



Start with the edge

Skate Camp

24th & 25th March 2012

Lee Valley Ice Centre

Updated content

January 2012

The ultimate skate camp for aspiring Ice Dancers of any age.

Delivered by 2 International Skating Union Technical Specialists, featuring World Class On and Off Ice Instruction and Information Workshops.

This camp prepares skaters and their coaches to enter the competitive season with unparalleled on ice technical tuition, IJS information and off ice activities to build competitive success.

Places will be allocated on a first come first served basis, so book early to avoid disappointment.

If you want to get ahead...

...Start with the edge

Start with the edge: Seminar overview

Brought to you by ISU Technical Specialists, Marika Baranova & Doreen Hoppe, “**Start with the edge**” is targeted at skaters and coaches at development IJS competitive level in ice dance; open to skaters of all ages, both solo dancers and new dance teams up to and including development squad level.

Minimum test standard required for entry is level Field Moves Level 3

“**Start with the edge**” offers skaters and their coaches the knowledge and tools to enter into competitive IJS events with proficiency and confidence from the outset.

Hosted at the Lee Valley Ice Centre with an international sized ice pad and the nearby Waterworks Centre. Skaters can expect to be on the ice for 5 hours per day, plus off ice training sessions and information workshops.

Lunch is included daily.

Each day will cover:

Morning On Ice sessions :

- Figures, Steps & Field moves
- Twizzle & Spin technique

Afternoon Off Ice Sessions :

- Flexibility by Stretchworks
- Strength Development for IJS lifts.

Also covered during the seminar:

On & Off Ice Activities :

- Interpretive Skills
- **Competition Simulation (including draw and timed warm up on ice)**

Technical Lectures :

- Nutrition
- Working with IJS rules
- Child & Youth Development
- Biomechanics of Ice Dance Lifts

NISA has accredited this seminar with 6 license points per day

Meet the Specialists

Marika Humphreys-Baranova Bsc(Hons)

- ISU Championship and Olympic Technical Specialist
- ISU Moderator; Training new ISU Technical Specialists and Moderating Technical Specialist exams for the ISU for 4 years
- Honours Degree in Sport and Exercise Sciences from the University of Wales
- BITA Young Coach of the Year 2010
- Olympic, World and European Ice Dance Competitor
- 5 x British Senior Ice Dance Champion
- Student of the late Betty Callaway MBE
- Hot Ice Principal Performer
- Choreographer of National and International competitors and Professional Performers
- Dancing on Ice Professional Series 1



Marika started skating aged 6. Initially training and competing in all disciplines, Figures, Free and Ice Dance. Aged 12 Marika was discovered at a mix and match event in Slough and partnered with her first serious competitive dance partner with whom she competed in her first British Championships. Her competitive Ice Dance career spanned 12 years and 3 partners, claiming the British Senior Ice Dance title and representing Great Britain at World and European Championships with each one, competing at the Olympics with her husband and 3rd dance partner, Vitaliy Baranov.

As a coach, Marika has trained skaters in Ice Dance (Couples and Solos), Singles and Synchro. Over her 15 years of coaching experience Marika has cultivated her coaching philosophy that fun and learning go hand in hand, allowing skaters to develop high levels of self-motivation, confidence and skill.

After retiring from competitive Ice Dance, Marika trained as a Technical Specialist for the International Skating Union and has officiated at numerous ISU championships including the Winter Olympic Games in Vancouver. Marika has since become a moderator for the ISU at their annual seminar in Frankfurt, training new Technical Specialists for the ISU for the last 4 years.

Inspired by the knowledge and technical excellence of her former coach, the late Betty Callaway MBE, Marika pursued an Honours Degree in Sport and Exercise Sciences taking a special interest in Biomechanics. Her dissertation focused on the forces and instability experienced by ice dance teams during different IJS dance lifts entries.

In association with home nation governing body IceSkateWales, Marika has delivered skater education workshops and seminars for aspiring Welsh skaters.

Marika has coached and choreographed National Champions, Medallists and competitors in Ice Dance, Singles, Pairs. and Synchro.

Meet the Specialists

Doreen Hoppe

Doreen Hoppe had always known that her passion for ice skating was there to stay. She started skating at the age of 9 and at 21 turned professional and began coaching. During her years as an amateur skater, she concentrated on all disciplines; figures, free and dance, whilst obtaining the necessary qualifications to progress into her career as a coach. As a teenager, Doreen decided to focus on ice dance, competing at British Junior and Senior Championships and was also part of the British team to compete Internationally.

