

PROFESSIONAL STAFF

IRINA CHILOVA

STARTED SKATING: Age 4. TRAINED: Central School of Olympic Prospects, St. Petersburg, Russia. Single Junior Champion of St. Petersburg. Senior Champion in Ice Dancing. Principal Skater in St. Petersburg Ballet on Ice for 11 years. Received B.S. in Figure Skating Coaching, St. Petersburg, Russia

DANA CHINN-MARTIN

STARTED SKATING: Age 5. TRAINED: Fairfax Ice Arena. Gold medalist in Freestyle. 1990 National Collegiate Champ. Sectional & Regional Medalist. 8 time ISIA Champion.

BRENDA DENNY

STARTED SKATING: Age 5. TRAINED: Fairfax Ice Arena. She was U.S.F.S.A. Gold Medalist in Freestyle, U.S.F.S.A. Gold Medalist in Moves in the Field, 2004 Virginia State Games Champion and was principal skater at Wild Adventures Theme Park.

ADRIANA DESANCTIS

STARTED SKATING: Age 5. TRAINED: Iceland Arena, Princeton, New Jersey. Senior Grand Prix Competitor. 5-Time Junior Grand Prix Competitor. 3-Time Canadian National Team Member. U.S. National Team Member. Bachelors Degree in Communications.

JONATHON HODGKINSON

STARTED SKATING: Age 8. Trained: National Ice Center, Nottingham, UK. British National Champion Ice Dance. National & International Competitor (Great Britain). Ice dance Coach (National Ice Center, Nottingham, UK). Performed with Disney On Ice.

NADIA HODGKINSON

STARTED SKATING: Age 5. Trained: Samara, Russia. Single Junior Regional Champion. Russian National Championship Competitor. Principal Skater with Disney On Ice. Received Masters Degree in Physical Culture and Sports. Coached the Professional Skaters in Disney On Ice. Ladies Regional Champion

JILL LASUS-SMITH

STARTED SKATING: Age 5. She is a Current P.S.A. member and U.S.F.S.A. Gold Medalist in Moves in the Field and Freestyle. Jill studied Athletic Training at George Mason University and is available to teach all levels of Freestyle, Moves in the Field, and off ice.

HARUKA MIRANDA

STARTED SKATING: Age 6. TRAINED: Kyoto Aquarena, Kyoto, Japan. 3-Time Junior Grand Prix Competitor. 5-Time Japanese National Competitor in Senior Ladies. Disney On Ice Principal Skater. Bachelors Degree in Health and Sports Science.

MIKAEL OLOFSSON

STARTED SKATING: Age 5. TRAINED: Gothenburg Ice Rink, Sweden. Technical Specialist and Competition administrator for the Swedish figure skating Association. Head coach of figure skating clubs in Sweden and Denmark. Previously coached Swedish and Danish National competitor. Swedish National medalist from 1994-2002. 4-time Nordic Championships medalist.

NICK PERNA

STARTED SKATING: Age 9. TRAINED: Wilmington, Delaware. National Coach. U.S.F.S.A. Gold Medalist, Senior Pairs Champion. Teaches all levels of skating. Specializes in pair skating and stroking techniques. P.S.A. Master rated.

SANDRA SPARGER

STARTED SKATING: Age 6. TRAINED: Lake Placid, NY and Fairfax Ice Arena. U.S.F.S.A. Gold Medalist (Figures and Freestyle). Available to teach all levels of freestyle and field moves.

KALLE STRID

World Coach and Choreographer. Swedish National Team Member. 4-Time World Coach. Head Coach of Denmark's Largest Skating Club of Copenhagen. Choreographer for Danish and Swedish National Team.

AUDREY WEISIGER

STARTED SKATING: Age 8. TRAINED: Broadmoor World Arena, Colorado. U.S.F.S.A. Double Gold Medalist. Pre-Gold Dance. P.S.A. Master rating. U.S. National Medalist. Specializes in competitive skating program choreography. World and Olympic Coach.

In addition to the list above, we have many fine instructors that teach on a limited basis.

Freestyle Sessions ★ Jump Classes ★ Stroking

Fairfax Ice Arena

Celebrates our 48th

*Summer
Training
Center*

10 Weeks • June 14-August 20, 2021

Located just 20 minutes outside of Washington, D.C.

Fairfax Ice Arena

3779 Pickett Road • Fairfax, VA 22031

703.323.1132 • fairfaxicearena.com

SUMMER TRAINING CENTER JUNE 14-AUGUST 20

Welcome to our 48th season of summer figure skating. It has been our pleasure to provide first-rate coaching and figure skating programs to the Washington metro area for all these years. This year is no exception. We have many freestyle sessions to offer competitive skaters and recreational skaters alike. We also offer high performance specialty sessions and many additional tools such as jumping harnesses, and off-ice conditioning to aid skaters in their development. We know this year will be a productive one for all the skaters attending Fairfax Ice Arena's Summer Training Center and we look forward to welcoming you this summer!

This summer's program will run for 10 weeks, June 14-August 20. Further information may be obtained by contacting 703-323-1132.

