



USFSA Regional Training Camp

(Sanction by the United States Figure Skating Association)

June 21, 22 and 23, 2002

Under the direction of

World and Olympic Coach Donald E. Laws



Sponsored by the Skating Club of Mt. Lebanon at the

**Mt. Lebanon Recreation Center
900 Cedar Boulevard
Mt. Lebanon, PA 15228**

The Skating Club of Mt. Lebanon is please to offer an official USFSA Regional Training Camp to skaters, coaches, and parents in the tri-state area. This program is designed to prepare skaters, coaches, and parents to produce the "complete athlete," who is fit, healthy, well-adjusted and properly trained, and therefore better able to deliver high-quality consistent skating. The Camp will encourage "active learning" with skater participation in all Camp components, and it will provide an opportunity for the exchange of ideas and training techniques among coaches.

Camp Structure

Skaters (the Camp is open to all skaters who are members of the USFSA; Preliminary through Senior Levels):

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| On-ice instruction: 6+ hours of on-ice instruction that will include - | Conditioning, stroking/power, spins, jumps, moves-in-field, dance, and expressive movement. |
| Off-ice instruction: 5-hours of off-ice instruction that will include - | Strength, flexibility, warmup, nutrition, sports psychology, dance, music, and judge's views. |

Coaches and Parents:

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| Off-ice instruction: 6-hours of off-ice instruction that will include - | Strength, flexibility, warmup, nutrition, sports psychology, life issues, dance, music, judge's views, and accounting/scoring. |
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Camp Faculty

On-ice Special Guest Coaches will include:

Christy Krall - PSA Master Rated Figure, Free Skating and Moves Coach
ROD MCBRIEN - Artistic Director, Chesapeake Skating School
BOD MOCK - PSA Master Rated Dance and Free Dance Coach
BODDE SNIRE - PSA Master Rated Figure and Free Skating Coach

Off-ice Special Guest Faculty will include:

Dr. Caroline Silby - Sports Psychologist; Member of the USFSA Sports Sciences and Medicine Committee
DR. RON DEI CAS, with Carrie Bacasa - USFSA Competition Judges
MAXINE GANTER - USFSA National Accountant

General Information

The Camp will be held at the Mt. Lebanon Recreation Center, which is located at 900 Cedar Blvd., in Mt. Lebanon, PA.

The main rink ice surface size is 200' x 85'.

A snack bar and dressing rooms are available at this Facility.

The Camp will begin Friday *afternoon*, June 21, 2002; run a full day on Saturday; and finish Sunday *afternoon*, June 23, 2002.

Meals include: Friday Evening Pizza Party in the Park; Continental Breakfast on Saturday & Sunday; Lunch on Saturday; and Mid-day Snacks on Saturday & Sunday.

Housing and transportation are the responsibility of each participant.

A block of rooms has been reserved for Camp participants at the Host Hotel: **Holiday Inn Greentree.**

The block of rooms will be held until **June 3, 2002**. When making reservations, please mention that you are with the SKATING CAMP.

There are four hotels located within a 3-mile radius of the rink.

Camp Contact

Questions regarding this Camp should be directed to: Donna J. Cella (Local Organizing Chair)
Evening Phone No. 412 - 341 - 0575
eMail Address: cellaice@adelphia.net



Registration Deadline: June 3, 2002