



LAKE PLACID  
**SKATING**

---

# **ADULT SKATING WEEK**

AUGUST 21, 2023 - AUGUST 26, 2023

 **OLYMPIC CENTER**

# CONTENTS

GENERAL INFO | 3

WELCOME | 3

SCHEDULES BY DAY

MONDAY | 4

TUESDAY | 5

WEDNESDAY | 6

THURSDAY | 7

FRIDAY | 8

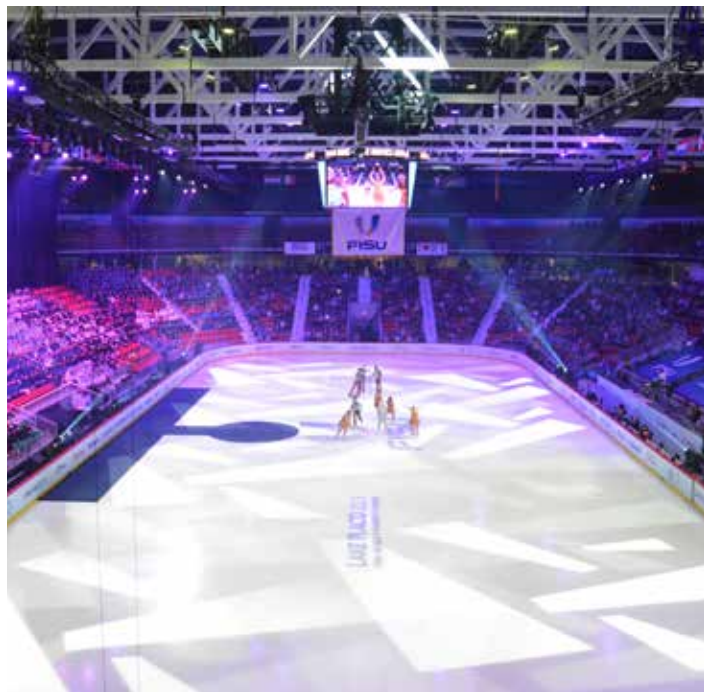
SATURDAY | 9

MASTER CLASS SCHEDULE | 10

PROFESSIONAL STAFF & CLASS  
DESCRIPTIONS | 11

ARENA MAPS | 15

ARENA OFFERINGS | 16



*The Olympic Center is operated by:*

The NYS Olympic Regional Development Authority

State of New York

Kathy Hochoul, Governor

Joe Martens, Chairman

Ph: 518-523-1655 | <https://www.orda.org> | [info@orda.org](mailto:info@orda.org)

<https://www.lakeplacidolympiccenter.com> | [@lpolympiccenter](https://www.instagram.com/lpolympiccenter)

# GENERAL INFO

## SESSION ENTRANCE

Please do not forget to bring your confirmation with bar code to the ice sessions as they will be scanned.

## LESSON & CLASSES

There are NO TICKETS this year. Skaters will be required to PAY the coaches DIRECTLY for CLASSES and PRIVATE lessons. Please refer to the "Meet the Coaches" page for information from each coach.

## BOX OFFICE INFORMATION & HOURS

The Box Office is located at the Main entrance in Miracle Plaza by the 1980 Herb Brooks Arena. They are open from 10:00 AM – 5:00 PM daily.

## GROUP CLASSES

Group classes are \$15 per 25-minute class. Classes longer than 25 minutes may cost more. Please check the class descriptions from each coach. Group classes do not fill up!

## LOCKER ROOMS

Locker rooms 3 & 4 in the 1980 Rink hallway will be available for you to use during the week.

## OLYMPIC CENTER ADDRESS

2634 Main Street  
Lake Placid, NY 12946

# WELCOME

## SUNDAY, AUGUST 20TH

Welcome to Lake Placid Adult Skating Week!!

## MEET & GREET

6:30 PM – 7:00 PM

Athlete's Entrance – between USA and 1980 Rinks

## WARM-UP SESSION

This session is to give you a chance to warm up and get your blades under you before the week's activities really begin!

7:00 PM – 7:50 PM – 1980 Rink

**ALL COACHES WILL BE THERE!!!**

## PARKING

Limited on street parking is available on Main Street. Parking is also available in the Municipal Lot on Main Street next to the arena. Free parking may be available in the USA Rink Lot or School Lot on Cummings Road.

## CHECK-IN

We will have check-in at the Athlete's Entrance located between the 1980 and USA Rinks on Sunday from 6:30 PM – 7:00 PM. If you can't make it, that's ok! You can pick up your packet at the Adult Skating Week table in the Athlete's Entrance when you arrive.

