

Nashoba Valley Olympia, Inc.
P. O. Box 793
Acton, MA 01720-0793
978-263-3020

April 1, 2011

Dear Skater,

Welcome to **“Summer Skate 2011.”** In the enclosed brochure, you will find two applications for reserving ice - one for weekdays, and the other for Saturdays and evenings. Please be sure to read all the information contained in the brochure before filling in your application. Keep in mind your vacation plans, and school closing and opening dates when scheduling your weeks.

Ice is booked on a first-come, first-served basis with priority given to the members of the Colonial Figure Skating Club and Nashoba Valley ISI, whose applications are received by Wednesday, May 11. Please, **check with your coach**, fill out the application, enclose your deposit of 25%, and return it to the NASHOBA VALLEY OLYMPIA main office. Any application received without a deposit will be returned.

Please plan your schedule carefully, as ice changes are limited and must be done in writing. The deadline for dropping or changing your ice is Tuesday, June 14 and the deadline for adding ice is Friday, July 1. After the scheduling deadlines, it is possible to use switches the week(s) of the needed change. Switches are limited to 10 per skater for the 10 week summer session. Skaters must check-in daily at the main office for all sessions, whether they are pre-booked or walking on to a session.

The balance due for “Summer Skate 2011” is Monday, June 27.

Information is included in the brochure for other programs and special seminars offered during the summer. Please follow the directions for those individual programs and check the bulletin board for updates.

Please be sure all accounts are up-to-date with Nashoba Valley Olympia, Colonial Figure Skating Club, and Nashoba Valley ISI. Summer ice will not be booked for skaters with overdue accounts.

Please call if you have any questions.

Looking forward to a great summer!

Sincerely,

Lynne Quinn
Nashoba Valley Olympia, Inc.
978-263-3020

www.skatenashoba.com

E-mail: nvo3@verizon.net

NASHOBA VALLEY OLYMPIA, INC.

Summer Skate 2011 Artistry in Motion and Power Classes

Below is a list of Artistry in Motion & Power Classes and the instructors who will be teaching the classes for our summer session.

The test levels for these classes are as follows:

POWER: Continuous skating movements to help build stamina.

ARTISTRY IN MOTION: Learning to move to the music through creative skating excercises.

LOW TEST- USFS Pre-Preliminary through Juvenile or ISI Freestyle 3-6

HIGH TEST – USFS Juvenile through Senior or ISI Freestyle 7-10

HIGH TEST	RINK 1			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:50-9:05 Artistry in Motion Mary Wanamaker	8:50-9:05 POWER Julie Graham Eavzan	8:50-9:05 POWER Julie Graham Eavzan	8:50-9:05 POWER Julie Graham Eavzan	8:50-9:05 Artistry in Motion Beth Duxbury
LOW TEST	RINK 2			
9:30-9:45 POWER Robin DeFazio	9:30-9:45 POWER Robin DeFazio	9:30-9:45 POWER /Artistry Sheryl Franks	9:30-9:45 POWER Robin DeFazio	9:30-9:45 POWER Julie Graham Eavzan

Please register on your summer skate applications. The pre-booked price is \$6.00 per session. Walk-ons are \$8.00 per session on a space available basis. If you have any questions, please call the NVO office at 978-263-3020.

Mary Wanamaker's Summer Dance Schedule 2011

June 27th – Aug. 27th

Payment for classes due by May 31st (\$10.00 late fee)

1 Class- \$179.00 / 2 Classes- \$329.00 / 3 Classes- \$449.00 / Unlimited Classes- \$569.00

Payment in CASH deduct \$10.00 from total (checks are not cash)

Ballet, Stretch and Acting Classes recommended for those in TOI

Need at least 5 to hold class.

Monday

- 7:00- 9:00 on ice instruction
- *9:10- 10:05 Floor Barre / Candlelite Yoga
- 10:10- 10:55 Ballet I / II
- 10:55- 11:40 Ballet II / III / Jazz II / III

- 11:45- 12:30 Kickboxing / Ultimate Stretch
- 12:40- 1:25 Theatre on ice Movement & Acting Class
- 2:00- 3:00 Level III - Adv. Ballet

Tuesday

- 7:00- 9:00 on ice instruction
- *9:10- 10:05 Adv. Ballet
- 10:10- 10:55 Ultimate Stretch (all levels)
- 10:55- 11:40 Ballet II / III

