

**12<sup>th</sup> Annual Charles Moore Arena**  
with the Lower Cape Figure Skating Association

# Cape Cod Skating Academy

**Join us at CMA on Cape Cod for a week of fun, sun and skating!**

**July 17<sup>th</sup> – 21<sup>st</sup>**

**“Rhythms of the Ice”**



## **2017 Coaching Staff:**

**Louis Vachon:** PSA Master Rated Coach in Moves in the Field. Coach & Choreographer for 3-time National Champs San Francisco Ice Theatre. Performed with Ice Capades for 10 yrs.

**John Mucko:** PSA Master Rated Choreographer, Certified Freeskate & Moves in the Field. Master Choreography Techniques/American Ice Theatre. Skated with the Ice Follies & Holiday on Ice.

**Morgan Rowe:** PSA Rated in Freeskate & Moves in the Field. Member of Team USA for 4 yrs, 4-time National Competitor, 2-time International Champion.

**Matthew Lind:** PSA Certified Sports Science & Freeskate. Artistic Director, *Ice Chips: Show of Champions*. Member of US International Team for 7 yrs, 3-time National Medalist & 2001 US Novice Mens Champion.

**Pippa Teague:** PSA Rated in Moves in the Field & Group Instruction, BA in Sports Science. Coach of 2016 Theatre on Ice National Pewter Medalists. Toured with Disney on Ice 2008-2011 & currently a performer with Frozen Frog Productions.

**Jennifer Menard:** 21 yrs coach experience of Regional, Sectional & National Competitors. Competed & toured USA & Russia with Nutcracker on Ice. Currently a performer with Frozen Frog Productions.

## **Full week with freestyle sessions**

Come join other skaters and our guest coaches in a variety of classes including jump and spin, choreography, power skating, show moves, pole harness training, mastering double jumps, off ice training and more!!!

## **Sample Schedule**

**8:30am ~ Registration**

**8:45-9:30 ~ Off-ice Training/Yoga, On-ice Power**

**9:30-10:30 ~ Flying High in Spins, Spin Basics**

**10:45-11:45 ~ Body Levels in Choreography**

**11:45-12:45 ~ Pole Harness, Mastering the Axel**

**12:50-1:20 ~ Lunch Break**

**1:20-1:50 ~ Off-ice Goal Setting, Nutrition 101**

**1:20-3:50pm ~ Freestyle Sessions - Guest Coaches & LCFSA Coaches are available for private lessons**

Skaters of all levels will have the opportunity to work toward accomplishing goals in a fun and effective learning environment while working with highly qualified coaches. The focus will be on improving jump and spin quality, enhancing artistry, grace and style in programs, increasing power, and skaters will gain from the benefits of off-ice training.