## EXHIBITION SIGN-UP

This years Adult Group number is a medley of "MAMMA MIA"! EVERYONE is invited to participate. Please keep this in mind for any special attire you may have for the performance.

If you would like to skate in the exhibition on Saturday, please turn your form in at the Adult Skating Week table in the Athlete's Entrance before 3:00 PM on Friday.

REVISED 08.10.22



# SCHEDULES

MONDAY, AUG 21ST

## ADULT FIGURE SKATING SESSIONS

TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Patch
9:00 AM – 9:50 AM	1980	Adult Open FS
9:15AM – 10:30AM	USA	Adult Classes
10:00 AM – 10:50 AM	1980	Adult Open FS
10:45 AM – 11:35 AM	USA	Patch
11:00AM – 11:50AM	1980	Adult Open FS
11:45AM – 1:00PM	USA	Adult Classes
1:15PM – 2:30PM	USA	Adult Classes
2:00PM – 2:45PM	1980	Adult Open FS
2:45PM – 3:35PM	USA	Adult Classes
3:00 PM – 3:50 PM	1980	Adult Open FS
3:45PM – 4:35PM	USA	Patch
4:00 PM – 4:50 PM	1980	Adult Open FS
5:00 PM – 5:50 PM	1980	Adult Open FS
6:00 PM – 6:50 PM	1980	Adult Open FS

## ADULT FIGURE SKATING OFF-ICE GROUP CLASSES

TIME	LOCATION	CLASS	INSTRUCTOR
8:00 AM – 8:45 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Ballet	Paige Ketsoglou-Bacchi
3:30PM – 3:55PM	1980 Mezzanine	Yoga for Skating Recovery	Mimi Wacholder

## ADULT FIGURE SKATING ON-ICE GROUP CLASSES

TIME	LOCATION	CLASS	INSTRUCTOR
8:15 AM – 8:45 AM	USA	School Figures / Patch	Kami Netri
9:15AM – 9:40AM	USA	Edges and Presentation Warm Up	Paul Wylie
9:40 AM – 10:05 AM	USA	The Key to Edge Jumps	Paul Wylie
10:05 AM – 10:30 AM	USA	WOW, I Never Knew That	Karen Courtland Kelly
11:45AM – 12:10PM	USA	Stroking Tech and Check	Marc Fenczak
12:10 PM – 12:35 PM	USA	Preparing for the AXEL	Kami Netri
12:35 PM – 1:00 PM	USA	Loop, Flip & Lutz Jumps	Paul Wylie
1:15 PM – 2:05 PM*	USA	SOS – Principles for Skating Skills	Mimi Wacholder
2:05 PM – 2:30 PM	USA	3-Turns & Double 3-Turns	Kami Netri
2:45 PM – 3:10PM	USA	ADULT GROUP NUMBER	Paige Ketsoglou-Bacchi
3:10PM – 3:35PM	USA	Basic Partnering	Marc Fenczak

\*50 minute class

# SCHEDULES

TUESDAY, AUG 22ND

## ADULT FIGURE SKATING SESSIONS

TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Patch
9:00 AM – 9:50 AM	1980	Adult Open FS
9:15AM – 10:30AM	USA	Adult Classes
10:00 AM – 10:50 AM	1980	Adult Open FS
10:45 AM – 11:35 AM	USA	Patch
11:00AM – 11:50AM	1980	Adult Open FS
11:45AM – 1:00PM	USA	Adult Classes
1:15PM – 2:30PM	USA	Adult Classes
2:00PM – 2:45PM	1980	Adult Open FS
2:45PM – 3:35PM	USA	Adult Classes
3:00 PM – 3:50 PM	1980	Adult Open FS
3:45PM – 4:35PM	USA	Patch
4:00 PM – 4:50 PM	1980	Adult Open FS
5:00 PM – 5:50 PM	1980	Adult Open FS
6:00 PM – 6:50 PM	1980	Adult Open FS

## ADULT FIGURE SKATING OFF-ICE GROUP CLASSES

TIME	LOCATION	CLASS	INSTRUCTOR
8:00 AM – 8:45 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Thera-Band Strength	Paige Ketsoglou-Bacchi
3:30PM – 3:55PM	1980 Mezzanine	Pt.1 Off-Ice Spin Class	Tracey Prussack Nicola

