



**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)

Rev 4

## ANNOUNCING SUMMERQUEST 2009

### A COMPLETE TRAINING PROGRAM FOR FIGURE SKATERS

#### MON JUNE 15- WED AUGUST 19, 2009

Daily Ice \* Leveled Sessions \* On- Ice Technique Classes \* Off-Ice Training \* Dartfish \*  
 Video Analysis \* 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 FS4 or USFS Preliminary FS test)</i>	<b>FS Ice 1 (High)</b> 9:00-10:00am	<b>FS Ice 1 (High)</b> 9:00-10:00am	<b>FS Ice 1 (High)</b> 9:00-10:00am	<b>FS Ice 1 (High)</b> 9:00-10:00am	<b>FS Ice 1 (High)</b> 9:00-10:00am
<i>Ice 2 Medium FS (Skaters must have passed ISI FS1)</i>	<b>FS Ice 2 (Medium)</b> 10:15-11:15am	<b>FS Ice 2 (Medium)</b> 10:15-11:15am	<b>FS Ice 2 (Medium)</b> 10:15-11:15am	<b>FS Ice 2 (Medium)</b> 10:15-11:15am	<b>FS Ice 2 (Medium)</b> 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> 11:15-12:00 noon	Resurface followed by <b>FS Ice 3 (Open)</b> 11:30-12:15pm	<b>FS Ice 3 (Open):</b> 11:15-12noon	Resurface followed by <b>FS Ice 3 (Open)</b> 11:30-12:15pm	<b>FS Ice 3 (Open):</b> 11:15-12:00 noon
	(Parade Public Skating from 12:15-1:15pm)	There is No Public Skating on Tue & Thu 	(Parade Public Skating from 12:15-1:15pm)	There is No Public Skating on Tue & Thu 	(Parade Public Skating from 12:15-1:15pm)
Group Classes may be subdivided depending on enrollment	<b>Off-Ice Group Class:</b> Yoga/Stretch 12:30-1:15pm	<b>On Ice Group Class</b> Jump & Spin 12:15-12:45pm	<b>Off Ice Group Class:</b> Peak Performance 12:30-1:15pm	<b>On Ice Group Class</b> Power/Interval Training 12:15-12:45pm	<b>End of SummerQuest Training Week at noon each Friday - See below for special Activity on Friday July 24!</b>
	<b>On Ice Group Class:</b> Power/Interval Training 1:30-2:00pm	Resurface followed by <b>Ice 4 (Open) FS</b> 1:00-2:00pm	<b>On Ice Group Class:</b> Figures (Edge Control) Class 1:30-2:00pm	Resurface followed by <b>Ice 4 (Open) FS</b> 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> 2:00-3:00pm	<b>Off-Ice Group Class:</b> Dance 2:15-3:00pm	<b>FS Ice 4 (Open)</b> 2:00-3:00pm	<b>Off Ice Group Class:</b> Jump & Core Conditioning 2:15-3:00pm	<b>WEEKEND!</b>

