

Start with the edge

Skate Camp

24th & 25th March 2012 Lee Valley Ice Centre

The ultimate skate camp for aspiring Ice Dancers of any age.

Delivered by 2 International Skating Union Technical Specialists, featuring World Class On and Off Ice Instruction and Information Workshops.

This camp prepares skaters and their coaches to enter the competitive season with unparalleled on ice technical tuition, IJS information and off ice activities to build competitive success.

Places will be allocated on a first come first served basis, so book early to avoid disappointment.

If you want to get ahead...

Start with the edge: Seminar overview

Brought to you by ISU Technical Specialists, Marika Baranova & Doreen Hoppe, "Start with the edge" is targeted at skaters and coaches at development IJS competitive level in ice dance; open to skaters of all ages, both solo dancers and new dance teams up to and including development squad level.

Minimum test standard required for entry is level Field Moves Level 3

"Start with the edge" offers skaters and their coaches the knowledge and tools to enter into competitive IJS events with proficiency and confidence from the outset.

Hosted at the Lee Valley Ice Centre with an international sized ice pad and the nearby Waterworks Centre. Skaters can expect to be on the ice for 5 hours per day, plus off ice training sessions and information workshops.

Lunch is included daily.

Each day will cover:

Morning On Ice sessions:

- Figures, Steps & Field moves
- Twizzle & Spin technique

Afternoon Off Ice Sessions:

- Flexibility by Stretchworks
- Strength Development for IJS lifts.

Also covered during the seminar:

On & Off Ice Activities:

- Interpretive Skills
- Dance social (including Mix & Match for solo skaters)

Technical Lectures:

- Nutrition
- Working with IJS rules
- Child & Youth Development
- · Biomechanics of Ice Dance Lifts

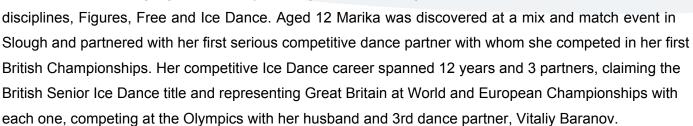
NISA has accredited this seminar with 6 license points per day

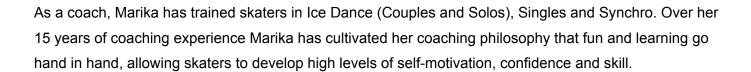
Meet the Specialists

Marika Humphreys-Baranova Bsc(Hons)

- · ISU Championship and Olympic Technical Specialist
- ISU Moderator; Training new ISU Technical Specialists and Moderating Technical Specialist exams for the ISU for 4 years
- Honours Degree in Sport and Exercise Sciences from the University of Wales
- BITA Young Coach of the Year 2010
- Olympic, World and European Ice Dance Competitor
- 5 x British Senior Ice Dance Champion
- Student of the late Betty Callaway MBE
- Hot Ice Principal Performer
- Choreographer of National and International competitors and Professional Performers
- · Dancing on Ice Professional Series 1







After retiring from competitive Ice Dance, Marika trained as a Technical Specialist for the International Skating Union and has officiated at numerous ISU championships including the Winter Olympic Games in Vancouver. Marika has since become a moderator for the ISU at their annual seminar in Frankfurt, training new Technical Specialists for the ISU for the last 4 years.

Inspired by the knowledge and technical excellence of her former coach, the late Betty Callaway MBE, Marika pursued an Honours Degree in Sport and Exercise Sciences taking a special interest in Biomechanics. Her dissertation focused on the forces and instability experienced by ice dance teams during different IJS dance lifts entries.

In association with home nation governing body IceSkateWales, Marika has delivered skater education workshops and seminars for aspiring Welsh skaters.

Marika has coached and choreographed National Champions, Medallists and competitors in Ice Dance, Singles, Pairs. and Synchro.



Meet the Specialists

Doreen Hoppe

Doreen Hoppe had always known that her passion for ice skating was there to stay. She started skating at the age of 9 and at 21 turned professional and began coaching. During her years as an amateur skater, she concentrated on all disciplines; figures, free and dance, whilst obtaining the necessary qualifications to progress into her career as a coach. As a teenager, Doreen decided to focus on ice dance, competing at British Junior and Senior Championships and was also part of the British team to compete Internationally.