## ADULT FIGURE SKATING ON-ICE GROUP CLASSES

TIME	LOCATION	CLASS	INSTRUCTOR
9:15 AM – 9:40 AM	USA	Edges & Presentation Warm Up	Paul Wylie
9:40 AM – 10:05AM	USA	Basic Spins: Upright, Sit & Camel	Paul Wylie
10:05 AM – 10:30 AM	USA	Back Spins	Kami Netri
11:45 AM – 12:10 PM	USA	Dead Dances	Marc Fenczak
12:10 PM – 12:35 PM	USA	Mastering Toe Jumps	Paul Wylie
12:35 PM – 1:00 PM	USA	Connecting Steps: Footwork	Kami Netri
1:15 PM – 1:40 PM	USA	Being Your Best:	Paul Wylie
1:40 PM – 2:05 PM	USA	Spread Eagles & Ina Bauers	Paul Wylie
2:05 PM – 2:30 PM	USA	Mohawks vs Choctaws	Kami Netri
2:45 PM – 3:10 PM	USA	Group Number Rehearsal	Paige Ketsoglou-Bacchi
3:10 PM – 3:35 PM	USA	Understanding Check & Check	Marc Fenczak

\*50 minute class

# SCHEDULES

WEDNESDAY, AUG 23RD

## Please join us for the Mid-Week Reception & Curling Party!

7:00 PM – 9:00 PM – USA Rink

Learn the basics of another ice sport and play some fun games with your new and not so new adult skating friends!

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:00 AM – 8:45 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Ballet	Paige Ketsoglou-Bacchi
3:30PM – 3:55PM	1980 Mezzanine	Yoga for Skating Recovery	Mimi Wacholder

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Patch
9:00 AM – 9:50 AM	1980	Adult Open FS
9:15AM – 10:30AM	USA	Adult Classes
10:00 AM – 10:50 AM	1980	Adult Open FS
10:45 AM – 11:35 AM	USA	Patch
11:00AM – 11:50AM	1980	Adult Open FS
11:45AM – 1:00PM	USA	Adult Classes
1:15PM – 2:30PM	USA	Adult Classes
2:00PM – 2:45PM	1980	Adult Open FS
2:45PM – 3:35PM	USA	Adult Classes
3:00 PM – 3:50 PM	1980	Adult Open FS
3:45PM – 4:35PM	USA	Patch
4:00 PM – 4:50 PM	1980	Adult Open FS
5:00 PM – 5:50 PM	1980	Adult Open FS
6:00 PM – 6:50 PM	1980	Adult Open FS

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15AM – 8:45AM	USA	School Figures / Patch	Kami Netri
9:15AM – 9:40AM	USA	Edges and Presentation Warm Up	Paul Wylie
9:40AM – 10:05AM	USA	Being Your Best: Performance	Paul Wylie
10:05AM - 10:30AM	USA	WOW, I Never Knew That	Karen Courtland Kelly
11:45AM – 12:10 PM	USA	Swing Rolls & Cross Rolls	Marc Fenczak
12:10PM – 12:35PM	USA	The Key to Edge Jumps	Paul Wylie
12:35 PM – 1:00 PM	USA	The "Art of the Hook": Centering Spins	Paul Wylie
1:15 PM – 2:05PM*	USA	SOS – Principles for Turns and Transitions	Mimi Wacholder
2:05 PM – 2:30 PM	USA	Spirals	Paige Ketsoglou-Bacchi
2:45 PM – 3:10 PM	USA	Group Number Rehearsal	Paige Ketsoglou-Bacchi
3:10 PM – 3:35 PM	USA	Basic Partnering	Marc Fenczak

\*50 minute class

# SCHEDULES

THURSDAY, AUG 24TH

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:00 AM – 8:45 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Ballet / Dance	Paige Ketsoglou-Bacchi

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Patch
9:00 AM – 9:50 AM	1980	Adult Open FS
9:15AM – 10:30AM	USA	Adult Classes
10:00 AM – 10:50 AM	1980	Adult Open FS
10:45 AM – 11:35 AM	USA	Patch
11:00AM – 11:50AM	1980	Adult Open FS
11:45AM – 1:00PM	USA	Adult Classes
1:15PM – 2:30PM	USA	Adult Classes
2:00PM – 2:45PM	1980	Adult Open FS
2:45PM – 3:35PM	USA	Adult Classes
3:00 PM – 3:50 PM	1980	Adult Open FS
3:45PM – 4:35PM	USA	Patch
4:00 PM – 4:50 PM	1980	Adult Open FS
5:00 PM – 5:50 PM	1980	Adult Open FS
6:00 PM – 6:50 PM	1980	Adult Open FS

