

# COACH'S RESUME

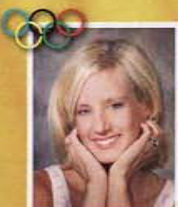
Gary has been teaching in the U.S.A. for the past 15 years. Currently he is on staff at University of Delaware Ice Skating Development Center. He has had students compete at Junior Nationals, Nationals, Internationals and World Championships. His students have won gold and placed at national and international events. Gary has coached many international skaters competing for Australia, Azerbaijan, Finland, Korea, Latvia, Switzerland and the U.S.A.



## CLINIC COACHES



**RALPH BURGHART**  
1992 Olympian  
7 time Austrian National Champion



**TIFFANY SCOTT**  
2002 Olympian  
7 time USA National Medalist  
4 time World Team Member



**PHILLIP DULEBOHN**  
2002 Olympian  
7 time USA National Medalist  
4 time World Team Member



**CALLA URBANSKI**  
1992 Olympian  
2 time USA Nationals  
3 time World Team Member



**ROLAND BURGHART**  
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



**EMILY BOASS**



**JERRY SANTOFERRARA**  
U.S. National Champion

## TESTIMONIALS

My daughter has participated in the skating clinics of Gary Irving and has worked with Gary individually 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. Gary brings 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*

Skating for ten hours gave me a lot more energy and running on the ice on my toe picks was awesome!

*Morgan Jane Snyder*

I had a fantastic time during the workshop. I wasn't able to walk without hurting, but the fun and all the things I learned more than made up for it.

*Heather Carson*

I had so much fun, and even though I was so sore after, the fun and the stuff I learned from Gary made it worth it. I hope you can come back next year, too!

*Melanie Shiver*

My son Jack attended the Oaklawn Clinic in Illinois. Jack has only been skating a year but has demonstrated a real love and enthusiasm for the sport. I wanted to thank you, Gary, Ralph and especially Keegan Messing for an unforgettable experience and one of the best clinics I have ever seen. Jack is skating in Kansas City and is all too often surrounded by female skaters and coaches and to have males coaches and athletes in figure skating provided such a wonderful experience for Jack means a great deal to us. Keegan took special time with Jack, which meant a great deal to him. He learned so much not just on the ice but how to be a gracious athlete. He also has been inspired to work even harder and I am sure that the memories of this clinic will stay with him forever. Again thanks so much for not just the skills taught but also the mentorship offered during those 2 days for my son.

*Parent of a skater*

5th Annual

**I.C.E.**  
INTERNATIONAL COMPETITIVE EDGES™

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UNIVERSITY OF  
DELAWARE

HIGH PERFORMANCE CENTER

[www.ICEcompetitiveedges.com](http://www.ICEcompetitiveedges.com)

## WHAT SEPARATES *I.C.E.*

Presently there are numerous clinics available. *I.C.E.* separates itself in the following ways:

Ice time available in *I.C.E.* Clinic's totals 8 hours. The clinic fee covers ice time and all classes, and is less than the average ice time cost.

The *I.C.E.* Clinic's specialized classes enable each skater to excel in all areas needed to produce a totally packaged skater. The clinic goal is to improve every aspect of each skaters level and ability.

Participation in the *I.C.E.* Clinics gains awareness of the areas where improvement is needed for success. Complete improvement comes when a skater masters all the areas the classes cover, not just jumps and spins.



Keegan Messing - US International Team



## C L A S S E S

### 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.

### SPIN

In this class we cover the different levels required for the skater to attain maximum points 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.

## Skating Seminar at University of Delaware Ice Skating Development Center

**Coaches: Gary Irving & Guest Coaches**

[www.ICEcompetitiveedges.com](http://www.ICEcompetitiveedges.com)

**On Ice time: 8 hours, over 2 days**

**Off Ice: 2 hours**

Sat. 10am - 2pm • Sun. 10am - 2pm

**Saturday**                      **Sunday**

**August 20**

**August 21**

**Registration form Due Date: August 17**

All levels of skaters are welcome.

USFS Test Level

Name

US Figure Skating Membership#

Highest US Figure Skating passes

Phone Number

E-mail address

Name of Students head coach

Signature

**Note: Element most interested in acquiring  
from participating within seminar:**

**Warm up Gear needed for Off Ice  
Food not included.**

**Check which day(s) you plan to attend:**

Saturday     Sunday     Both days

**First Day \$80    Both Days \$130  
(\$30 FEE FOR RETURNED CHECKS)**

Attach your check to this form and mail to address below:

Make checks payable to

**I.C.E.**

**221 Patriots Way  
Elkton, MD. 21921**