

Summer School 2009
June 7 - August 8

International Skating
Center of Connecticut
THE WORLD'S HOME ICE



New Packages & Seminars. Check it Out Today!

2009 SUMMER OF GOLD

HEAT IT UP ON THE WORLD'S HOME ICE

Home of National, World & Olympic Champions



KATIE ORSCHER

The International Skating Center of Connecticut invites you to our 14th annual Summer School. ISCC is a world-class, twin-rink training facility located in Simsbury, CT. With our dual ice surfaces, weight training/fitness room and ballet/dance studio, our skaters can participate in comprehensive training. Come join us on the ice and see why so many National, International, Olympic and World Champions have made us the World's Home Ice!

Skaters and Coaches Who Have Called ISCC Home: Ekaterina Gordeeva & Sergei Grinkov, Viktor Petrenko, Oksana Baiul, Iliia Kulik, Alexei Yagudin, Silvia Fontana, Sasha Cohen, Shizuka Arakawa, Johnny Weir, Maria Butyrskaya, Irina Slutskaya, Miki Ando, Takeshi Honda, Katie Orscher & Garrett Lucash, Brian Joubert, Andrei Giazhev, Daisuke Takahashi, Elena Grushina & Ruslan Goncharov, Galit Chait & Sergei Saknovsky, Lucinda Ruh, Scott Davis, Melissa Gregory & Denis Petukhov, Chatal Lefebvre & Arseniy Markov, Julia Sebestyen, Galina Zmievskaya, Tatiana Tarasova, Vadim Naumov & Evgenia Shishkova, Vladimir Petrenko, Maya Usova, Evgeni Platov, Nicolai Morosov, Shae Lynn Bourne, John Thomas, April Sargent

THE WORLD'S HOME ICE:

- 2,000 seat, twin rink facility: Olympic Size (200 x 100') and NHL Size (185 x 85')
- Jump Harness
- State-of-the-Art-Sound System
- Professional Dance Studio for Ballet, Jazz & Conditioning
- Fully-equipped Weight Room – For Skaters age 16 & older
- Professional Skate Sharpening & Other Related Services
- Rink-side Dining at Sk8ters Café
- Studio 202, Inc. Fitness program for Children and Adults

1375 Hopmeadow Street
P.O. Box 577
Simsbury, Connecticut 06070
(860)651-5400 Fax: (860)651-5204
www.iscscskate.com



Check in: Sunday 2:00 - 4:00PM
at Westminster School, Edge House
Check out: Saturday 12:00PM

DIRECTIONS TO WESTMINSTER DORMITORY:
Westminster is one mile south on Route 10/202 (Hopmeadow St.) from the International Skating Center of Connecticut.
Check in: Sunday 2:00 - 4:00PM
at Westminster School, Edge House
Check out: Saturday 12:00PM

DIRECTIONS TO THE INTERNATIONAL SKATING CENTER OF CONNECTICUT:

Surrounded by the beautiful New England countryside in Simsbury, Connecticut, the International Skating Center of Connecticut is just minutes from Bradley International Airport, twenty minutes from Hartford, CT and less than two hours from New York City & Boston.



OFF-ICE CLASSES:

SKATERS BALLET:
While studying basic ballet technique, this class is designed to teach and reinforce body position and extension. Ballet shoes are required.

JAZZ-ISM!:
This high energy class is designed to incorporate modern body movements to improve artistic expression. This is a fun and beneficial way to build performance skills and cardio-endurance. Jazz shoes are allowed but not required.

JUMP:
Designed to improve rotation, strength and jumping technique. The basics of single, double and triple jumps are broken down off-ice to improve height, distance and landing position. Participants must wear sneakers with proper ankle support.

CONDITIONING:
Designed to improve flexibility, strength and cardio-endurance through low-impact training. Skaters will use aerobic steps, exercise balls and low-weights as part of their training. All equipment will be provided for their use. Participants must wear sneakers with proper ankle support.

STRETCH:
This class will improve skaters' flexibility, turn-out and extension. Focused on complete body stretching with attention to posture, skaters will be taught how to apply these skills to their on-ice programs to aid in spirals, spins and connecting move presentation.

HIP-HOP:
Learn today's dance moves while working on developing a personal style! The class will use basic body isolation techniques so skaters will learn how to concentrate on specific muscle groups. All ages and levels are welcome! Hip-Hop is never done small and students will be encouraged to step outside of the box and dance big!

POWER DOWN STRETCH:
Designed to offer skaters another low impact option for improving flexibility, muscle memory and injury prevention. Skaters will be able to loosen up while still being able to participate in afternoon activities. The foundation of the class will provide skaters a stretch routine to use on their own while promoting muscle strength and health.