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
9:15 AM – 9:40AM	USA	Edges & Presentation warm Up	Paul Wylie
9:40 AM – 10:05AM	USA	Fancy Spins / Flying Spins	Paul Wylie
10:05 AM – 1030 AM	USA	Flip Jumps	Kami Netri
11:45 AM – 12:10 PM	USA	Twizzles	Marc Fenczak
12:10 PM – 12:35 PM	USA	Slides & Hydro-Planes	Paul Wylie
12:35 PM – 1:00 PM	USA	Brackets & Loops	Kami Netri
1:15 PM – 1:40 PM	USA	Mastering Toe Jumps	Paul Wylie
1:40 PM – 2:05 PM	USA	Counters vs Rockers	Kami Netri
2:05 PM – 2:30 PM	USA	Pt.2 On – Ice Spin Class	Tracy Prussack-Nicola
2:45 PM – 3:10 PM	USA	Group Number Rehearsal	Paige Ketsoglou-Bacchi
3:10 PM – 3:35 PM	USA	Understanding Check & Check	Marc Fenczak

\*50 minute class

# SCHEDULES

FRIDAY, AUG 25TH

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:00 AM – 8:45 AM	1980 Mezzanine		

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Adult Classes
9:00 AM – 9:50 AM	1980	Adult Open FS
9:15AM – 10:30AM	USA	Adult Open FS
10:00 AM – 10:50 AM	1980	Adult Open FS
10:45 AM – 11:35 AM	USA	Adult Classes
11:00AM – 11:50AM	1980	Adult Classes
11:45AM – 1:00PM	USA	Adult Open FS
1:15PM – 2:30PM	USA	Adult Classes
2:00PM – 2:45PM	1980	Adult Open FS
2:45PM – 3:35PM	USA	Patch
3:00 PM – 3:50 PM	1980	Adult Open FS
3:45PM – 4:35PM	USA	Patch
4:00 PM – 4:50 PM	1980	Adult Open FS
5:00 PM – 5:50 PM	1980	Adult Open FS
6:00 PM – 6:50 PM	1980	Adult Open FS

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15AM – 8:40AM	USA	Cool Moves	Paul Wylie
8:40 AM – 9:05 AM	USA	Beyond The Waltz Jump	Paul Wylie
12:00 PM – 12:25 PM	USA	Figures / Fancy Figures	Marc Fenczak
12:25 PM – 12:50PM	USA	Group Number Rehearsal	Kami Netri
12:50 – 1:15PM	USA	“COACHES CHOICE”	Paul Wylie
1:15 PM – 2:05 PM*	USA	SOS – System of Skating	Mimi Wacholder
2:05 PM – 2:30 PM	USA	Style, Presentation & Audience Connection	Paul Wylie
2:45 PM – 3:10 PM	USA	Basic Partnering	Marc Fenczak
3:10PM – 3:35PM	USA		

\*50 minute class

# SCHEDULES

SATURDAY, AUG 26TH

## EXHIBITION

**11:30 AM – 1980 Rink**

Show off your skills and cheer on your friends!

### ADULT FIGURE SKATING SESSIONS

TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Adult Open FS
7:15 AM – 8:05 AM	USA	Patch
8:00 AM – 8:50 AM	1980	Adult Open FS
8:15 AM – 9:05 AM	USA	Patch
9:00 AM – 9:50 AM	1980	Adult Open FS
10:00 AM – 10:50 AM	1980	Adult Open FS
11:00 AM – 11:30AM	1980	Exhibition Rehearsal
<b>11:30Am – 12:30PM</b>	<b>1980</b>	<b>Exhibition</b>
1:00 PM – 1:50 PM	1980	Adult Open FS
2:00PM – 2:50PM	1980	Adult Open FS
3:00PM – 3:50PM	1980	Adult Open FS
4:00PM – 4:50PM	1980	Adult Open FS



