

Meet Our Guest Instructors:

Mental Toughness Speaker:

Rachael Flatt— the 2010 US National Champion, a 2010 Olympian, 2008 World Junior Champion, and 3x World Team Member, with a best finish of 5th. Currently completing her Ph.D. in Clinical Psychology at UNC-Chapel Hill studying athlete mental health and eating disorders.



Yoga Instructor:

Kelda Nolen is a Figure Skating Instructor and 200hr RYT Yoga instructor specializing in yoga techniques for skaters.

Strength Training Instructor:

Firman Walden—A USFS recognized off-ice trainer with ACE and NSCA certifications, has been working as a personal trainer for over 20 years in the triangle area.



Garner Skating Director
Kristy Hemstreet 919-861-7465
103 New Rand Rd, Garner NC

The
Polar Ice House
of Garner
Presents

Figure Skating
Clinic
With Special Guest Coach
Olympic Medalist
Paul Wylie



103 New Rand Road
Garner, NC
919-861-7465

www.IceHouseGarner.com

About Paul Wylie

Paul Wylie is an Olympic Silver Medalist & World Professional Champion as well as an Olympic and World Championship Broadcaster. Paul combines a passion for high performance and wellness with a background in coaching and mentoring athletes and business leaders towards



peak performance. As an Olympic medalist in figure skating, former Disney executive and Harvard Business School MBA, he trains people all over the world to help them transform their productivity, fitness and overall health, instilling the benefits of physical movement, nutrition, positive psychology, perseverance, motivation, innovation and creativity.

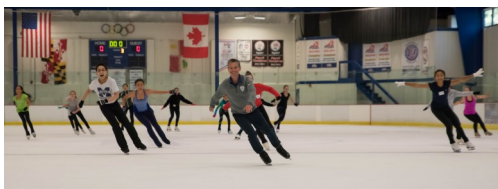


Figure Skating Clinic

2-Day Clinic

Saturday April 6 11:30a-4:30p

Sunday April 7 8:15a-2:00p

Groups:

Low Free (LF)— Must have All Singles (may or may not be working on axel)

High Free (HF)—Must have All Singles, Axel and working on Doubles and/or Triples

Saturday April 6		
Time	LF	HF
11:30-12:15	Warm Up	
12:30-1:15	On Ice Jump	Yoga
1:15-2:00	Yoga	On Ice Jumps
2:00-3	Lunch/Rest/Stretching	
3-3:45	On Ice Spins	Mental Toughness
3:45-4:30	Mental Toughness	On Ice Spins
5:00-8:00	Freestyle Ice	

Sunday April 7		
Time	LF	HF
8:15-8:45	Warm Up	
9-9:45	Edge Quality	Ballet
9:45-10:30	Ballet	Edge Quality
10:30-11	Snack/Rest	
11:00-12:00	Keynote Speech	
12:30-1:15	Jump/Spin	Off ice Strength
1:15-2	Off Ice Strength	Jump/Spin
2:30-5:30	Freestyle Ice	

COST:

Half Clinic (1 Day) - \$140

Full Clinic (2-day) - \$225

Adult Skating Clinic

Saturday April 6th

Cost: \$60

2:15-3pm—On Ice Skills

3:15-4pm—Yoga

Welcome to attend Keynote Speech

Sunday at 11am.

Learn to Skate Skate With Paul!

Ages 3+ Welcome, All Levels!

Cost: \$15

Sunday April 7th 10:30a-11a

Freestyle Ice & Private Lessons with Paul Wylie

Each Skater who is enrolled for the Figure Skating Clinic (adult and LTS excluded) will have 1 hour of freestyle a day. We will be sending out a schedule for skaters to choose which hour they would like to sign up for. Private lessons will have first choice and then the remaining spots will be filled first come first served.

Paul will be offering private lessons at the rate of \$120/hr. We will be scheduling the lessons in 20min increments.

All private lessons will be organized by the Garner Ice House Skating Director - Kristy Hemstreet. For more information, please email:

Kristy.Hemstreet@polaricehouse.com

First Priority is given to skaters in the clinics