

Adult Skating Retreat

Salt Lake City Sports Complex

645 South Guardsman Way, Salt Lake City UT 84108

Tel: 801-583-9713 Fax: 801-583-5224

www.sportscomplex.slco.org



July 25 – July 31, 2004

Welcome to the Salt Lake City Sports Complex

January 2004

Dear Skaters,

The Salt Lake City Sports Complex, formerly, the practice rink for the 2002 Winter Olympics and hosts of the Four-Continents Championships, is excited to offer you our fourth Annual Summer Skating School.

The Sports Complex is a 153,000 square foot facility featuring two Olympic ice sheets, a full fitness center offering a wide range of weight training equipment, cardiovascular equipment and a pro shop to carry all of your figure skating needs! All this is in addition to the indoor and outdoor Steiner Aquatic lap and leisure pools.

This year our summer skating school continues to push the limits with the most inclusive packaging one could hope for. The Sports Complex offers high altitude training with on and off-ice classes such as Dance, Yoga/Pilates, Off-ice Sports Conditioning, Balance Masters and Choreography. Even though we are not affiliated with the nearby University of Utah, they generously offer special rates for Summer Skating School patrons (*see page 8 for details*). We're glad we can offer you so much under one roof.

Unfortunately, we only have 30 spots available for the Adult Skating Retreat, so make sure you register early, as we will accept applications in the order they are received. To speed up your application, you may fax your registration to (801) 583-5224.

We will all look forward to seeing you this summer. Please let us know if we can help you prepare for your visit to the Salt Lake City Sports Complex.

Roger Bailey

Roger Bailey

Salt Lake City Sports Complex Figure Skating Coordinator

Phone: (801) 583-9713 Ext# 265

Email: rbailey@slco.org

Professional Staff

The Salt Lake City Sports Complex is thrilled to have an amazing roster of talented professionals on staff as well as guest coaches. Please contact coaches directly to find out their schedules and to arrange private skating lessons with them.

Full-Time Staff available entire summer

Stephane Grosscup daahlink@hotmail.com

Phone # 801 450-8914

- ◆ World, Olympic, National, Sectional, Jr. National and Regional level coach
- ◆ USFSA Gold medallist
- ◆ Coaching since 1979
- ◆ Ice choreography assistant for the 2002 Opening and Closing Ceremonies
- ◆ Specialties: jumps, spins, moves, style & choreography

Lisa Kriley sk8coachak@hotmail.com

Phone # 801 654-1849

- ◆ National, Sectional and Jr. National level Coach
- ◆ USFSA double Gold Medallist
- ◆ PSA rated
- ◆ Coaching since 1991
- ◆ Specializes in Jumps, Spins, Power Skating and Moves
- ◆ Contact directly for availability

Jozef Sabovcik jsabovcik@earthlink.net

Phone # 801 556-3097

- ◆ 1984 Olympic Bronze Medallist
- ◆ 2 time European Champion
- ◆ 6 time National Champion of Czechoslovakia
- ◆ 3 time World Professional Champion
- ◆ Work in areas of singles skating, specializing in jump technique, and professional music recording and editing

Christi Sturgeon icedsturgeon@xmission.com

Phone # 801 556-0721

- ◆ US figure skating, double gold medallist
- ◆ Regional, Sectional, Jr. National, National, World and Olympic Coach
- ◆ Coaching since 1978
- ◆ Work in areas of single skating, pairs, choreography, and custom one of a kind skating costumes.

Stewart Sturgeon icedsturgeon@xmission.com

Phone # 801 558-0796

- ◆ US figure skating, triple gold medallist
- ◆ Regional, Sectional, Jr. National, National, World and Olympic Coach
- ◆ Coaching since 1984
- ◆ 25 years show skating experience
- ◆ Work in areas of singles skating, pairs, choreography, off ice training, equipment repairs, maintenance, and professional music recording and editing.

Kent Weigle skatingpro99@yahoo.com

Phone # 801 599-6827

- ◆ 1977 US Dance Champion
- ◆ US World & Olympic Team member
- ◆ Coaching since 1977
- ◆ Specializing in dance, spins, moves, choreography

Summer School and Visiting Guest Instructors:

Skaters: If you wish to see a current list of the Guest Coaches that are planning on attending the Summer Skate School, visit our website at www.sportscomplex.slco.org. We will post the Guest Coaches names, contact information and the dates they will be attending the summer camp. ***Private lessons must be arranged with the individual coaches.***

Coaches: If you wish to post your names, contact information and the dates you will be attending the summer camp, please contact Roger Bailey at (801) 583-9713 ext.# 265 or Email: rbailey@slco.org.

On-Ice Classes – To reserve your space in a class, please register prior to arrival.