# MASTER CLASS SCHEDULE

ON ICE CLASS	OFF ICE CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00am - 8:45am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	
8:15am - 8:55am		US RINK	School Figures/Patch	School Figures/Patch		8:15am Cool Moves w/ Paul
9:15am - 9:40am		US RINK	Edges & Skills Warm Up	Edges & Skills Warm Up	Edges & Skills Warm Up	8:40am Beyond the Waltz Jump
9:40am - 10:05am		US RINK	The Key to Edge Jumps	Basic Spins: Upright, Sit & Camel	Being Your Best: Style & Presentation	Fancy Spins / Flying Spins
10:05am - 10:30am		US RINK	Wow, I Never Knew That	Back Spins	Wow, I Never Knew That	Flip Jumps
<b>NOON REHEARSAL</b>						
11:45am - 12:10pm		US RINK	Stroking Technique	Dead Dances	Swing Rolls & Cross Rolls	Twizzles
	12:00pm - 12:45pm	Mezzanine	Ballet	Thera-Band Strength	Ballet	Thera-Band Strength
12:10pm - 12:35pm		US RINK	Preparing for the AXEL	Mastering Toe Jumps	The Key to Edge Jumps	Slides & Hydro-Planes
12:35pm - 1:00pm		US RINK	Loop, Flip & Lutz Jumps	Connecting Steps:- Footwork	The Art of the Hook: Centering Spins	Brackets & Loops
<b>AFTERNOON REHEARSAL</b>						
1:15pm - 1:40pm		US RINK	SOS - Core Principles Pt 1	Being Your Best: w/ Paul	SOS - System of Skating	Mastering Toe Jumps
1:40pm - 2:05pm		US RINK	SOS - Core Principles Pt 2	Spread Eagles & Ina Bauers	SOS - System of Skating	Counters vs Rockers
2:05pm - 2:30pm		US RINK	3-Turns & Double 3 Turns	Mohawks vs. Choc-taws	Spirals	Pt.2 On-Ice Spin w/ Tracy
<b>EVENING REHEARSAL</b>						
2:45pm - 3:10pm		US RINK	Group Rehearsal	Group Rehearsal	Group Rehearsal	Group Rehearsal
3:10pm - 3:35pm		US RINK	Basic Partnering	Understanding Check and Check	Basic Partnering	Understanding Check and Check
	3:30pm - 3:55pm	Mezzanine	Yoga for Skating Recovery	Pt.1 Off-Ice Spin w/ Tracy	Yoga for Skating Recovery	

# PROFESSIONAL STAFF

## MARC FENCZAK

973-919-6143

fenczak@gmail.com

3 time US National Competitor, 5 time World Figure Sport Silver Medalist and Hall of Fame Inductee, Specializes in Stroking Technique, Moves in the Field, Ice Dance and Figures

*Group classes are \$15*

*Private Lessons are \$55 a half hour.*

*Cash or Check*

# CLASS DESCRIPTIONS

**Stroking Technique** - A class that focuses on knee and ankle action combined with proper check positions to achieve better speed and stability.

**Dead Dances** - A class where we learn a compulsory dance from the history books!

**Special/Fancy Figures** - Rediscovering and reinventing the Figures that started it all and gave our sport its name.

**Basic Partnering** - Bring a skating partner and learn to stroke and track in various Dance positions.

**Understanding Check and Check Transitions** - A continuation of the Stroking Technique class this time focusing on transitions from any edge to any edge.

---

## PAIGE KETSOGLOU-BACCHI

paigevicki@aol.com

Venmo: @paige-ketsoglou

US Figure Skater, Double Gold Medalist

Paige Ketsoglou-Bacchi is a professional dancer who studied dance at LIU Post University and Broadway Dance Center. She has performed for different dance companies in NYC as well as was a back up dancer for multiple singers. She currently owns a dance studio on Long Island. Paige is a USFSA double gold medalist and has been coaching for 15 years.

*All of Paige's classes should be payed for by venmo to @paige-ketsoglou*

Her class "**Stretch and Strengthening**" will include a head to toe stretch as well as a little bit of a work out to get your muscles warm. Her **Ballet class** is geared towards skaters as it focuses on grace and balance for the ice. She will also be teaching a **Thera-Band class** which is a 45 min class of small workouts while using a Thera-Band, which will be provided. Be ready to work in all three classes!



# PROFESSIONAL STAFF

**KAREN COURTLAND KELLY**  
518-304-3029  
kckelly@worldfiguresport.org



# CLASS DESCRIPTIONS

Group on-ice class

**Title: Wow, I never knew that!**

This 2 part class (2) 25 minute classes on Monday and Wednesday will teach students the mind-blowing connections of all 8 edges to Figures & Fancy Skating, Freestyle, Moves, Pairs, Dance and Free Dance Elements with Karen Courtland Kelly, MA, Olympian. Mrs. Kelly is World Figure Sport's Chef de Mission of Education and Sport, and the first woman in US Figure Skating history to achieve 6 gold test medals in every discipline. She is celebrating her 28th Anniversary Year teaching in Lake Placid. Students who pay for both classes on Monday and Wednesday will be registered to win an online complimentary 30 minute class with Mrs. Kelly at the World Sk8ting & Arts School's Virtual Academy.