As Doreen's career in coaching started, she knew that she was fulfilling her dream in the skating world, which went from strength to strength. She worked alongside, Garry Hoppe, for many years,



together building a team of dance couples. He was an international master class coach, producing champions at all levels. Doreen gained the vast majority of knowledge and expertise from this time spent working together. Garry is currently, a highly respected and prominent ISU referee and judge, and chairman of the ice dance technical committee. UK.

In later years, she found her own niche, coaching dance couples both nationally and on the international circuit. She very much enjoys the aspect of choreographing dance routines, whether it be for competitive skating or shows, or skaters just asking her to oversee their programmes. Doreen has also travelled extensively throughout Europe with her couples to gain an insight into how other European coaches approach different techniques.

Doreen is also an ISU technical specialist. Her skill as a technician has seen her officiate at events, both nationally and internationally.

Alongside the coaching, opportunities came her way within the media sector, appearing in various to programmes including; BBC1 *Strictly Ice Dancing*, as a judge alongside Craig Revel Horwood, Eastenders, Sky Sports, Living for Sport, Iceland Commercial, ITV Anglia; teaching news presenters how to skate in 6 weeks and Gok Wan's *How To Look Good Naked*, where she choreographed a dance routine.

With a precision approach to skating, Doreen helps skaters to attain the grace and speed they need to bring her innovative choreography to life on the ice.

As one of the coaching assessors for NISA, she is renowned for her ability to make the most complex of ideas accessible.

Meet the experts

Alison Evans - Stretchworks



Alison Evans had an extensive dancing career working for renowned choreographers including Arlene Phillips, and teaching at the Pineapple Dance Studios. Alison started to devise the Stretchworks programmes over 20 years ago.

She has worked with top athletes in a variety of sports including figure skating. Especially unique in Alison's work history is her work with Torvill and Dean during their Olympic comeback in 1994. Over the span of a decade Alison's Stretchworks programme nurtured the flexibility and core strength of a plethora of British Champions and National talent from Singles, Pairs and Ice Dance

around the country.

Stretchworks introduces the concept that stretching can be a complete workout in it's own right, enabling you to find your optimum fitness level at your own pace and in your own way.

Stretchworks incorporates controlled stretching and strengthening exercises that are devised to flow into one another enabling one to experience an overall sense of being aligned, balanced, elongated and strong.



www.stretchworks.co.uk

Penny Hunking RD, RPHNutr, SENr

Penny Hunking is a Registered Dietitian and Registered Sports and Exercise Nutritionist with a passion for high performance sports nutrition. She has extensive experience in the world of sports nutrition and since 1986 has been a trail blazer in helping to promote and drive the concept and progression of sports nutrition to all, from athletes and coaches to companies and associations.

As part of her recent work commitments, Penny has worked with the English Institute of Sport to help deliver evidence based nutrition to elite athletes. Penny



was consultant Dietitian to 'Fuelling Fitness for Sports Performance', a hands-on practical guide for athletes at all levels understand how to manage their diet to support training, performance and recovery.

Fees: Skaters

Rates for Skaters

Option	Rate
Full 2 Days	£150
Day 1 Only	£80
Day 2 Only	£80

Skaters are reminded that this seminar will cover physical activities on and off the ice and that they should bring **trainers & leggings or shorts** to ensure they can participate in all activities.

Fees: Coaches

Rates for coaches

<u>Level 1 trainee coaches</u> Special Rate; £60 Per day (please note, level 1 coaches are <u>not</u> eligible for multi-skater discount)

NISA licensed Coaches Level 2 and above Standard Rate; £80 for 1 day or £150 for 2 days

Incentives for Level 2 + Coaches

Coaches Level 2 and above can receive a multi-skater discount.

Bring up to 4 skaters to the seminar and benefit from a reduced rate for your registration.

No. Skaters	Discount	1 Day Price	2 Day Price
0	Full Price	£80	£150
1	10%	£72	£135
2	15%	£68	£127.50
3	25%	£60	£112.50
4	50%	£40	£75

Please ensure your skaters enter your name and license number correctly on their entry form to validate your discount.

Coaches will be required to bring their NISA log books and sign in for all sessions to acquire their 6 license points per day.