- 11:45- 12:30 ALL YOGA (Vinyasa Flow)
- 12:40- 2:30 possible on ice instruction

Wednesday

- 7:00- 9:00 on ice instruction
- *9:10- 10:05 Adv. Ballet
- 10:10- 10:55 Ultimate Stretch (all levels)
- 10:55- 11:40 Ballet II / III / Jazz II / III

- 11:45- 12:30 Pilates Mat I - Kickboxing (12 years & up / 0 – 14wks)
- 1:00- 1:45 Ballet I / II
- 1:45- 2:30 on ice instruction

Thursday

- 7:00- 9:00 on ice instruction
- *9:10- 10:05 Adv. Jazz / Theatre Dance
- 10:10- 10:55 Ballet I / II - Stretch Introduction
- 10:55- 11:40 Ballet II / III

- *11:45-12:30 Adv.Pilates/Kickboxing/Stretch (15 Wks & more)

*Student must be approved by Mary.

Application Form

Please complete and mail to: Mary Wanamaker, 51 Camp St., Paxton, Ma. 01612

- | Monday | Tuesday | Wednesday | Thursday |
|---|---|---|--|
| <input type="checkbox"/> 7:00- 9:00 on ice instruction | <input type="checkbox"/> 7:00- 9:00 on ice instruction | <input type="checkbox"/> 7:00- 9:00 on ice instruction | <input type="checkbox"/> 7:00- 9:00 on ice instruction |
| <input type="checkbox"/> *9:10- 10:05 Floor Barre / Candlelite Yoga | <input type="checkbox"/> *9:10- 10:05 Adv. Ballet | <input type="checkbox"/> *9:10- 10:05 Adv. Ballet | <input type="checkbox"/> *9:10- 10:05 Adv. Jazz / Theatre Dance |
| <input type="checkbox"/> 10:10- 10:55 Ballet I / II | <input type="checkbox"/> 10:10- 10:55 Ultimate Stretch (all levels) | <input type="checkbox"/> 10:10- 10:55 Ultimate Stretch (all levels) | <input type="checkbox"/> 10:10- 10:55 Ballet I / II- Stretch Intro |
| <input type="checkbox"/> 10:55- 11:40 Ballet II / III / Jazz II / III | <input type="checkbox"/> 10:55- 11:40 Ballet II / III | <input type="checkbox"/> 10:55- 11:40 Ballet II / III / Jazz II / III | <input type="checkbox"/> 10:55- 11:40 Ballet II / III |
| <input type="checkbox"/> 11:45- 12:30 Kickboxing / Ultimate stretch | <input type="checkbox"/> 11:45- 12:30 All Yoga | <input type="checkbox"/> 11:45- 12:30 Pilates Mat I / K.B. | <input type="checkbox"/> *11:45- 12:30 Adv. Pilates / Kickboxing |
| <input type="checkbox"/> 12:40- 1:25 TOI movement & acting | <input type="checkbox"/> 12:40- 2:30 pos. on ice instruction | <input type="checkbox"/> 1:00- 1:45 Ballet I / II | |
| <input type="checkbox"/> 2:00- 3:00 Level III - Adv. Ballet | | <input type="checkbox"/> 1:45- 2:30 on ice instruction | |

1 Class- \$179.00 2 Classes- \$329.00 3 Classes- \$449.00 Unlimited Classes- \$569.00
 on ice Private and Semi- Call Mary 508-756-4561

Name _____

Address _____

City _____ State _____ Zip _____

Tel. _____ E-mail _____ Amount Enclosed: _____

Please make check payable to: Mary Wanamaker (if paying in cash deduct \$10 from total) Any ?'s call Mary: 508- 756-4561
NO REFUNDS, CLASSES MISSED MAY BE MADE UP IN COMPARABLE CLASS. Walk- ins \$20.00 per class

Mary's Resume and Class levels and description on other side →

Mary Wanamaker is a versatile and accomplished teacher who has extensive training, performing, choreographing and teaching experience. Her impressive credits include; Boston Ballet Company, Radio City Music Hall, Cabaret (with Joel Grey), 42nd Street (with Peter Marshall), The Tap Dance Kid, to name only a few. Well versed in Ballet, Jazz, Tap, and Modern, she also holds a bachelor's degree in Education with a minor in Physical Education. In New York City she worked as a personal trainer in various prestigious fitness clubs and now has added 7 years of Pilates (Stott method) and Vinysa - Flow yoga. Mary has successfully transferred her expertise onto the ice. Over the last 15 years she has taught many National, International, World and Olympic competitors. Her latest endeavor is co-coaching the Broadway Blades, Colonial's Theatre on Ice team.