You're invited to **World Sk8ting & Arts School's On-site Class for Adult Skaters** at 6pm - Wednesday evening at Roamer's Cafe in the Olympic Center. Attendees will bedazzle the World Champions' Antique Blades and more. Art class is \$20 per person and tickets are purchased at the Olympic Center Box Office no later than 4:45pm on Wednesday.

You are also invited to:

A catered buffet dinner and open cash bar following the class with a special presentation of World Figure Sport's Glittering Skating Archives. The fundraising dinner welcomes all family members and friends, too. Dinner tickets will be available to purchase via Karen Courtland Kelly.

# PROFESSIONAL STAFF

## KAMI NETRI

(914) 417-7964

US Figure Skater, Double Gold Medalist (Free Skating, Figures)

Lake placid native. Have been coaching for 43 years. Beginners to national competitors. My main passion is passing on the love for the sport to the next generation.

*Cash at time of class. No Venmo*

---

## TRACY PRUSSACK NICOLA

650-766-6288

tracyprussack@sbcglobal.net

National & International Coach and Author of Skate Your Personal Best

*The cost of classes is \$15.00 each, paid directly to Tracy either before class begins or at the start of class.*

*Tracy accepts Cash or Venmo payments*

*To contact Tracy to sign up for this class, she can be reached via text at 650-766-6288 or via email at tracyprussack@sbcglobal.net*



# CLASS DESCRIPTIONS

**Learn the basic Figures and the basics for ALL of skating.** This skill will improve your overall balance and control for better edge quality and power.

This morning class will be taught on the 8:00am **Patch** session by Kami Netri

Please join me. All levels welcome.

## **Upright Spin Class, Basic & Difficult Variations (A)**

Off Ice Class, will be held Tuesday August 22nd at 3:30 pm in the upper mezzanine back corner, 1980 rink.

This will be an off ice 25 minute class where Tracy will focus on body alignment and balance in upright spinning positions.

Some of the spins we will be working on in class will be as follows:

1. Basic Two Foot Spin
2. One Foot Spin
3. Scratch Spin; Forward and Backward
4. Cross Foot Spin; Forward and Backward
5. A Frame Variations

## **Upright Spin Class, Basic and Difficult Variations (B)**

On Ice Class will be held Thursday August 24th at 2:05pm in the USA rink.

This will be a 25 minute on ice class focusing on spinning techniques. Tracy will be working on spin positions from Basic Spins to Difficult Variations in the Upright spinning position.

Some of the spins we will be working on in class will be as follows:

1. Basic Two Foot Spin
2. One Foot Spin
3. Scratch Spins; Forward and Backward
4. Cross Foot Spin; Forward and Backward
5. A Frame Variations

# PROFESSIONAL STAFF

## MIMI WACHOLDER

Systemofskating.com  
518.637.1482

As a US Team Member and International Competitive Ice Dancer, she was known for her authenticity as a performer. After retiring from competition, she was a principal performer in the Ice Capades and performed and choreographed with the Ice Theatre of NY. She has a BFA in Creative Communications from Emerson College and is a RYT/Structural Yoga Therapist (mimyoga.com)

With extensive knowledge, practice and teaching in complementary disciplines including, yoga, barre, pilates and dance, Mimi is able to guide her students to better understand the structure and functional capacity of their own bodies.

Cash or Venmo: @mimi-wacholder

# CLASS DESCRIPTIONS

**SOS™** is a comprehensive, structured approach to understanding the fundamentals of figure skating. The SOS™ principles include alignment, counter-balance and core rotation. These principles facilitate the incremental development of skating skills from basic to advanced.

SOS™ was designed specifically for adult skaters, and unlike other corrective coaching feedback, it is not based on what the skater is doing “wrong”, but instead reinforces an understanding of what is “right.”

Mimi Wacholder created SOS™ as a way to give more skaters and coaches access to the tools and techniques she has gathered throughout her 30 year coaching career.

Monday 50 minute **Immersive Clinic: SOS principles for skating skills: stroking, edges and crossovers**

Wednesday 50 minute **Immersive Clinic: SOS principles for turns and transitions**

Friday 50 minute **Immersive Clinic: SOS performance and choreography**

Monday and Wednesday only for **Yoga Alignment and Recovery for Skaters**

---

## PAUL WYLIE

gowylie@icloud.com  
Venmo: @paul-wylie  
Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach

Paul Wylie loves teaching adults! Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach, Paul has also taught seminars to skaters of all ages for over thirty years, where he has crafted his own edge, jump and on- and off-ice classes designed to bring the best out of you. He has a BA in Government and an MBA in General Management from Harvard University and is married with three teenagers. Paul's passion is to help skaters gain confidence on the ice, learning to love the movement and performance which makes our sport unique.