Application	on Form: S	katers			
Full Name					
Address					
Post Code		Contact tel.			
Email					
Date of birth			Age at 1st July		
Field moves			CD		
Minimum Level 3					
OD/SD			FD		
Training Rink			NISA Licensed		
			Coach Name &		
Medical	If yes, please prov	ido dotails	license number		
Conditions	ii yes, piease prov	ide details			
Special Dietary				Chest measurement	
Requirements				(in centimetres)	
Eg: vegetarian etc				For T-shirt	
many risks inherent participation and here		articipation in the skat	ing school. I assume se Valley Ice Arena, the r caused, resulting di	all risks inherent in an e seminar staff, emplo rectly or indirectly from	nd incidental to such eyees and coaches of
Please let us kno	ow what personal				
	ope to achieve at				
1	the 2 days attending				
uns semma m c	ile 2 days attending				
All info	rmation will be store	ed on a secure data	base in compliance	with the Data Prote	ction Act.
Please tick the box if	you wish to remain or	our database to get	email updates on futu	re seminars and educ	ation workshops
Photographic a	and Video footage m	ay be taken during	the seminar for pro	motional purposes,	please tick the box
	if you do	not give permission	n to be photographe	ed/videoed	
Closing date	for entries is 24th Fe	ebruary 2012	F	ost applications to) :
Skaters fe	e: £150 (2 Days), £	80 (1 Day)	G	Set the Edge Semina	ar
	payable to M. Hump			46 Plymouth Street	
	be sent with applic	_		Shotton	
must	so som with applic	acion .			
_		,		Flintshire	
Foi	r more information v	isit		CH5 1JA	
www.startw	viththeedge.teachme	etoskate.com			

Application Form: Coaches					
Full Name					
Address					
Post Code		Contact tel.			
Email				Coaching license number	
Coaching level	1	2	3	4	5
Days attending (please circle)	Saturday	Sunday	Home Rink(s)		
Special Dietary Requirements Eg: vegetarian etc					
many risks inherent participation and here	in and incidental to pa eby release, absolve a om any injury or dama	articipation in the skat and hold blameless, Le age sustained, howeve	ating School at Lee Va ting school. I assume see Valley Ice Arena, th er caused, resulting dir during or after such sch	all risks inherent in ar se seminar staff, emplo rectly or indirectly fron	nd incidental to such byees and coaches of
Signed					
Please let us know what personal outcomes you hope to achieve at this seminar in the 1 or 2 days attending					
			abase in complianc		
Please tick the box if you wish to remain on our database to get email updates on future seminars and education workshops Photographic and Video footage may be taken during the seminar for promotional purposes, please tick the box if you do <u>not</u> give permission to be photographed/videoed					
Closing date for entries is 24th February 2012 Post applications to:) :	
Cheques made p	Coaches' fee: See page 6 Cheques made payable to M. Humphreys-Baranova must be sent with application Get the Edge Seminar 46 Plymouth Street Shotton				
Flintshire For more information visit www.startwiththeedge.teachmetoskate.com					

Accommodation

Hotel	Details
Holiday Inn Express	Special rate for "Get the edge" seminar
5 Walthamstow Avenue	<u>participants</u>
London	Located 4 miles from the Ice Centre
E4 8ST	Breakfast included
Tel : 0871 423 4876	Free Car Parking
The Ridgeway Hotel	A family run hotel, recently refurbished to a high
The Ridgeway Hotel 115-117 The Ridgeway	standard
North Chingford	Located 5.7 miles from the Ice Centre
London	Breakfast available
E4 6QU	Parking
Tel: 020 8529 1964	
Fax: 020 8524 9130	
Email: reception@ridgewayhotel.co.uk	
Website:	
All Seasons Hotel	Part of the Accor hotel chain and located just
543 Lea Bridge Road,	minutes along Lea Bridge Road, 1.4 miles from the lce Centre.
Waltham Forest	Continental Breakfast
E10 7EB	
Tel: 020 8556 8080	Free Parking
Hotel Ibis, Stratford	Located 3.9 miles from the Ice Centre in close
1A Romford Road,	proximity to Stratford Shopping Centre.
London,	Breakfast available
E15 4LJ	 Parking in NCP facility (charges apply)
Tel: 020 8536 3700	
Premier Inn, Stratford	Located 3.4 miles from the Ice Centre. Located
International Square, Westfield Stratford City,	above the Westfield Stratford City shopping
Montfichet Road, Olympic Park, London E15	centre.
1AZ	Breakfast available
Tel : 0871 527 9286	 Parking in NCP facility (charges apply)
Fax: 0871 527 9287	
Website: www.premierinn.com	
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