NEW CLASS

- Ballet
- Jump
- Conditioning
- Hip-hop
- Jazz-ism!
- Stretch
- Power Down Stretch
- Group Morning Warmup
- Personal Training Sessions Available

OFF-ICE TRAINING:

- Freestyle
- Pairs
- Group Technical Class
- Ice Dance
- Edge Class
- Performance Class

ON-ICE TRAINING:

ISCC's Summer School runs nine weeks with housing, meals and transportation available. Additional ice time in the weeks preceding and following Summer School is available, but no housing or transportation will be offered. Freestyle Sessions are open practice sessions without instruction. All Freestyle Sessions are 60 minutes in duration. Some freestyle sessions are leveled juvenile or Novice - Senior, Pairs and Dance. For their own safety, skaters may only skate up one level if in a lesson with a coach.



EVGENIA SHISHKOVA & VADIM NAUMOV

ON-ICE CLASSES:

GROUP TECHNICAL SKILL:
Each session, the mechanics of different jumps and spins will be studied so that skaters learn the proper take-off, landing and body position. Class will be geared to all levels as single, double and triple jumps will be studied.

STROKING:
This class is designed to improve strength, endurance and stamina with sport-specific exercises and drills. Concentration will be on footwork patterns and increasing skaters' speed.

EDGE CLASS:
This class will improve edge quality, depth of edges and ability for skaters to hold edges for longer durations. In addition, this curriculum focuses on improving skating skills and connecting moves.

SPIN CLASS:
Each week, skaters will examine different spins and ways to improve their entry and exit, body position, speed and number of revolutions. Skaters will be divided by skill set and level on the ice.

NEW CLASS

PERFORMANCE CLASS:
This class is an opportunity for skaters of all ages and abilities to learn the dynamics of performing in a show! Try new skills, work on a group program or learn to exhibit your own program with new energy. This is a positive and fun class designed to increase confidence, reduce performance anxiety and expose all skaters to new skills.



EKATARINA GORDEEVA

WORLD CLASS PROFESSIONAL STAFF:

VLADIMIR PETRENKO

Freestyle, MIF.
Junior World Champion, U.S. Junior National Coach, ISU Technical Specialist.

VADIM NAUMOV

Pairs, Freestyle, MIF, Choreography.
1994 World Pair Champion, Olympic Team member, U.S. National, International and World Coach.

EVGENIA SHISHKOVA

Pairs, Freestyle, MIF, Choreography.
1994 World Pair Champion, Olympic Team member, U.S. National, International and World Coach.

ELENA PETRENKO

Choreography.
National, International and World Coach.

HOLLY VIAL, MED

Freestyle, MIF, Choreography.
Junior National Coach.

IGOR LYUTIKOV

Freestyle, Choreograph, Dance.
National, World and International Coach & Choreographer.

JESSICA ANASTASIO

Freestyle, MIF, Choreography.
U.S. Junior National and Sectional Coach.

SERGEI VAYPAN

Freestyle, MIF.
U.S. Junior National Coach.

KATHLEEN GENOVESE

Moves In the Field Gold Medalist.

MELISSA GREGORY

FS, Choreography, MIF and Dance.
National and International Competitor.
2006 Olympic Team Member.

DENIS PETUKHOV

Choreography, MIF and Dance.
National and International Competitor.
2006 Olympic Team Member.

EMILIE NUSSUER

MIF, Choreography and Dance.
World Junior Silver Medalist.

KATIE ORSCHER

Freestyle, MIF and Choreography.
U.S. National Champion and World Competitor.

TIESHA POTVIN COALE

Freestyle and MIF.
Regional and Sectional, PSA Level 3 Coach.

GRACE JOHNSON

Freestyle, MIF.

GARY PASTIZZO

Freestyle, MIF, Dance.
Gold Level Skater, PSA member,
Adult National Champion Instructor.

LAURA LEMOINE

Freestyle and MIF.
Double Gold Medalist.

ALICIA CAVANAUGH

Freestyle, MIF, Choreography.
National Competitor, Triple Gold Medalist.

ANDREY LAVRIK

Freestyle, Pairs, MIF and Choreography.
Footwork/Edge Specialist.

KRISTA BOULANGER

Freestyle, MIF, Choreography.
Gold Level Skater, PSA member.

IVAN DIMITROV

Freestyle, Choreography and Pairs.

TARYN BRANDT

Freestyle, MIF and Choreography.






GWEN CRAIG

Freestyle, MIF, Choreography.

New Packages & Seminars. Check It Out Today!