#### SummerQuest 2009 Weekly Calendar

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

Week #	Dates	Notes
1	June 15-June 19	FIRST DAY OF SUMMERQUEST is Monday June 15 - Full Schedule all week <b>Exhibition Ice</b> Wed 6/17 4:45pm-5:30pm
2	June 22-June 26	Full Schedule, <b>Exhibition Ice</b> Wed 6/24 4:45-5:30pm
3	June 29-July 3rd	Full Schedule, <b>Exhibition Ice</b> Wed 7/1 4:45-5:30pm
4	July 6-July 10	Full Schedule, <b>Exhibition Ice</b> Wed 7/8 4:45-5:30pm
5	July 13-July 17	<b>AWAY COMPETITION WEEK (LIBERTY OPEN COMP, PHILADELPHIA). NO REGULAR SUMMERQUEST CONTRACT ICE AND NO REGULAR ON OR OFF ICE CLASSES. PRO'S ICE WILL BE AVAILABLE DURING THE MORNINGS. SUMMER SKATING AND ARTS CAMP WILL BE HELD AT PARADE THIS WEEK. PLEASE SEE SEPARATE FLYER AND REG. FORM FOR THIS ONE WEEK CAMP</b>
6	July 20-July 24	Full Schedule will be offered this week. Monday, Tuesday and Wed sessions will be held at Parade Ice Garden, Thursday July 23 sessions will be held at Breck Ice Center (same schedule). Friday July 24 sessions Modified Schedule: Ice 1: 11am-12 noon, Ice 2: 12:15pm-1:15pm and Ice 3: 1:15pm-2:00pm will be held at St. Louis Park Ice Arena. If weather permits we are planning a Swimming Party Friday Afternoon, July 24th at the St. Louis Park Aquatic Center, which is next door to the St. Louis Park Ice Arena. Cost for a aquatic center pass will be \$8.50. We will reserve the Gazebo.
7	July 27 - July 31	Full Schedule, <b>Exhibition Ice</b> Wed July 29, 4:45-5:30pm
8	Aug 3 - Aug 7	Full Schedule, <b>Exhibition Ice</b> Wed Aug 5, 4:45-5:30pm
9	Aug 10 - Aug 14	Full Schedule, <b>Exhibition Ice</b> Wed Aug 12, <b>3:15-4pm</b> (note different time this week)
10	Aug 17 - Aug 19	Full Schedule Mon thru Wed only. LAST DAY OF SUMMERQUEST is WED Aug 19

Except as noted below all SummerQuest sessions are at Parade Ice Garden, 600 Kenwood Pkwy, Minneapolis MN  
**July 23, 2009 sessions will be held at Breck Arena, 4210 Olson Memorial Hwy (Hwy 55), Golden Valley MN**  
**July 24, 2009 sessions will be held at the St. Louis Park Ice Arena, 3700 Monterey Drive, St. Louis Park, MN**

## SummerQuest Information (continued)

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### OFF AND ON ICE GROUP INSTRUCTION INCLUDES:

Monday On Ice Group Class: Power/Interval Training  
Tues On Ice Group Class: Jump & Spin

Wed On Ice Group Class: Figures Class  
Thurs On Ice Group Class: Power/Interval Training

Monday Off-Ice Group Class: Yoga - Stretch  
Tuesday Off-Ice Group Class: Dance  
Wednesday Off-Ice Group Class: Peak Performance

Thursday Off Ice Group Class: Off Ice Jumps and Core Conditioning

### Objective:

Designed to build stamina  
Designed to master & improve jumps and spins (Jumping Drills & Spinning Exercises)

Edge Control (Designed to prepare you for the new USFS moves/edges tests)  
Designed to improve your stamina

Increase your flexibility  
Learning to connect with music  
Working with skaters to achieve mental and physical techniques they can use to help attain peak performance. Classes cover: breathing technique, emotional control, re-focusing, relaxation, competitive planning, goal setting and periodization.

Improve Jumping Technique and Body control

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

#### \*EXHIBITION ICE

See the Summary Weekly Calendar on previous page for currently scheduled Exhibition dates.

Sign up sheets will be posted.

#### Talk to your coach

about your exhibition schedule and for which ones you should sign up for

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

Exhibition ice is NOT part of the ice contract.

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

Simulation Run Through of Skaters Programs, in a competition simulation setting

*We encourage parents, friends, relatives to attend Exhibition Ice and cheer and applaud to help create a competition simulation environment for the skater to put his or her program out there.*

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

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

**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.**

**Contract skaters are expected to contract a minimum of 2 full weeks. Out of town skaters please contact director.**

( 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 2009 APPLICATION FORMS  
PLEASE EMAIL SQSA1@AOL.COM OR CALL 612-209-8382**

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

SummerQuest 2009 Contract forms are due Friday May 29, 2009 to avoid late fee.