Balance Masters

A creative approach to learning edges, turns, movement through space, correct placement and positioning of the physical body. Taught to music, this class will help the skater improve strength, balance and flexibility. Max: 30.

Instructors: Stephanie Grosscup

Time: 7:30am-8:00am M-F

Cost: \$10 per class



Over the Edge *(Choreography Class)*

A fun and inspiring choreography class that focuses on advanced creative movement, edge work, arm movement, musicality and choreography. Skaters learn to work in-groups creating artistic movement to various musical styles. Max: 30.

Instructors: Stephanie Grosscup

Time: 2:45pm-3:30pm M-F

Cost: \$15 per class

On-ice Clinics

Each morning a different on-ice clinic will be offered and taught by different local instructors. Each clinic is designed specifically to target various areas of skating; From dance edges to jumping, these clinics will increase your skating knowledge and technique.

Instructors: Local Staff

Class: 8:00am-9:00am M-F

Cost: \$15.00 per class



Off-Ice Classes for Skaters – To reserve your space in a class, please register prior to arrival.

At the Salt Lake City Sports complex, we are committed to helping you become a better mover, skater, and dancer. The more knowledge you have of the physical body, biomechanics, kinesiology, and human anatomy, the better figure skater you will become. Figure skating is a physical science and a creative art; thus, our program is designed to balance both the art and science of human movement. Ballet, Yoga/Pilates and off-ice conditioning help to align the body and lengthen muscles, improving both strength and flexibility and developing a keener sense of balance.

Yoga This class is a moving, flowing form of Yoga. The instructors use traditional, and some non-traditional yoga poses to work the entire body. Physical benefits include increased strength, stamina, balance and flexibility. Yoga is for everyone, any age, and any size, shape or fitness level. There are modifications to suit the beginner or to challenge the experienced Yogi. All classes end with a relaxation phase designed to leave you with a sense of peace and well-being. Instructor: Local Staff Time: 2:05-3:00 MW Cost: \$15 per class	Dance We are pleased to offer ballet with JoDee who studied under the direction of Ballet West's founder and head ballet mistress. She performed with Ballet West and pursued her degree in ballet at the University of Utah. This expertise and 7 years teaching experience is brought to the skating community in her "Ballet for Skaters" class. The class was developed over several years, incorporating advice from physical therapists, Pilates instructors, skating coaches, and dancers. Her chief goal is to develop skaters with the body alignment, strength, and technical ability of a classical ballerina. Yet, she also cultivates diverse styles in movement and artistry that set apart elite skaters in today's competitive arena. Instructor: Jodee Brown Time: 2:05-3:00 TTh Cost: \$15 per class
Off Ice Conditioning This is an excellent off ice class that promotes a foundation of muscular and cardiovascular strength, endurance and power. Through strength training exercises, plyometrics, high intensity interval training, and continuous aerobic training one will be given the tools to help develop the body into a strong and graceful skater. The class will emphasize posture, breathing, movement technique, and the psychology of body and mind. All levels Instructor: Local Staff Time: 2:05-3:00 F Cost: \$15 per class	

Weekly Aerobic Classes:

Weekly aerobic classes are also available to those Skaters that purchase the Adult Package. A current aerobic class schedule is located on the web at: www.sportscomplex.slco.org/prog/aerobics.html. Aerobic class times are subject to change.

Fitness & Aquatic Facilities

Fitness Classes and Equipment – Outside of our figure skating program, the Salt Lake City Sports Complex offers a full range of fitness classes, paramount weight resistance machines and free weights.

Aquatic Schedule - Skaters may also participate in a variety of aquatic classes and utilize our Olympic-size outdoor pool, indoor pool, and spa.

Things to know:

- ◆ Facility Hours: Monday – Friday 5:00 a.m. until 10:00 p.m.
 Saturday 6:00 a.m. until 9:00 p.m.
 Sunday 10:00 a.m. until 4:00 p.m.
- ◆ **Check In and Orientation:** **Sunday 4:00 pm at the Sports Complex (*main lobby*)**
- ◆ Please schedule and pay for private lessons with each individual coach.
- ◆ If you wish to extend your stay in Salt Lake, you will need to make your housing accommodations through the University of Utah and then check availability of SLCSC skating classes offered.
- ◆ **Refund Policy:** There will be no refunds on lockers, testing, extra ice time, unused on and off-ice classes (unless a medical reason). **ALL REFUNDS ARE SUBJECT TO A 25% filing fee and take 6-8 weeks to process.** If a refund is approved, a check will be mailed to the address that you specify. Refund requests must be made in writing to the Complex Office with a doctor's note attached.
- ◆ Attend the on-ice and off-ice classes that best fit your daily schedule.