**Having Fun with Edges, Steps, Turns and Flow**

**Being Your Best: Style, Presentation, Audience Connection**

**Cool Moves to Impress Your Friends (and Judges)**

**From Waltz Jumps on up, the key to Edge Jumps**

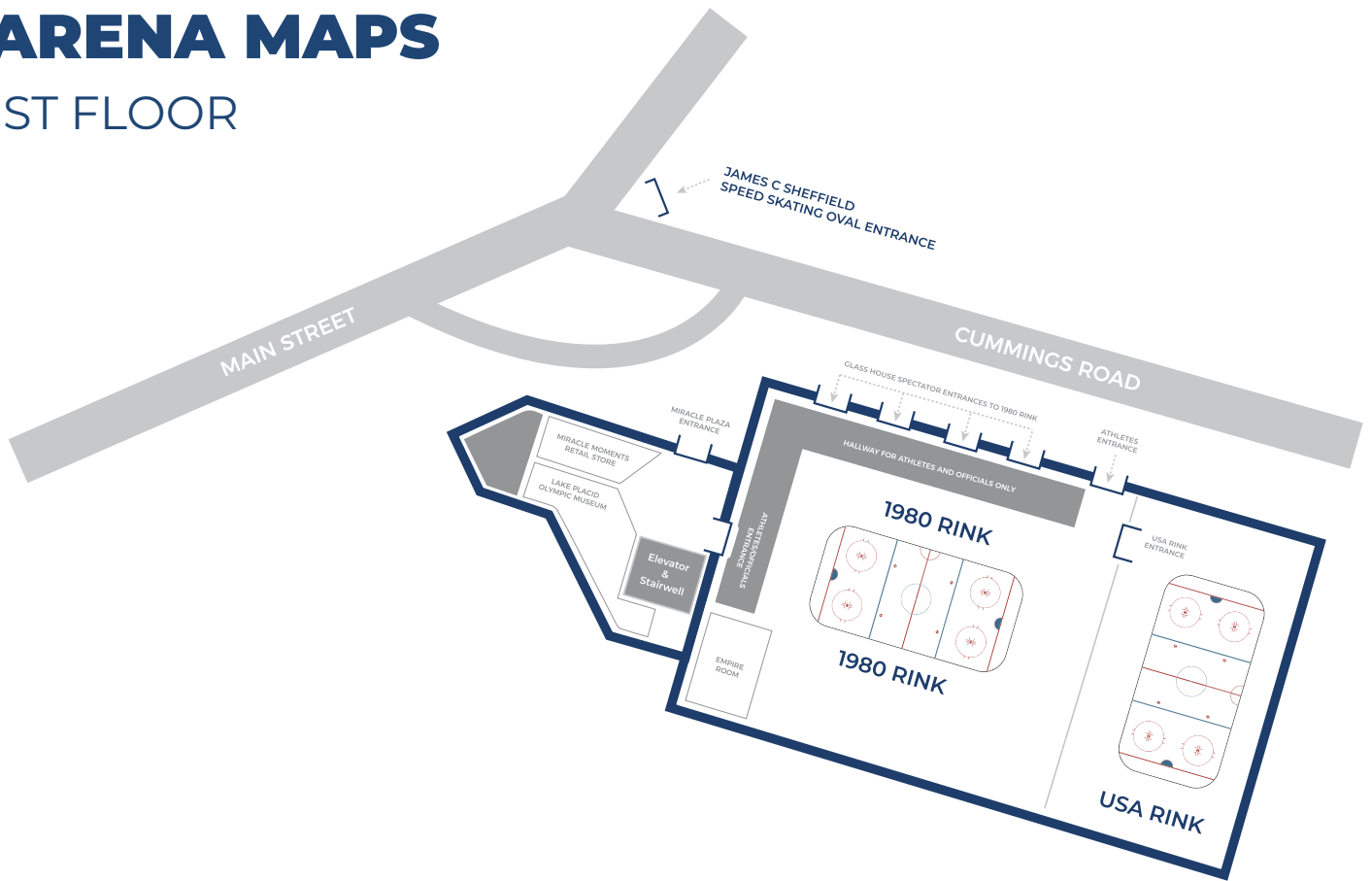
**Toe Loops, Flip and Lutz, Mastering Toe Jumps**

