

*Timberline Figure Skating Club presents our 2<sup>nd</sup> annual:*

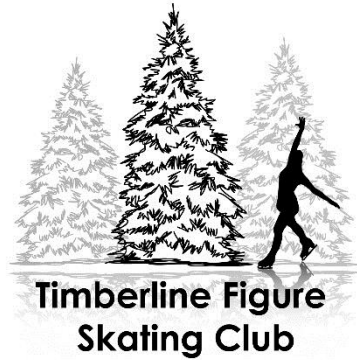
# INSPIRE SKATE CAMP

**Friday, August 10, 2018**

**8:30 a.m. – 5:00 p.m**

Greenheck Fieldhouse

6400 Alderson Street, Weston, WI 54476



**IMPROVE** your skills



**INCREASE** your strength



**INSPIRE** your creativity

Skaters will be grouped according to their level and ability. The day will be broken up into on-ice & off-ice sessions, and skaters will move through each session with their level.

On-ice sessions include classes on edges, spins, jumps, and power. Outside of the rink, skaters will participate in sessions focusing on off-ice jump technique, ballet, strength and nutrition.

Our goal is to help each skater improve as a whole, and to **INSPIRE** them to be their very best!

Skaters will need to bring the following:

- Comfortable clothes for on and off the ice (layers work best)
- Skates, tennis shoes for off-ice, and yoga mat or towel
- Water bottle and **bag lunch**

The cost of the **INSPIRE** Camp is **\$160** due with registration.

**Light snacks, jump rope and camp t-shirt are included with registration!**

**\*REGISTRATION DUE JULY 6, 2018\***

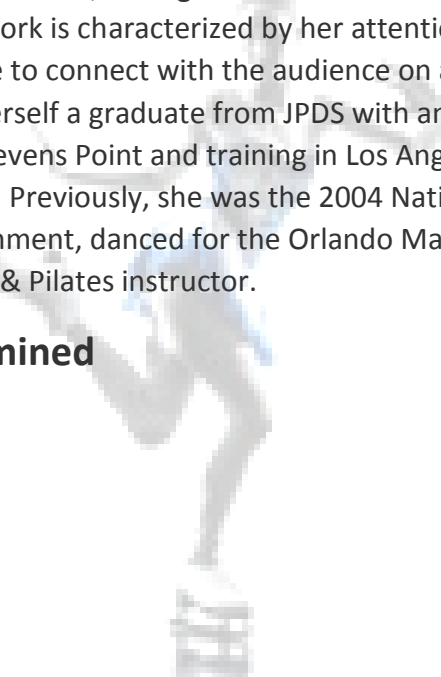
## About the coaches skaters will be working with:

**Figure Skating Coach Gwendolynn de Graf** – Gwen has been skating for 18 years, and coaching for 4. She started coaching in Riverside, California, and currently trains and coaches in Monument, Colorado under the direction of Olympic coach Kori Aird & 2004 Puerto Rican national champion Rohene Ward. She has completed a coaching internship in California under Monica Viola, Felicia Beck, and Tammy Gambill. She is a gold medalist in Moves in the Field and Freestyle, and competed in the 2015 Southwest Pacific Regional Championships as a Senior Lady.

**Figure Skating Coach Danielle Wolosek** – Danielle has passed tests through Senior Moves in the Field, Senior Partnered Free Dance, Gold Dance, all 10 International Dances, Canadian Gold Dance, Novice Free Skate, Intermediate Pairs, as well as Preliminary and 1st Figures. She has been skating since the age of 4 and has been coaching for 4 years. Just recently she has realized that her true passion is coaching. In order to learn more about the competitive nature of the sport, IJS and high Freestyle technique, Danielle has jumped at the chance to travel back and forth from Wisconsin to Colorado in order to learn from Olympic level coaches at the 7K International Skating Academy. She continues to share her love of skating with all of her students as she makes them smile while training them to be the best skaters they can be.

**Dance Instructor Krystle Drees** – Krystle is the artistic director and owner of JPDS, where she is known for her outside the box thinking and tenacity. She is also extremely dedicated to training dancers with consistency and offers them a unique, complete understanding of technique. She is an award winning choreographer and active community member, having founded the Contemporary Christmas Tale with proceeds benefiting Emily's Path. Her work is characterized by her attention to detail and storytelling, along with instilling in her performers a desire to connect with the audience on an emotional level. Krystle has 15 plus years of undergrad instruction – herself a graduate from JPDS with an all-around dance education, in addition to majoring in dance at UW-Stevens Point and training in Los Angeles at some of the nation's top dance schools on a full-ride scholarship. Previously, she was the 2004 National American Miss Talent Winner, worked for Walt Disney World Entertainment, danced for the Orlando Magic, and was a NAADA faculty member. Krystle is also a certified yoga & Pilates instructor.

**Sports Trainer – To Be Determined**



Skater Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

USFS# OR LTS#: \_\_\_\_\_

Current Competition Level: \_\_\_\_\_

Highest jumps skater can land consistent and clean: \_\_\_\_\_

Home Club: \_\_\_\_\_

T-Shirt Size (circle): CS CM CL AS AM AL AXL

PARENTAL CONSENT, PHOTO RELEASE AND WAIVER OF RESPONSIBILITY

In consideration of the acceptance of \_\_\_\_\_ as a student in the Timberline Figure Skating Club Inspire Skate Camp, we, the undersigned student, parent or guardian, agree to assume the risks of participating in the program and waive all claims for any personal injury and/or loss or damage to property and hereby release the Timberline Figure Skating Club employees and agents from any liability whatsoever, which may arise as a result of participation in the Timberline Figure Skating Club Inspire Skate Camp. This release shall extend to all future damages and injuries of every nature and however sustained, even if due to the negligence or alleged negligence of the Timberline Figure Skating Club Inspire Skate Camp or their staff or employees. All Risks attendant to observing and/or participating in the Timberline Figure Skating Club Inspire Skate Camp are hereby assumed by the student and his or her parents and/or guardian and this assumption and release are acknowledged and approved by their signature hereto.

The Timberline Figure Skating Club Inspire Skate Camp reserves the right to use any pictures taken during the school for advertising and/or instructional purposes.

I have read the foregoing, and hereby approve and consent to the terms and conditions stated. I further acknowledge being the parent or legal guardian of the signed applicant that the information given on this application is complete and accurate.

\_\_\_\_\_  
Skater's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

EMERGENCY TREATMENT RELEASE FORM

I, \_\_\_\_\_, do, hereby authorize any physician and/or any member of the medical staff of any hospital or emergency treatment center to render medical treatment (Parents/Guardians are responsible for all medical expenses incurred), which in his or her judgment may be deemed necessary in the care of:

\_\_\_\_\_  
Name of Skater

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Physician Name

\_\_\_\_\_  
Physician Phone #

\_\_\_\_\_  
Allergies

\_\_\_\_\_  
Current Medication

\_\_\_\_\_  
Outstanding Medical History

Mail completed forms along with payment of **\$160** made payable to **TFSC** to:

**Timberline Figure Skating Club, ATTN: Inspire Skate Camp, PO Box 2082, Wausau, WI 54402.**