Clothes to bring to Salt Lake City and other necessary equipment for off-ice classes:

- ◆ Skating clothes and equipment
- ◆ Fitness Class: Exercise clothes, running shoes, swimsuit, towel. Mats are available for use or you can purchase your own for a small fee.
- ◆ Dance Class: Dance clothing (body suit), either ballet slippers or jazz shoes with flexible sole.
- ◆ Summers here are very warm during the days and sometimes we have cool nights. It would be a good idea to bring a warm jacket and/or sweater or sweatshirt. If you choose to do some of the excursions in the mountains, you will need a jacket.
- ◆ Music system: We have both CD and/or cassette tape equipment.

Adventures/Outings: Salt Lake City and surrounding areas offer a wide variety of exciting adventures from horse back riding or hiking in the beautiful Wasatch mountains to river rafting, golfing, fishing, mountain biking. Visit Olympic attractions or enjoy shopping at the Factory Outlet Mall near Park City. We have it all! Or you can refer to the Salt Lake City Visitors Guide for additional attractions, events and services or visit their web site at www.visit.saltlake.com.

Adult Skating Retreat Daily Schedule

Event	Time	Area	S	M	T	W	H	F
Orientation	4:00pm-5:00pm	Main Lobby	X					
Balance Masters	7:30am-8:00am	Sheet #2 (West)		X	X	X	X	X
On-ice Clinics	8:00am-9:00am	Sheet #2 (West)		X	X	X	X	X
Adult Freestyle	9:00am-10:00am	Sheet #2 (West)		X	X	X	X	X
Adult Freestyle	10:30am-11:30am	Sheet #1 (East)		X	X	X	X	X
Public Skate/Lunch	11:30am-1:30pm	Sheet #1 (East)		X	X	X	X	X
Yoga/Pilates	1:30pm-2:30pm	Aerobic Room		X		X		
Dance	1:30pm-2:30pm	Aerobic Room			X		X	
Off-ice Conditioning	1:30pm-2:30pm	Aerobic Room						X
Over the Edge	2:45pm-3:30pm	Sheet #1 (East)		X	X	X	X	X
Adult Freestyle	3:45pm-4:45pm	Sheet #1 (East)		X	X	X	X	X
Garden Party	7:00pm-10:00pm	TBA					X	

Nearby Accommodations

University of Utah

Residence Halls:

The University of Utah offers low-cost residence halls and meal plans for skaters, parents and coaches attending the Salt Lake City Sports Complex Summer Skating School. The residence halls served as the official site of the Salt Lake City 2002 athlete village. These newly constructed facilities are nestled in the foothills of the Wasatch Mountain Range, located in historical Fort Douglas. A shuttle system is in place that drops skaters off less than half a mile from the Sports Complex. Skaters less than 16 years must come with a chaperone.

The following rates have been established for the **Summer Skating Program** and are valid from June 1, 2004 through July 31, 2004

Double Room	\$22.50 (per person per night)
Single Room	\$27.50 (per person per night)

To reserve these accommodations you may call (801) 587-2000 no later than 30 days prior to arrival.

The Guest House:

The University Guest House resides in Historic Fort Douglas with views of both downtown Salt Lake City and the beautiful Wasatch Mountain Range. It is your "On Campus Hotel," offering 135 comfortable and cozy rooms. Each room includes: refrigerator, microwave, cable TV, Ethernet access, fitness room, and free local calls. In addition, the Guest House offers gourmet continental breakfast and fitness center to its guests. The Guest House is conveniently located on the campus shuttle route, across from a TRAX station and next to the pedestrian bridge, making the entire University of Utah campus and downtown area easily accessible.

Daily Rate	\$59 per night based on single or double occupancy is available.
Weekly Rate	Beginning at \$50 per night.

Call toll free at 1-888-416-4075 or 801-587-1000 to book your reservations. Please remember to mention the Summer Skating Program to receive this limited time special rate.

Meal Plans:

The Chase N Peterson Heritage Center is our all you care to eat dining facility located in the middle of the University of Utah Residential complex. It offers a varied menu. For lunch we offer an array of homemade entrees, Italian cuisine and pizza, vegetarian and vegan options, fresh grilled to order burgers and fries, a fully stocked salad and soup bar, made to order deli sandwiches, and a variety of desserts and beverages. Breakfast and dinner are no exceptions, the variety will satisfy every palette.

You can purchase meals for a week or by the day. These meals will be put on a card. If your schedule does not allow you to make it back to the dining facility for lunch, you may pick up a sack lunch to go at the Heritage Center Convenience Store.

15 meals a week - **\$91.43** price includes tax
3 meals - **\$19.98** price includes tax

To arrange your meals please contact Shannon at (801) 581-7700 or by email sshultz@food.utah.edu.

If you need to purchase only one or two meals, the Heritage Center accepts Cash, MasterCard, or Visa at the door.