SPECIALTY PROGRAM

HIGH PERFORMANCE SPECIALTY

SESSIONS: This summer we will be offering specialty sessions including Jumps, Stroking and Footwork. These sessions will be taught by staff coaches who have expertise in these areas. Each session will offer a unique opportunity for skaters of all levels to focus on improving their technical skills.

AWARDS: Awards will be given at the end of the nine-week program for the "Most Improved Skater," "Best Sportsmanship," and "Best Work Ethic" Awards will further be divided by age group.

TEST SESSIONS: Freestyle and Field Moves tests up to the Gold Test will be provided on Sunday, July 11, 7AM-11:45AM and

Sunday, August 15, 7AM-11:45AM. Due to limited space, it is recommended to sign up early. Dates subject to change.

JUMPING HARNESS: Jumping harnesses are available for all students under the supervision of an instructor. The harness is a great aid in helping students with difficult jumps. For more information and a release form, see your instructor.

OFF-ICE/CONDITIONING CLASSES: Many instructors are available for private and group lessons in off-ice conditioning and training. In these lessons, students learn such things as proper body alignment, proper rotation, off-ice jumps, strength training, ballet, and stretching.

RATES

CREDITS NEEDED FOR BELOW SESSIONS:

- 6 credits for a 40-min High session
- 5 credits for a 40-min session
- 4 credits for a 30-min session
- 5 credits for a Stroking session with coaching

SUMMER CREDIT RATES:

- 220 credits = \$418.00/\$1.90 per credit*
- 180 credits = \$369.00/\$2.05 per credit
- 120 credits = \$270.00/\$2.25 per credit
- 80 credits = \$188.00/\$2.35 per credit
- 40 credits = \$110.00/\$2.75 per credit

**Summer Special Discounts Rate*

This Summer Credit Package Expires 9/1/21

POLICIES

PLEASE READ CAREFULLY. SUBJECT TO CHANGE.

- You must cancel 48 hours in advance or lose your credits. Subject to change.
- All payment for private lessons must go through our online payment system.
- If a skater is on the ice and is not signed up for the session, their account will be charged a **service charge of 3 credits.**

SCHEDULE

DAILY SESSIONS FOR MONDAY, WEDNESDAY & FRIDAY			DAILY SESSIONS FOR TUESDAY & THURSDAY		
5:30-6:10AM	40 mins	Mix	5:10-5:50AM	40 mins	Mix
6:10-6:50AM	40 mins	Mix	5:50-6:30AM	40 mins	Mix
6:50-7:30AM	40 mins	Mix	6:30-7:10AM	40 mins	Mix
7:30-8:10AM	40 mins	Mix	7:10-7:50AM	40 mins	Mix
8:10-8:20AM	ICE CUT		7:50-8:00AM	ICE CUT	
8:20-8:40AM	20 mins	Stroking Mix	8:00-8:40AM	40 mins	Mix
8:40-9:20AM	40 mins	Mix	8:40-9:20AM	40 mins	High
9:20-10:00AM	40 mins	Mix	9:20-9:40AM	20 mins	Stroking High
10:00-10:40AM	40 mins	Mix	9:40-9:50AM	ICE CUT	
10:40-10:50AM	ICE CUT		9:50-10:30AM	40 mins	Mix
10:50-11:30AM	40 mins	Med/High	10:30-11:10AM	40 mins	Med/High
11:30AM-12:10PM	40 mins	High	11:10-11:50AM	40 mins	High
12:10-12:50PM	40 mins	Mix	11:50AM-12:00PM	ICE CUT	
12:50-1:00PM	ICE CUT		12:00-12:30PM	30 mins	Spins
1:00-2:30PM	90 mins	Public Skating	12:30-1:00PM	30 mins	Group Lessons
2:30-2:40PM	ICE CUT		1:00-2:30PM	90 mins	Public Skating
2:40-3:00PM	20 mins	Stroke (Med/High)	2:30-2:40PM	ICE CUT	
3:00-3:40PM	40 mins	Med/High	2:40-3:20PM	40 mins	Med/High
3:40-4:20PM	40 mins	High	3:20-3:40PM	20 mins	Stroke Mix
4:20-5:00PM	40 mins	Mix	3:40-4:20PM	40 mins	Mix
5:00-5:10PM	ICE CUT		4:20-5:00PM	40 mins	Mix
5:10-5:50PM	40 mins	Mix	5:00-5:10PM	ICE CUT	
5:50-6:30PM	40 mins	B.Low	5:10-5:50PM	40 mins	Mix
			5:50-6:30PM	40 mins	B.Low

THE LEVELS FOR THE 2021 SUMMER TRAINING CENTER ARE:

HIGH = Double Lutz and Up • **MED/HIGH (M/H)** = Consistent Axel and Up

MED = No Test (Lutz and Up) • **Mixed** = Freestyle 1 and Up • **B.LOW** = Beta to Freestyle 6

Levels are defined as "what level you will be competing at in the upcoming season." Instructor approval is required.

- **No Moves or Dance allowed** on Med/High or High Sessions
- This schedule will be from June 14-August 20
- July 12-16 and August 9-13 schedules will change slightly (Afternoon only)
- Spins session- no coach needed. Spins only