
SENIOR STRENGTH CLASS	12:50-1:40	12:50-1:40	3		12:50-1:40	6	7	8	9
ON ICE CLINIC—POWER	11:50-12:30pm		3			6	7	8	9
GENERAL	12:30-1:30pm		3			6	7	8	9
GENERAL	1:50-2:50	1:50-2:50	3		1:50-2:50	6	7	8	9
GENERAL	2:50-3:20	2:50-3:20	3		2:50-3:20	6	7	8	9
Wednesday	14-Jun	21-Jun	28-Jun	5-Jul	12-Jul	19-Jul	26-Jul	2-Aug	9-Aug
GENERAL	1	2	3	7:00-8:00	5	6	7	8	9
GENERAL	1	2	3	8:00-9:00	5	6	7	8	9
JUNIOR BALLET CLASS	1	2	3	9:10-10:00	5	6	7	8	9
HIGH FREE	10:40-11:40	10:40-11:40	3		10:40-11:40	6	7	8	9
GENERAL	11:40-12:40	11:40-12:40	3	9:10-10:10	11:40-12:40	6	7	8	9
SENIOR BALLET CLASS	12:50-1:40	12:50-1:40	3	10:20-11:10	12:50-1:40	6	7	8	9
ON ICE CLINIC—Skills & Drills	11:50-12:30pm		3			6	7	8	9
GENERAL	12:30-1:30pm		3			6	7	8	9
GENERAL	1:50-2:50	1:50-2:50	3	12:20-1:20	1:50-2:50	6	7	8	9
GENERAL	2:50-3:20	2:50-3:20	3	1:20-2:20	2:50-3:20	6	7	8	9
Thursday	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug
GENERAL	1	2	3	7:00-8:00	5	6	7	8	9
GENERAL	1	2	3	8:00-9:00	5	6	7	8	9
JUNIOR STRENGTH TRAINING	1	2	3	9:10-10:00	5	6	7	8	9
HIGH FREE	10:40-11:40	10:40-11:40	3		10:40-11:40	6	7	8	9
GENERAL	11:40-12:40	11:40-12:40	3	9:10-10:10	11:40-12:40	6	7	8	9
SENIOR STRENGTH TRAINING	12:50-1:40	12:50-1:40	3	10:20-11:10	12:50-1:40	6	7	8	9
ON ICE CLINIC—POWER	11:50-12:30pm		3			6	7	8	9
GENERAL	12:30-1:30pm		3			6	7	8	9
GENERAL	1:50-2:50	1:50-2:50	3	12:20-1:20	1:50-2:50	6	7	8	9
GENERAL	2:50-3:20	2:50-3:20	3	1:20-2:20	2:50-3:20	6	7	8	9
Friday	16-Jun	23-Jun	30-Jun	7-Jul	14-Jul	21-Jul	28-Jul	4-Aug	11-Aug
GENERAL	1	2	3	4	5	6	7	8	9
GENERAL	1	2	3	4	5	6	7	8	9