



**SPORTQUEST SKATING ACADEMY (SQSA)**  
 Parade Ice Garden  
 600 Kenwood Pkwy, Minneapolis MN 55403

*in cooperation with*  
**Parade Figure Skating Club (PFSC)**  
[www.paradefsc.org](http://www.paradefsc.org)

## ANNOUNCING SUMMERQUEST 2008

### A COMPLETE TRAINING PROGRAM FOR FIGURE SKATERS

**WED JUNE 12- WED AUGUST 20, 2008**

**Daily Ice \* Leveled Sessions \* On- Ice Technique Classes \* Off-Ice Training  
 Centrally Located \* ISI and USFS instruction \* Guest Coach Inquiries Welcome!\***

#### Daily Calendar

| Notes:  | Mon   | Tue   | Wed  | Thu  | Friday  |
|---|---|---|--|--|---|
| <i>Ice 1 High FS (Skaters must have passed ISI FS6 or USFS Juvenile FS test)</i>  | <b>FS Ice 1 (High)</b><br>9:00-10:00am                            | <b>FS Ice 1 (High)</b><br>9:00-10:00am  | <b>FS Ice 1 (High)</b><br>9:00-10:00am   | <b>FS Ice 1 (High)</b><br>9:00-10:00am                             | <b>FS Ice 1 (High)</b><br>9:00-10:00am                      |
| <i>Ice 2 Medium FS (Skaters must have passed ISI FS1)</i>   | <b>FS Ice 2 (Medium)</b><br>10:15-11:15am                         | <b>FS Ice 2 (Medium)</b><br>10:15-11:15am   | <b>FS Ice 2 (Medium)</b><br>10:15-11:15am  | <b>FS Ice 2 (Medium)</b><br>10:15-11:15am                          | <b>FS Ice 2 (Medium)</b><br>10:15-11:15am                   |
| <i>Ice 3 Open FS (Open to all levels-beginning skaters should be accompanied by coach)</i>  | <b>FS Ice 3 (Open):</b><br>11:15-12:00 noon                       | Resurface followed by<br><b>FS Ice 3 (Open)</b><br>11:30-12:15pm  | <b>FS Ice 3 (Open):</b><br>11:15-12noon  | Resurface followed by<br><b>FS Ice 3 (Open)</b><br>11:30-12:15pm   | <b>FS Ice 3 (Open):</b><br>11:15-12:00 noon                 |
|   | (Parade Public Skating from 12:15-1:15pm)                         | There is No Public Skating on Tue & Thu<br>↓  | (Parade Public Skating from 12:15-1:15pm)  | There is No Public Skating on Tue & Thu<br>↓                       | (Parade Public Skating from 12:15-1:15pm)                   |
| Group Classes may be subdivided depending on enrollment   | <b>Off Ice Group Class: Jumps</b><br>12:30-1:15pm                 | <b>On Ice Group Class Edges &amp; Turns</b><br>12:15-12:45pm  | <b>Off Ice Group Class: Peak Performance</b><br>12:30-1:15pm   | <b>On Ice Group Class Power/Interval Training</b><br>12:15-12:45pm | <b>End of SummerQuest Training Week at noon each Friday</b> |
|   | <b>On Ice Group Class: Power/Interval Training</b><br>1:30-2:00pm | Resurface followed by<br><b>Ice 4 (Open) FS</b><br>1:00-2:00pm  | <b>On Ice Group Class: Presentation/Performance</b><br>1:30-2:00pm                                   | Resurface followed by<br><b>Ice 4 (Open) FS</b><br>1:00-2:00pm     | <b>ENJOY YOUR</b>   |
| <i>Ice 4 Open FS (Open to all levels-beginning skaters should be accompanied by coach)</i>  | <b>FS Ice 4 (Open)</b><br>2:00-3:00pm                             | <b>Off-Ice Group Class: Hip-Hop/Dance</b><br>2:15-3:00pm  | <b>FS Ice 4 (Open)</b><br>2:00-3:00pm  | <b>Off Ice Group Class: Dance/Stretch</b><br>2:15-3:00pm           | <b>WEEKEND!</b>   |
| <b>Tuesday evening*</b> ice is recommended for skaters FS3 and below. Advanced skaters on this ice will be expected to make way for younger skaters |   | <b>6:00-6:30PM Power Skating Class for FS3 and lower Skaters</b><br><b>6:30-7:15 pm FS (Low)</b><br><b>Tue PM ice starts June 24 ends July 29</b> | <b>5:45-6:45PM Learn to Skate Group Lessons</b><br><b>See Separate LTS registration sign up form</b> |  |   |

\*Tue PM group class and FS ice can be contracted either on the SummerQuest Form or on the Summer Learn to Skate (LTS) Form

