

4th annual Charles Moore Arena Cape Cod Skating Academy



July 26th – 30th, 2010



Special guest coaches:

<p>Nick Perna ~ International / World Coach ~ PSA Master Rated ~ Past students include: Sasha Cohen, Sarah & Emily Hughes, and Michael Weiss</p>	<p>Paula Trujillo ~ USFS National Coach ~ PSA Master Rated ~ Past performer with the Ice Capades</p>	<p>Chris O’Riordan ~ PSA Rated in Freestyle and MIF, and Certified in Synchronized Skating ~ Past performer with the Ice Capades</p>
<p>John Mucko ~ International / National Theater on Ice Coach ~ PSA Rated in Freestyle and Certified in Choreography ~ Past performer with Holiday on Ice in Europe</p>	<p>Laura Edmunds ~ International/National Coach ~ USFS National competitor ~ Double Gold Medalist</p>	<p>Karolyn Marr ~ USFS World professional competitor ~ Double Gold Medalist</p>

Come join us for an amazing week of on and off ice classes such as:

- Championship Stroking ~ make the most of your first impression
- Amazing Edges ~ come learn with the best, Nick Perna
- Artistry in Motion ~ add some great new choreography and style to your skating
- Moves to Music ~ MIF has a rhythm all its own, let us put it to music
- Choreographic Exercise ~ Learn a CE program w/ John Mucko
- Intro to Doubles and Triples ~ gain confidence with your jumps assisted with the harness
- Skate with props ~ have fun exploring different artistic skating using scarves, etc.
- Learning and Mastering the Axel ~ our drills will get you moving in the right direction
- Enhance your Freestyle ~ learn creative spins, jump combinations, ice dancing, and more
- Off ice classes ~ yoga, ballet, pilates, core strength training, stretching and more

Space is limited, so don’t miss out on this spectacular week of skating!

**All guest coaches are available for private lessons based on availability.
You can contact the Skating Academy Director, Chris O’Riordan, to reserve a lesson.**

<p>Charles Moore Arena (508) 255-5902 info@charlesmoorearena.org</p>	<p>Skating Academy Director, Chris O’Riordan 508 237-0944 chryssycreamcheese@juno.com</p>
---	---