As Doreen's career in coaching started, she knew that she was fulfilling her dream in the skating world, which went from strength to strength. She worked alongside, Garry Hoppe, for many years, together building a team of dance couples. He was an international master class coach, producing champions at all levels. Doreen gained the vast majority of knowledge and expertise from this time spent working together. Garry is currently, a highly respected and prominent ISU referee and judge, and chairman of the ice dance technical committee, UK.



In later years, she found her own niche, coaching dance couples both nationally and on the international circuit. She very much enjoys the aspect of choreographing dance routines, whether it be for competitive skating or shows, or skaters just asking her to oversee their programmes. Doreen has also travelled extensively throughout Europe with her couples to gain an insight into how other European coaches approach different techniques.

Doreen is also an ISU technical specialist. Her skill as a technician has seen her officiate at events, both nationally and internationally.

Alongside the coaching, opportunities came her way within the media sector, appearing in various tv programmes including; BBC1 *Strictly Ice Dancing*, as a judge alongside Craig Revel Horwood, Eastenders, Sky Sports, Living for Sport, Iceland Commercial, ITV Anglia; teaching news presenters how to skate in 6 weeks and Gok Wan's *How To Look Good Naked*, where she choreographed a dance routine.

With a precision approach to skating, Doreen helps skaters to attain the grace and speed they need to bring her innovative choreography to life on the ice.

As one of the coaching assessors for NISA, she is renowned for her ability to make the most complex of ideas accessible.

Meet the experts

Alison Evans - Stretchworks



Alison Evans had an extensive dancing career working for renowned choreographers including Arlene Phillips, and teaching at the Pineapple Dance Studios. Alison started to devise the Stretchworks programmes over 20 years ago.

She has worked with top athletes in a variety of sports including figure skating. Especially unique in Alison's work history is her work with Torvill and Dean during their Olympic comeback in 1994. Over the span of a decade Alison's Stretchworks programme nurtured the flexibility and core strength of a plethora of British Champions and National talent from Singles, Pairs and Ice Dance

around the country.

Stretchworks introduces the concept that stretching can be a complete workout in it's own right, enabling you to find your optimum fitness level at your own pace and in your own way.

Stretchworks incorporates controlled stretching and strengthening exercises that are devised to flow into one another enabling one to experience an overall sense of being aligned, balanced, elongated and strong.



www.stretchworks.co.uk

Penny Hunking RD, RPHNutr, SENr

Penny Hunking is a Registered Dietitian and Registered Sports and Exercise Nutritionist with a passion for high performance sports nutrition. She has extensive experience in the world of sports nutrition and since 1986 has been a trail blazer in helping to promote and drive the concept and progression of sports nutrition to all, from athletes and coaches to companies and associations.

As part of her recent work commitments, Penny has worked with the English Institute of Sport to help deliver evidence based nutrition to elite athletes. Penny was consultant Dietitian to 'Fuelling Fitness for Sports Performance', a hands-on practical guide for athletes at all levels understand how to manage their diet to support training, performance and recovery.



www.pennyhunking.com

Fees: Skaters

Rates for Skaters

Option	Rate
Full 2 Days	£150
Day 1 Only	£80
Day 2 Only	£80

Skaters are reminded that this seminar will cover physical activities on and off the ice and that they should bring **trainers & leggings or shorts** to ensure they can participate in all activities.

Fees: Coaches

Rates for coaches

Level 1 trainee coaches Special Rate; £60 Per day (*please note, level 1 coaches are not eligible for multi-skater discount*)

NISA licensed Coaches Level 2 and above Standard Rate; £80 for 1 day or £150 for 2 days

Incentives for Level 2 + Coaches

Coaches Level 2 and above can receive a multi-skater discount.

Bring up to 4 skaters to the seminar and benefit from a reduced rate for your registration.

No. Skaters	Discount	1 Day Price	2 Day Price
0	Full Price	£80	£150
1	10%	£72	£135
2	15%	£68	£127.50
3	25%	£60	£112.50
4	50%	£40	£75

Please ensure your skaters enter your name and license number correctly on their entry form to validate your discount.

Coaches will be required to bring their NISA log books and sign in for all sessions to acquire their 6 license points per day.