Classical Ballet-

Classical Ballet is taught and adapted for skaters. A barre is done stressing body alignment, correct use of muscles and flexibility. Center work stresses balance and coordination of arms and legs through movement. Specific exercises are geared toward strengthening the core as well as ankles, inner thighs and hip flexors.

Jazz-

A center barre will be given including: stretches, isolations, bodyrolls, and jazz moves. Various styles will be taught including: lyrical and contemporary ballet, musical theatre, latin and classical jazz. Facial expression, emotional connection and musical interpretation will be stressed which can transfer easily to the ice.

Pilates Mat Class / Stretch-

Mind- body exercises developed by Joseph Pilates with the emphasis on breath, posture, alignment and core stability. Other benefits include: stronger, longer, leaner muscles; increased flexibility and flatter abdominals. Ages 12 and up, check levels for class.

Stretch / Kickboxing-

A popular class with a choreographed warm-up including stretches, push ups, punches and kicks combined to build to an aerobic workout. Stamina is improved, pulses monitored and the second part of the class is geared towards strengthening abdominals, legs, buttocks, arms, etc.

Ultimate Stretch Class and Floor Barre / Yoga Stretches-

Both classes work on increasing flexibility, balance, and leg extensions for spirals, Beilmans, and skating tricks.

Theatre On Ice Movement & Acting Class-

Acting out programs and telling stories thru musical interpretation. Various types of music used as well as personal programs. Interpretive techniques taught for all forms of skating including Theatre on Ice.

Levels-

*Advanced- must be approved by Mary in advance.

Level I- no experience- 2 years.

Level II- 3rd & 4th year students.

Level III- 5th year and more.

Pilates I (0-15 weeks)

Pilates II (15- 39 weeks)

Adv. Pilates (40 weeks or more)

ALLISON STRINGER, PHYSICAL THERAPIST

ALLISONSTRINGER@COMCAST.NET

KATHY MCPHERSON, PHYSICAL THERAPIST

KMCPHERSON@BAYSTATEERGONOMICS.COM

2011 CFSC Spring Session

10 weeks: June 26 -September 2, 2011

Allison Stringer, is a Physical Therapist and Figure Skater, has 15 years of experience as a senior level clinician and has been working with skaters on and off the ice since 1987. Allison has been with Colonial FSC for 10 years! She is also a member of USFSA, Phillips Academy SC, North Shore Skating Club, the Sports Medicine Society, the Professional Skaters Association, and a Fellow of the American Academy of Orthopedic Manual Physical Therapists. Allison is published in Skating Magazine and the Professional Skaters Magazine, and has been an invited lecturer at PSA, USFSA Regional Training Camps, Colonial FSC and PSA-approved Seminars.

Kathy McPherson is a Physical Therapist, member of USFSA, Colonial FSC, Professional Skaters' Association and American Physical Therapy Association. Kathy is a figure skater and takes lessons every week at Colonial. She has been practicing physical therapy in MA since 2002. She earned her MS in Physical Therapy from Northeastern University and her Doctorate of Physical Therapy from Simmons College.

Why work with a Physical Therapist? A Licensed Physical Therapist has the unique ability to assess strength and flexibility, identify underlying factors to prevent injuries, and to immediately assess and manage acute injuries before they develop into chronic conditions. A Physical Therapist treats injuries, manages, and monitors safe return to ice while recovering as well as strengthens the healthy athlete for better performance.

Please send payment and signed application to the person you are signing up for!

**Allison Stringer, PT
18 Mac Arthur Road
North Reading, MA 01864**

**Or
Kathy McPherson, PT
1975 Middlesex Street Unit#10
Lowell, MA 01851**

Allison Stringer, Kathy McPherson, NVO, and CFSC shall Have no legal liability for injuries or losses Suffered by skaters in the above exercise Sessions. The Skater and family shall hold Allison Stringer, Kathy McPherson, NVO, and CFSC Harmless from any and all liability for injuries, Damages or loss of property.

Parent/guardian signature and date below:

Individual Baseline Assessment \$100 (required)

- *Identify past injuries and recent problems
- *Evaluate flexibility, jump ability, strength, and fitness
- *Past medical history and injury review

Warm Up, Anaerobic & Plyo's \$80

- "Jump" Start your day here!**
- *Teach skaters how to properly warm up
- *Improve jumping ability and fitness level

Strength & Conditioning \$180

- Learn proper form and execution of stretching, strengthening & cardio exercises
- *Work on weaknesses that inhibit performance or cause injury
- *Increase general conditioning, strength and flexibility
- *Build strength, power and control
- *Improve anaerobic/aerobic performance, agility and coordination

Private Lessons available, class times may be altered to fit individual schedules.