**Off-Ice Jumping Class**

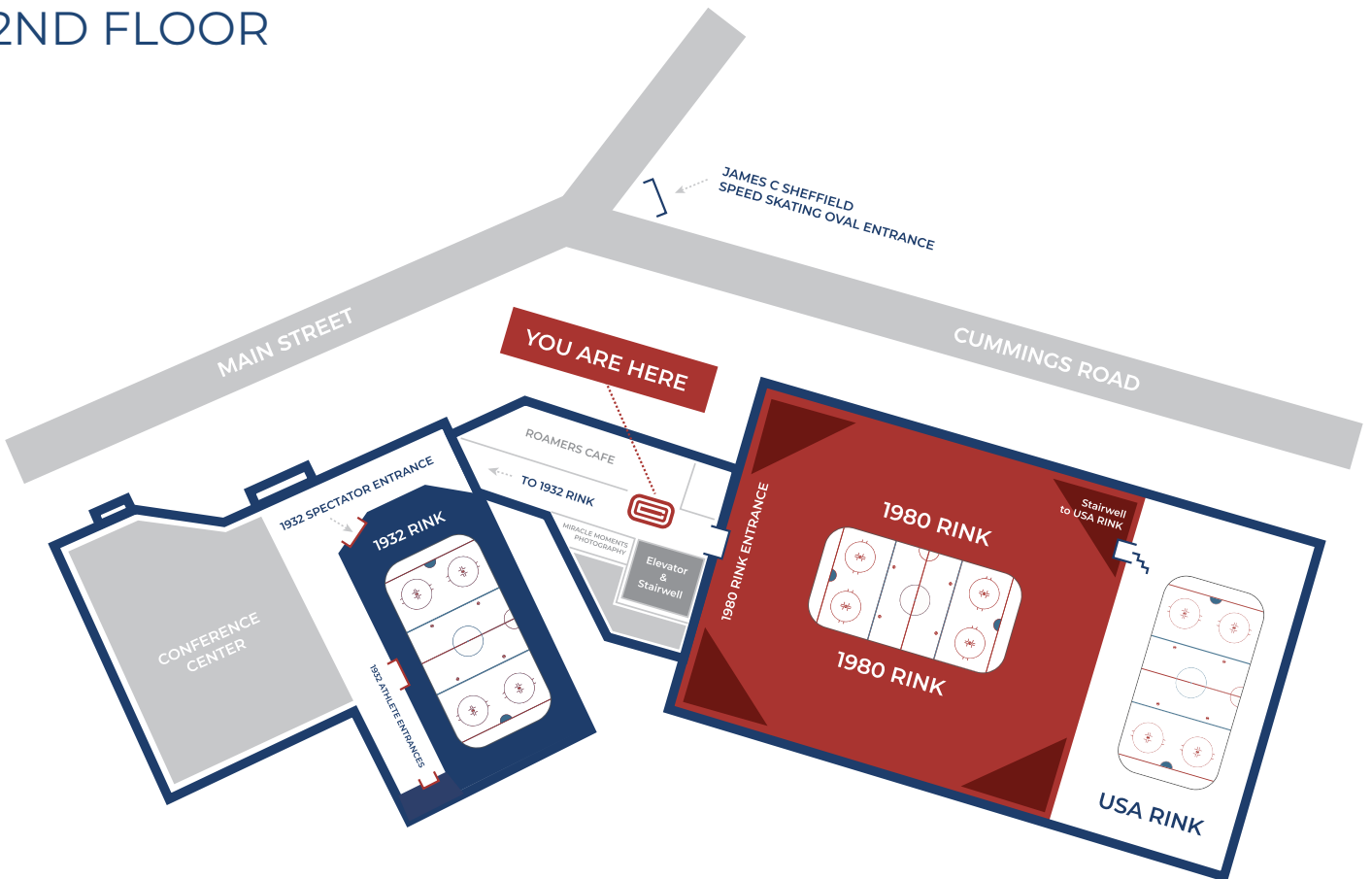
**Off-Ice warm-up you can use in competition or at a show**

# ARENA MAPS

## 1ST FLOOR



## 2ND FLOOR





# CAFE HOURS

TUE - SAT | 11AM - 4PM



SCAN MENU

## BAR

TUE - SAT  
3PM - 7PM



**THURSDAY**  
**7:30PM IN 1932 RINK**  
2 sessions, 24 persons each  
Wear rubber soled shoes.

**FRIDAY**  
**ROAMERS | 4:30PM - 7:30PM**  
ARTIST: Taylor LaValley

**FRIDAY NIGHT INLINE**  
**OVAL | 7PM - 9PM**  
DIVA ERA NIGHT



LAKE PLACID  
OLYMPIC MUSEUM



MIRACLE  
MOMENTS  
STORE

OPEN DAILY | 10AM - 5PM