



GARY IRVING

Gary has been teaching in the U.S.A. for the past 15 years. Currently on staff at 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.



CALLA URBANSKI
1992 Olympian

2 time USA Nationals
3 time World Team Member



RALPH BURGART
1992 Olympian

7 time Austrian National
Champion



TIFFANY SCOTT
2002 Olympian

7 time USA National Medalist
4 time World Team Member



CLASSES

OFF ICE STRETCHING AND CONDITIONING

The first class of the day is split into two halves running back - to - back. During the first half of the class we strive to work with every student to meet their individual needs as they relate to pre-ice warm up and stretching. As the class progresses to the second half, the skaters move through a total body warm up utilizing a variety of exercises, focusing on core strength, dynamic flexibility, and body awareness.

STROKING

During this class we work on the skater's ability to cover the ice. Achieving maximum amount of pushing power utilizing proper technique with an effortless appearance.

JUMP

The goal of the on ice jump class is to break each jump down into different stages: setup, take off, flight, and finally, landing positions. When understanding the biomechanics and fundamental positions required, the success rate of a jump is elevated. This benefits the skater in numerous ways. Jump patterns are also covered resulting in a more cohesive training session for skaters.

I.C.E.

INTERNATIONAL COMPETITIVE EDGES™



CONCEPTS IN EXCELLENCE
www.ICEcompetitiveedges.com



TESTIMONIALS

My daughter has participated in the skating clinics of I.C.E. and has worked with them over the past several years. As a mom and educator, I appreciate the high quality of skating instruction they provide as well as their ability to motivate my daughter to do her best. They bring to the ice a unique blend of skill, personality, and complementing styles that make their clinic a positive experience for skaters of all levels.

Barb Doucette, M.S.E School Psychology

I just want to thank you for a great weekend of skating. On the way home Sunday, C. C. said that she had the BEST time and hoped we would have another seminar with the same two coaches. I must say I was thoroughly entertained watching; especially the POWER sessions. C. C. could hardly walk when she arrived home, but was full of energy and stories of skating. What a great way to kick off this competition season! Thank you for the time and effort you all put into it. I think I can say it was much appreciated by all.

Nancy Collins



ROLAND BURGART
10 Time Austrian National Medalist
Principal Skater in Numerous
Professional Shows



RORY FLACK
2002 Open Artistic Champion
2001 American Open Champion
1994 U.S. Open Champion



MARCIE KIERPIEC
International
Gold Medalist



EMILY BOASS



SABRINA LOGREN

CLASSES

SPIN

In this class we cover the different levels required for the skater to attain maximum gains within the new International judging system. Understanding the mechanics of each spin relating to the blade, direction and edge creates a great advantage for any skater. Centering of spins, increasing and maintaining rotational speed throughout spins is also covered.

ICE BALLET

This is a unique class, which requires the skaters to move together in a line or block information. Class features deep flowing edges featuring all turns, Spread Eagles, Spirals etc.

Focus is also placed on the upper body, arm positions and head positions; all are equally as important as leg positions when striving to present the finished package.

POWER

The power class is the last class of the day and is a highlight of the clinic. In this hour we do a variety of exercises skated to fast paced music utilizing different equipment (parachutes, resistance bands, cones etc.). This is a strenuous class focusing on skating ability, cardiovascular fitness and endurance.

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