

Winter Mini Clinic Sunday December 9th, 2018

Featuring: Katrina Stewart and Sarah France
Registration is limited, hurry and sign up today!
Registration Due December 1, 2018

Cost is \$150 and includes:

With Sarah France:

- 1 – 30 minute Creative Elements on ice
- 1 – 30 minutes Choreography/interpretation on ice
- 1- 30 minutes Belly Dancing Class off ice
- 1 – 30 minutes stretching and strength off ice

With Katrina Stewart:

- 1 – 30 minutes Jumps on ice
- 1 - 30 minutes Spins on ice
- 1 – 30 minutes Power class on ice
- 1 – 30 minutes Spins class off ice

5+ hours of practice ice.

PRIVATE LESSONS ARE AVAILABLE FOR ADDITIONAL CHARGE, SEE BELOW

Tentative Schedule: Subject to Change

Saturday, December 8th, 2018

- 12:00-4:00 pm Private Lessons
- 4:00-6:00 pm BFSC Ice Show Clinic

Sunday, December 9th, 2018

- 8:00-9:00 am Private Lessons
- 9:00-9:30 am Power Class on ice Group 1
- Strength and Stretching off ice Group 2
- 9:35-10:05 am Power Class on ice Group 2
- Strength and Stretching off ice Group 1
- 10:10-10:40 am Spins on ice Group 1
- Choreography and Interpretation on ice Group 2
- 10:40-11:10 am Spins on ice Group 2
- Choreography and Interpretation on ice Group 1
- 11:15-11:45 am Spins off ice Group 1
- Creative Elements on ice Group 2
- 11:45-12:15 LUNCH BREAK/ICE RESURFACE
- 12:15-12:45 Spins off ice Group 2
- Creative Elements on ice Group 1
- 12:50-1:20 pm Jumps Class on ice Group 2
- Dance class off ice Group 1
- 1:25-1:55 pm Jumps on ice Group 1
- Dance class of ice Group 2
- 2:00-2:45 Private Lessons
- 2:45-3:00 Ice Resurface
- 3:00-5:00 Private Lessons on BFSC Club ice

Sarah France: \$37.50 per 30 min lesson

Katrina Stewart: \$30.00 per 30 min lesson

Private lessons are based on a first come first serve basis.

Please plan on paying for guest coach private lessons when registering for minicamp.

Sarah France



BIOGRAPHY

- US Figure Skating Triple Gold Medalist (Ice Dance, Moves in the Field, Solo Free Dance), International Dances
- 4-time US Open Professional Championships competitor
- Active performing professional skater and dancer
- Sectional and national competitor
- National/International coach and choreographer for all disciplines

Katrina Stewart



BIOGRAPHY

- Director of Hockey and Power Skating for SportQuest Skating Academy
 - USFS Gold Medalist
 - Full time skating professional 17 years experience
 - 7 years USFS program director experience
 - PSA rated: Registered FS, Registered MIF
 - PSA Level II ranking (qualifying regional competitors)
 - USFS/PSA Category A coach
 - ISI Member, Gold Level Judge
 - BS Biology, Bemidji State University
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