

SUMMER

SKATING CAMP

Stay cool this summer and join us for a 2 day figure skating camp. Camp will include both on-ice and off-ice training sessions and some fun opportunities with 3 special guest coaches.

Wednesday, July 27th and Thursday, July 28th

1:00 - 6:00 pm

- Open to ages 5+ and have passed Pre-Alpha or have coach approval
- Skaters will be grouped based on skating levels to focus on the appropriate skills for their level
 - On-ice sessions will include power skating, edges, spins and jumps.
 - Off-ice sessions will include stretching, yoga, weight training, dance and choreography
- Includes 1.5 hours of practice ice with option to purchase lessons from our guest coaches

GUEST COACHES

Rodrigo Menendez



- 26 years in the sport of figure skating as a competitor, professional performer and coach.
- A three time Mexican National Champion
- He won the gold medal at the Youth Olympics in Figure Skating in 1997.
- He was a 10-year performer with Disney on Ice
- He spent a season with Holiday On Ice and performed in various ice shows with Illusion on Ice in Mexico.
- He is a Pole Harness Technician with 10 years of experience.

Val Matzke



- USFS Double Gold Medalist in Figures and Freestyle.
- Northwest Regional Champion and Pacific Coast Sectional Competitor.
- Competitive skater through the Senior Ladies level.
- Soloist with Ice Capades National tour and Holiday on Ice International tour for 14 years.
- Coaching for 27 years.
- Coached ISI through FS 10, USFS Senior Free and Canadian Gold Free tests.
- Member of USFS, ISI & PSA
- PSA Category A Coach.
- PSA Master rated in Freestyle instruction.
- PSA Level IV Ranking (International Coach).

Kirsten Vike



- Skating Programs Director for the City of Plymouth since 2014
- Featured presenter on iCoachSkating.com
- Member USFS, PSA and ISI
- Five time Minnesota State Champion
- Five time U. S. Nationals competitor
- Former Team USA member
- USFS double gold medalist in Moves in the Field and Free Skating
- PSA Category A coach
- ISI Gold judge certification
- Coached USFS levels through Senior Moves in the Field and Junior Free Skating

Registration Fee: Early Bird \$125 by 7/8. \$140 after 7/8. Registration closes on 7/20

Private lessons available with guest coaches during practice ice.

There are limited slots available, so first come, first serve.

VISIT **BUFFALOFIGURESKATING.COM** TO REGISTER AND SIGN UP WITH GUEST COACHES