

# Summer Fun on Ice



## Figure Skating Skills Camp

Monday, Aug. 7 - Friday, Aug. 11, 2017  
9am-12:30pm  
at Plymouth State University Hanaway Ice Arena

### Week-long Program Includes:

- Jump, spin, edge, and ice dance focus sessions;
  - Program development;
  - Performance and showmanship skills;
- Off-ice, yoga, stretching, and visualization exercises;
- Setting goals, practice habits, harnessing positivity, & the many ways skating can influence and impact skaters' futures.

Designed and Taught by: *Coach Beth Weick*

*For information and registration form,  
please contact Beth at  
[b.a.weick@gmail.com](mailto:b.a.weick@gmail.com)*

Program cost: \$275  
Open to skaters who have  
passed Basic 4 and above.

Skaters will be organized into  
Advanced Beginner,  
Intermediate, & High levels for  
training purposes.



*Coach Beth Weick holds her Gold Level tests in Freestyle and Moves in the Field, as well as Pre-Gold tests in Ice Dance, and Preliminary Pairs. She formerly competed at the Senior level throughout the East Coast. She began working as a coach and choreographer in the early 2000s, in the Mid-Atlantic region. After taking some time away from the sport, she resumed coaching in 2015, offering private and semi-private lessons. Focus areas include jumps, spins, power, artistry, edge/flow, and choreography.*