Tuesday Afternoons – Kathy

- ___ 1:00-1:40
- ___ 1:45-2:25
- ___ 2:30-3:10

Thursday Mornings

- ___ 8:15-8:35 warm-up
- ___ 8:35-9:15
- ___ 9:15- 9:55
- ___ 9:55-10:35
- ___ 10:35-11:15

___ Individual Baseline Assessment \$100
___ Warm up 1x/week for 10 weeks \$80, 2x \$160
___ Strength & Conditioning
___ 1x/week for 10 weeks \$180, 2x \$360
___ Training Packet \$10
___ Total payment

Name _____

Parent's name _____

Address _____

City: _____ State _____ Zip _____

Phone _____

E-mail _____

address _____

Coaches _____

Skating with the Stars

An Introduction to Partnering on Ice

Taught by Professional Skaters and Coaches, Melanie Lambert & Fred Palascak



New to pair skating? Ever wanted to try pair skating or ice dancing, but you don't have a partner? This summer you will have the opportunity to learn a completely new skill, or just sharpen your own partnering skills.

Melanie Lambert and Fred Palascak spent four years training under the roofs of the NVO ice surfaces. After 3 consecutive years of qualifying and competing at the US National Championships, which included one US National Medal, they decide to join the ranks of the professional world. In their 12-year history as a professional skating team, Melanie and Fred performed all over the world. They are best known for having performed as professional partners to celebrity skaters during four series of the highly successful UK television show "Torvill and Dean's Dancing on Ice." Melanie, along with her celebrity partner, was named the Series Two Champion of "Dancing on Ice." Fred just recently appeared on "ABC's Skating with the Stars." He, along with his celebrity partner, was named the Season One Champion.

Even more recently, Melanie added choreographer to her resume. She has assisted choreographing four different skating shows, the latest being Holiday on Ice's newest production Festival.

The ten week class will introduce basic partnering. This includes learning various hand and arm holds, understanding the synchronization of side-by-side skating, and also acquiring elementary pair skills pertaining to pair spins, throw jumps, and lifts. Most skills that will be taught crossover 3 disciplines in skating: pairs, ice dancing, and synchro skating.

The 45 minute class will be broken down into 3 intervals: The first 15 minutes will be a warm-up period consisting of exercises which will help the skater to increase edge quality, power, and creativity, while at the same time allow the skater to gain the partnering skills of guiding and unison. During the next two 15 minute intervals, the class will be split into 2 groups by skating level and/or age. Throughout this period, more specific partnering skills (such as holds, pair stroking, pair spins, lifts, and throws) will be introduced and taught.

DATES: Tuesdays, 6/28/11 - 8/30/11 (10 Classes Total)

TIME: 2:30 – 3:15 (45 minutes, on-ice)

LOCATION: Rink 2

COST: ***Special Pre-Book Rate*** \$160 for all 10 classes / Walk-on rate: \$22 per class

*Any questions please email or call us: fred_n_mel@msn.com / 508-333-3468
Also, feel free to visit our website: www.FredAndMel.com*

(Please cut and return the below portion)

Please complete, sign, and return with fee by MAY 25th, 2011

Mail, and make checks payable to: **Melanie Lambert, 55 Downer Ave #1, Boston, MA 02125**

Name of Skater: _____

Age: _____ Height: _____ Highest Test Passed: _____

Any pair, or ice dance experience (please circle): yes / yes, but very little / none

Name of Parent(s): _____

Email: _____ Phone: _____

I am aware that figure skating is a dangerous sport and that my (or my child's) participation in skating or training activities is at my (or my child's) sole risk. In the acceptance of my application, I intend to be legally bound and do hereby, absolve Melanie Lambert, Fred Palascak, Summer Skate 2011 Staff, Nashoba Valley Olympia, Inc., Olympus Realty, Inc., Colonial Figure Skating Club, and Nashoba valley ISI and all related agents of all responsibilities for injury or illness to the above skater and hold the above parties and their agents harmless from all claims. NO REFUNDS WILL BE ALLOWED FOR MISSED CLASSES WITH THE EXCEPTION OF MEDICAL REFUNDS ACCOMPANIED WITH A DOCTOR'S NOTE.

Signature (of Parent): _____ Date: _____