

Cleveland Coaches Council Seminar 2003 June 27 & 28,
Pavilion Recreation Center
Cleveland Heights, OH

The Cleveland Coaches Council presented another successful seminar that was truly appreciated and enjoyed by all that attended at The Pavilion Recreation Center on Friday June 27th and Saturday June 28th. The presenters, Christy Krall, Jill Shipstad Thomas, Shirley Rego, Wendy Burns, Kristine Simeone and Michelle Valore were well received by the participants.

The Seminar comprised of two full days of both on and off ice instruction with the newest computer technology. Christy Krall, a former Olympic Team Member, not only brought the program Dartfish to Cleveland, but also lent her expertise concerning comparative jumping technique with the elite skaters. Her presentations both on the ice and off were quite informative and interesting. The students came away with certainly more visual technical understanding of what they are trying to accomplish on the ice. Jill Shipstad Thomas, an internationally renowned choreographer, brought her wonderful artistic skills to the ice and floor by sharing her knowledge of movement, as well as her creativity. In a very short time she had the students looking like we have our own Theater on Ice here in Cleveland...a wealth of information was shared.

Shirley Rego, Cleveland's own National Accountant, was great too. She helped the students and parents learn more about our competitive marking system and how the accountants tabulate the results...a mystery unfolded. The students were especially inquisitive and receptive.

Wendy Burns, a Strength and Conditioning Specialist and Kristine Simeone, a certified Yoga and Group Fitness Instructor, both presented the behind-the-scene developmental classes necessary to a skater's success. Wendy's expertise in conditioning and Kris's instruction in yoga were well appreciated. The students were all very interested, attentive and responsive. Michelle Valore's Hip Hop classes brought smiles & giggles to many faces of both the participants and observers. With Michelle's excellent instruction, the Blue Team was up to performance level by the end of class! Everyone left the seminar feeling a happy tiredness... a great time was had by all.

During the lunch breaks, which were prepared by Dulcey Barr, who did an excellent job, as usual, and Shirley Wolf, who volunteered her time to help serve on both days, it was noted that the room was always buzzing with light conversations ... students from different clubs getting to know each other from across town and on a different basis than one of competition. On Friday, all the participants received fitted CCC White on Black Tee shirts during lunch break and there is a picture as evidence of their ability to match! At one point there was a spontaneous challenging Cup Game going on at one table and at another table lots of quiet laughter and giggles. It was a fun time for all, as the students learned about each other, while conversing with the guest presents in a relaxed atmosphere... and the students were all very well behaved as noted by the guests! Great job everybody!

It is to be also note that the Cleveland Coaches Council's Scholarship Chairperson, Marianne Parker, presented the Memorial Scholarship awards this year to seven deserving hard-working young people in our community. The talented winners came from many different clubs and represent all levels of achievement in various disciplines. The Memorial Scholarship Fund was established several years ago to commemorate and honor those who were directly involved locally in our sport of figure skating. The Scholarship fund was created to help acknowledge, encourage and fund fine upstanding young skaters in our local area. The recipients of this special award are: Raphael Garrett, Jennifer McKay, Krista Lange, Steven Brown Aviram, Kellie Weiss, Andrew McCrary, Corey Bluhm.

The efforts by the Cleveland Coaches Council have been considerable to bring such high quality education to our city. Those who took part certainly benefited. Aside from the technical educational value, the seminar also was about coaches, students and parents with a common bond and interest in the sport of figure skating crossing the barriers of clubs and cliques to learn more about their love of skating from the top educational instructors in the country. The CCC board has certainly appreciated the positive and enthusiastic feedback from the attendees! We were glad to bring such high quality education to our Cleveland doorstep for the benefit of our area skaters, coaches, parents and students.

The CCC would like to personally and publicly thank Theresa and Bob Kapelewski of "KAP's Imagewear for their last minute ability to supply the tee shirts for the seminar. We love them and they look great! We would also like to thank The Pavilion Recreational Center Skating Rink Manager, Kelly Taylor for allowing us to schedule our seminar at their beautiful facility. The guest presenters were impressed! We would also like to thank Championship 2000 for their gracious grant money, which enabled us to offer this wonderful seminar to the Cleveland skating community. And lastly, a sincere thank you to all the Cleveland Coaches Council board members, Sherry Marvin, Marianne Parker, Helen McGrew, Dulcey Barr and especially the above and beyond hard working and wonderful Lynn Rimmer, our Seminar Chairperson, who spent many hours behind the scenes coordinating to bring this event to Cleveland. Great job everybody!

Barbara A. Fitzgerald
CCC President