#### SummerQuest 2008 Weekly Calendar

All Sessions at Parade Ice Garden, 600 Kenwood Pkwy, Minneapolis MN 55403

| Week # | Dates           | Notes  |
|--------|-----------------|--|
| 1      | June 12-June 13 | FIRST DAY OF SUMMERQUEST is THURS June 12 - Full Schedule on Thurs 6/12 and Fri 6/13   |
| 2      | June 16-June 20 | Full Schedule  |
| 3      | June 23-June 27 | Full Schedule & Exhibition/Test Ice on Wed Jun 15 4:15-5:15 pm   |
| 4      | June 30-July 4  | Full Schedule Mon thru Thurs this week - Rink Closed Fri 4th of July   |
| 5      | July 7-July 11  | Full Schedule & Exhibition/Test Ice on Wed July 9 4:15-5:15 pm   |
| 6      | July 14-July 18 | <i>Modified Schedule: Morning Ice Only, No On-Ice Group Classes, No Off-Ice Group Classes. Tues evening ice <u>will</u> be held.</i>   |
| 7      | July 21-July 25 | <i>Modified Schedule: Full daylong sessions on Mon, Tues, Thurs and Fri this week. Tues evening ice <u>will</u> be held.<br/>Wed July 23 has morning ice only. No afternoon ice or classes on Wed July 23.</i> |
| 8      | July 28 - Aug 1 | Full Schedule  |
| 9      | Aug 4 - Aug 8   | Full Schedule  |
| 10     | Aug 11 - Aug 15 | <i>Modified Week: Full Schedule Mon thru Wed only &amp; Exhibition Wed Aug 13 3:15-4:15 pm. No ice or classes on Thurs &amp; Fri 8/14 &amp; 8/15 due to Hockey Clinic at Parade</i>                            |
| 11     | Aug 18 - Aug 20 | Full Schedule Mon thru Wed only. LAST DAY OF SUMMERQUEST is WED Aug 20   |

## SummerQuest Information (continued)

### OFF AND ON ICE GROUP INSTRUCTION INCLUDES:

Mon On Ice Group Class: Power/Interval Training

Tues On Ice Group Class: Edges & Turns

Wed On Ice Group Class: Presentation/Performance for IJS (Intl Judging Syst)

Thurs On Ice Group Class: Power/Interval Training

Mon Off Ice Group Class: Off Ice Jump

Tues Off Ice Group Class: Hip Hop/Dance

Wed Off Ice Group Class: Peak Performance

Thurs Off Ice Group Class: Dance/Stretch

### Objective:

Build stamina

Improve edges, turns and transitions

Connect with judges and audience

Build stamina

Mon: Jumping drills and exercises in a controlled off-ice situation.

Tues: Learn to connect with music

Wed: Learn mental and physical techniques to attain peak performance. Classes cover: breathing, emotional control, re-focusing, relaxation, competitive planning, goal setting and periodization.

Thurs: Create and maintain flexibility

Depending on enrollment, group classes may be subdivided among multiple instructors.

### **\*EXHIBITION ICE**

Some Weds :Competition Simulation with timed warm-ups

Priority will be for skaters who are competing the following week.

### **Current Schedule for Exhibition is:**

Sign up sheets will be posted.

Talk to your coach

about your exhibition schedule

Exhibition ice is NOT part of the ice contract.

**\*Exhibition ice will be paid separately as you sign up.**

**Wed June 25: 4:15-5:15pm**

**Wed July 9: 4:15-5:15pm**

*Wed Jul 30: 2:00-3:00pm (Possible additional exhibition-to be confirmed)*

**Wed Aug 13: 3:15-4:15pm**

Beginning Skater Private Lessons may be arranged with your coach on any of the Free Style sessions other than the 9-10am and the 10:15-11:15 sessions.

Tuesday Evening Ice is being primarily geared to FS3 and below Skaters and their coaches

If a beginning skater skating on SummerQuest Ice is concerned about being on the ice without their coach please contact us.

**Learn to Skate (LTS)** Summer Session for skaters in ISI Tots thru FS4 will be held each Wed. from 5:45-6:45 pm between June 25 and July 30th.

Please ask for a LTS application form.

**SummerQuest** advanced skaters may be invited to assist in teaching LTS Classes.

**The SummerQuest training program offers skaters who contract the most sessions, significant discounts, while still offering families the flexibility to select their preferred skating weeks to allow for family vacations and trips.**

**In general contract skaters will be expected to contract a minimum of 2 full weeks.**

( Random buy-on ice offered on a space-available basis. Buy-on Ice rates will be published in the sign in book)

**Guest Coaches:**

**Guest Coach Inquiries are welcome. Please contact Page Lipe at 612-209-8382 or via email:**

**PageLipe@aol.com**

**FOR SUMMERQUEST 2008 APPLICATION FORMS  
PLEASE EMAIL [SQSA1@AOL.COM](mailto:SQSA1@AOL.COM) OR CALL 612-209-8382**

**OR DOWNLOAD THE APPLICATION FORM (AFTER 4/22) FROM  
[WWW.PARADEFSC.ORG](http://WWW.PARADEFSC.ORG)**

SummerQuest 2008 ontract forms are due May 29, 2008 to avoid late fee.