SAVE WITH THE 2009 SUMMER SCHOOL PACKAGES

GOLD PACKAGE: \$959⁰⁰ per week plus registration fee**

-  Six nights stay in Dormitory (Sunday-Saturday)
-  Nutritious Meal Plan (Sunday-Saturday)
-  Three Freestyle **60 Minute** Sessions Daily (Monday-Friday)
-  Two On-Ice Classes Daily (Monday-Friday)
-  Two Off-Ice Classes Daily (Monday-Friday)

SHORTENED WEEK OPTION

\$632⁰⁰ per week plus registration fee**
From Sun – Wed pm. includes:

- 3 nights housing, food
- 3 Freestyle **60 Minute** Sessions Daily (Mon- Wed)
- 2 On-Ice Classes Daily (Mon-Wed)
- 2 Off-Ice Classes Daily (Mon-Wed)

MULTIPLE WEEK PACKAGES

The professional staff at ISCC strongly encourages consistent training to fully realize all the benefits of their expertise. We are pleased to offer skaters who stay consecutive weeks the following packages:






- 2 consecutive weeks \$1,699** (plus registration fee**)
- 3 consecutive weeks \$2,339** (plus registration fee**)

These packages would include all the elements of the single week package as listed above.

** \$50 registration fee applies to all applications received after May 1, 2009. Applications received prior to this date will have the registration fee waived.

SILVER PACKAGE:

The Silver Package is targeted to younger or less experienced skaters.

-  Six night stay in Dormitory (Sunday – Saturday)
-  Nutritious Meal Plan (Sunday-Saturday)
-  Two Freestyle 60 Minute Sessions Daily (Monday – Friday)
-  Two On-Ice Classes daily (Monday-Friday)
-  One Off-Ice Class daily (Monday-Friday)

- 1 week is \$819****
- 2 weeks \$1,559****
- 3 weeks \$2,199****
- Shortened week \$492****

ALL ICE SESSIONS, ON AND OFF-ICE CLASSES CAN BE PURCHASED a La CARTE AT THE WALK ON RATE.

Ice sessions (60 Minutes)	\$ 16
On-Ice Classes	\$ 12
Off-Ice Classes	\$ 12
Room and Board per week	\$479

ARTISTRY IN MOTION SEMINAR

The primary objective of this seminar series is to train skaters as total athletes and artists. They combine off-ice training and on-ice skating. Seminars are led by the nationally acclaimed instructor Paula Wagener. These seminars have been designed to work as individual units so skaters will benefit from any seminar which they attend. Specific curriculum goals and focus are available each week. Please call for more information. Space is limited.



ILIA KULIK

US FIGURE SKATING TEST SESSIONS & CHARTER OAK OPEN

Run by The Charter Oak Figure Skating Club, these events give summer skaters opportunities to test and compete; For more information, please call the club directly at 860-651-8299

Test Sessions:
June 28th & Aug. 9th

Charter Oak Open:
Aug. 7th & 8th

HOUSING:

Skaters are offered housing at Westminster School, a picturesque private boarding school located one mile from ISCC. Skaters have access to a variety of campus activities including a lounge for movies, athletic fields and paths for roller blading and biking.

Single, double and limited triple rooms are available. ISCC will make every effort to honor all roommate requests on a first come, first serve basis. All roommate requests must be made in writing by all parties involved.

Requests can be made on the application or faxed separately. Skaters nine and under **MUST** be accompanied by a parent. All parents wishing to accompany their skaters are welcome to stay in the dormitory and would be required to pay the Room and Board fee only. Guests in the dormitory are required to bring their own bed linens, pillows, towels, alarm clock, fan and telephone for in-room use.

Housing check-in is on Sunday between 2:00-4:00PM at Westminster School. Check-out is on Saturday by 12:00 pm.

MEALS AND TRANSPORTATION:

Meals and transportation to and from the rink are included in the housing arrangements. Meals will be catered by Sk8ters Café. A healthy dining plan will be served with a variety of choices offered at each meal. Skaters may also purchase items from the regular café menu. Pre-paid meal cards in \$25 and \$50 amounts are available for additional menu items not included in the skaters' meal plan.

Shuttle service to and from ISCC runs throughout the day based on skaters' and supervision schedules. Transportation to/from the airport is not provided by ISCC.

SUPERVISION:

Dorm Parents will be assigned for complete supervision of the skaters. All Dorm Parents are certified by the American Red Cross in First Aid. Extensive background checks are a mandatory part of our screening process for ISCC Summer School staff. Dorm Parents live with the skaters in the dormitory and transport them to and from the rink. If you are interested in applying for a Dorm Parent position, please contact Laura Smith for an application and more information.



FOR MORE INFORMATION:

International Skating Center of CT
860-651-5400

Laura Smith, Managing Director ext. 20

AIRPORT PICKUP: Hollywood Coach and Limo
860-296-LIMO



Melissa Gregory & Denis Petukhov