Application Form: Skaters

Full Name			
Address			
Post Code		Contact tel.	
Email			
Date of birth		Age at 1 st July	
Field moves Minimum Level 3		CD	
OD/SD		FD	
Training Rink		NISA Licensed Coach Name & license number	
Medical Conditions	If yes, please provide details		
Special Dietary Requirements Eg: vegetarian etc		Chest measurement (in centimetres) For T-shirt	

I hereby apply to participate in Start with the Edge Summer Skating School at Lee Valley Ice Arena. I understand that there are many risks inherent in and incidental to participation in the skating school. I assume all risks inherent in and incidental to such participation and hereby release, absolve and hold blameless, Lee Valley Ice Arena, the seminar staff, employees and coaches of any claim arising from any injury or damage sustained, however caused, resulting directly or indirectly from participation in the skating school at any time preceding, during or after such school is in session.

Signed (skater/parent if under 18)	
Please let us know what personal outcomes you hope to achieve at this seminar in the 2 days attending	

All information will be stored on a secure database in compliance with the Data Protection Act.

Please tick the box if you wish to remain on our database to get email updates on future seminars and education workshops

Photographic and Video footage may be taken during the seminar for promotional purposes, please tick the box if you do not give permission to be photographed/videoed

<p>Closing date for entries is 24th February 2012</p> <p><u>Skaters fee: £150 (2 Days), £80 (1 Day)</u></p> <p>Cheques made payable to M. Humphreys-Baranova must be sent with application</p> <p>For more information visit www.startwiththeedge.teachmetoskate.com</p>	<p>Post applications to:</p> <p>Get the Edge Seminar</p> <p>46 Plymouth Street</p> <p>Shotton</p> <p>Flintshire</p> <p>CH5 1JA</p>
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Application Form: Coaches

Full Name					
Address					
Post Code		Contact tel.			
Email				Coaching license number	
Coaching level	1	2	3	4	5
Days attending (please circle)	Saturday	Sunday	Home Rink(s)		
Special Dietary Requirements Eg: vegetarian etc					

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Signed	
Please let us know what personal outcomes you hope to achieve at this seminar in the 1 or 2 days attending	

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Coaches' fee: See page 6

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For more information visit

www.startwiththeedge.teachmetoskate.com

Post applications to:

Get the Edge Seminar

46 Plymouth Street

Shotton

Flintshire

CH5 1JA

Accommodation

Hotel	Details
<p>Holiday Inn Express 5 Walthamstow Avenue London E4 8ST</p> <p>Tel: 0871 423 4876</p>	<p><u>Special rate for "Get the edge" seminar participants</u></p> <p>Located 4 miles from the Ice Centre</p> <ul style="list-style-type: none"> • Breakfast included • Free Car Parking
<p>The Ridgeway Hotel The Ridgeway Hotel 115-117 The Ridgeway North Chingford London E4 6QU</p> <p>Tel: 020 8529 1964 Fax: 020 8524 9130</p> <p>Email: reception@ridgewayhotel.co.uk</p> <p>Website:</p>	<p>A family run hotel, recently refurbished to a high standard</p> <p>Located 5.7 miles from the Ice Centre</p> <ul style="list-style-type: none"> • Breakfast available • Parking
<p>All Seasons Hotel 543 Lea Bridge Road, Waltham Forest E10 7EB</p> <p>Tel: 020 8556 8080</p>	<p>Part of the Accor hotel chain and located just minutes along Lea Bridge Road, 1.4 miles from the Ice Centre.</p> <ul style="list-style-type: none"> • Continental Breakfast • Free Parking
<p>Hotel Ibis, Stratford 1A Romford Road, London, E15 4LJ</p> <p>Tel: 020 8536 3700</p>	<p>Located 3.9 miles from the Ice Centre in close proximity to Stratford Shopping Centre.</p> <ul style="list-style-type: none"> • Breakfast available • Parking in NCP facility (charges apply)
<p>Premier Inn, Stratford International Square, Westfield Stratford City, Montfichet Road, Olympic Park, London E15 1AZ</p> <p>Tel: 0871 527 9286 Fax: 0871 527 9287</p> <p>Website: www.premierinn.com</p>	<p>Located 3.4 miles from the Ice Centre. Located above the Westfield Stratford City shopping centre.</p> <ul style="list-style-type: none"> • Breakfast available • Parking in NCP facility (charges apply)