University Park Marriott

The University Park Marriott is conveniently located just a few blocks from the Salt Lake City Sports Complex and three miles east of downtown Salt Lake City. Our location in the foothills of the Wasatch Mountains provides each of our two hundred eighteen guestrooms with spectacular views. In order to help you cut costs, we provide complimentary shuttle service to and from the Salt Lake City Sports Complex (shuttle service is subject to availability and there may be a waiting period). Hotel guests enjoy a variety of dining options, which include Pitchers Lounge, Allies All-American Grill (open for breakfast, lunch & dinner) and over fifteen restaurants within two miles of the hotel. With our well-trained staff, work out room, pool and hot tub the University Park Marriott has what it takes to make you feel special.

The following rates have been established for the **Summer Skating Program** and are valid from June 1, 2004 through July 31, 2004

Single King	\$79
Two Doubles	\$79

Rate does not include tax (currently 11.2%)
Rate is subject to availability

To make reservations call (800) 228-9290 and ask for the **Summer Skating** rate.

❖ *These special rates have been arranged specifically for Summer Skating School patrons by the University Student Housing and the University Park Marriott, the Salt Lake City Sports Complex is not affiliated with these organizations and are not responsible for skaters housing, transportation and meal plans. Any question regarding these organizations need to be directed to them.*

Salt Lake City Sports Complex

2004 SUMMER SKATING PROGRAM APPLICATIONS

Complete application. Include payment with registration form. Mail or fax to:
Salt Lake City Sports Complex, 645 S Guardsman Way, Salt Lake City Utah 84108

Tel: 801-583-9713 FAX: 801-583-5224

Skater's Name _____ Age _____ Birth Date ____ / ____ / ____ Male ____ Female ____.

Parent/Guardian's Name _____

Mailing Address _____

City _____ State _____ Zip _____ Country _____

Home Phone _____ Work Phone _____ Fax _____

Email Address _____ Shirt Size _____

Highest Test: _____

Freestyle _____ Dance _____ Pairs _____ Moves _____

Coach's Name _____

Mailing Address _____

City _____ State _____ Zip _____ Country _____

Home Phone _____ Work Phone _____ Fax _____

Email Address _____

ADULT SKATING RETREAT		\$390
Adult Freestyle	3 sessions daily (M-F) [15 total]	\$67.50
Public Skating	1 sessions daily (M-F) [5 total]	\$17.50
Balance Masters	MTWHF	\$50
On-Ice Clinics	MTWHF	\$75
Over the Edge	MTWHF	\$75
Yoga/Pilates	MW	\$30
Ballet	TH	\$30
Conditioning	F	\$15
Garden Party	H (pay on arrival)	\$25
T-shirt/Hat	1 per package	FREE
Pool, Fitness & Aerobic Areas Daily		FREE
Administration Fee		\$30

Payment Method: ☐ **Check** ☐ **Money Order** ☐ **Credit Card:** ☐ Visa ☐ MC

Name of cardholder (print): _____

Card Number: _____ Exp. Date _____

Authorized Signature: _____

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Parental Statement of Agreement, Assumption of Risk, Liability and Refund Policy

1. **Release:** I hereby recognize and acknowledge that my participation in recreational activities may involve bodily and/or emotional injury to myself and/or my child. In consideration of my child being permitted to participate in such events, I for myself, my child, my heirs, my executors and administrators, hereby voluntarily and knowingly release, waive, and discharge Salt Lake County its officers and employees from any and all liability except that caused solely by the negligence of Salt Lake County, that may result from my child's participation in Salt Lake County Parks & Recreation activities.
2. **Refund Policy:** There will be **no refunds** on lockers, testing, extra ice time, unused on and off-ice classes (unless a medical reason). **ALL REFUNDS ARE SUBJECT TO A 25%** filing fee and take 6-8 weeks to process. If a refund is approved, a check will be mailed to the address that you specify. Refund requests must be made in writing to the Complex Office with a doctor's note attached.
3. **Collections.** I agree to pay Salt Lake County all costs incurred, together with reasonable attorney's fees in the event that my account is referred to the Salt Lake County Attorney's office for collection. I understand that any account delinquent 30 days or more will be turned over to the Salt Lake County Attorney for collection.
4. **Emergency Treatment.** I hereby authorize Salt Lake County Parks & Recreation program staff to act on my behalf in accordance with their best judgement in case of an emergency involving my child, and agree to assume full responsibility for all expenses, medical or otherwise that may arise therefrom. I understand that my insurance company or I will be billed for such emergency treatment.
5. By signing this assumption of risk, liability release, and refund policy statement, I acknowledge that I have read its contents and disclosure, that I understand its contents and disclosure, and that I agree to its terms.

Signature (participant) _____ Date _____

OFFICE USE: Till # _____ Amount _____ Check # _____ Initials _____ Date _____

Return this page for registration