

GARY IRVING

Gary has been teaching in the U.S.A. for the past 15 years. Currently on staff at the University of Delaware Ice Skating Development Center. He has had students compete at Junior Nationals, National, International and World Championships. His students have won and placed at National and International events.

Gary has coached many international skaters competing for Australia, Azerbaijan, Finland, Korea, Latvia, Switzerland and the U.S.A.

Dorothi Cassini

Dorothy is Master Rated in five disciplines: Master Moves; Master Dance; Master Free Dance; Master Group; Master Program Director. She holds a U.S.F.S. Gold in Figures; Free Dance; and International Compulsory Dance. Dorothy is a former National and International Dance competitor, former professional show skater and has instructed for over 20 years in Cincinnati. She is currently active with the PSA on teaching the new Moves in the Field as well as serving on several committees to help the coaching community. Dorothy truly enjoys helping coaches as well as skaters!

Off Ice Presentations Can Include:

Athletex Sports Specific Conditioning, Thomas Mulvey, M.S., P.T. M.B.A.
Uses a biomechanical/neuromuscular approach to training that targets the characteristics needed to improve athletic performance and discourage injury.
(Parent Discussion)

Brandy Martinez
After studying at University of Illinois, Brandy attended Columbia College's Department of Dance as a continuing education major for purposes of optimizing execution as a performance arts instructor. As a former skater, Brandy is able to center her ballet instruction on areas that will translate into improved ability on the ice.

Oak Lawn Park District Ice Arena

Tel: 708-857-5173, x2204

TESTIMONIALS

**Open To Pre-
Preliminary**

To Senior Levels

**For Skaters and
Coaches**

Includes both:

On and Off Ice Presentations



REGISTRATION (INCLUDES LUNCH)

Please Check One:

- Skater Registration** : \$125.00 before March 26, 2010.
\$150.00 after 3-26-10 deadline.
- Coach Registration** : \$35.00 before March 26, 2010.
\$50.00 after 3-26-10 deadline.
- Parent registration** : \$7.00 (includes lunch and workshops)
- Coach with 4 or more attending** Fee waived—free

Participant Name: _____

Birth Date: _____

Gender Male Female

Skating Club: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail Address: _____

Highest Moves test passed (Pre-Pre/FS 4 and up):

Name of Coach: _____

Total Amount Enclosed \$ _____

Full payment for seminar must accompany application. Make checks payable to Oak Lawn Park District and send to:

Oak Lawn Ice Arena,
9320 South Kenton Ave.
Oak Lawn, Illinois 60453
Re: Seminar



It is agreed that the participant and family holds the Oak Lawn Park District Ice Arena staff, and the Glenwood Figure Skating Club, harmless from any and all liability for damages or loss of property. I/We assume the risks for participating in the seminar and waive all claims for any personal injury.

Skater/Parent or Guardian if under 18

Date

**Oak Lawn Ice Arena and
Glenwood Figure Skating
Club
Are proud to host:**

**New Moves and
Stroking Seminar
Sunday, April 25, 2010**

8 a.m.-4 p.m.

**Oak Lawn Park District Ice
Arena
9320 South Kenton Avenue
Oak Lawn, IL 60453**

708-857-5173

**Enrollment is limited!
Sign up today!**

**Oak Lawn Park
District Ice Arena**

9320 S. Kenton
Oak Lawn, IL 60453

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