

WOODSTOCK, VT

SparrowSkate

JULY 14-18, 2025





“Fostering structured, tangible progress for figure skaters at every level.”

About the Coach

Emma Sparrow has been on the ice for 17+ years. She is a U.S. Figure Skating Gold Medalist, has competitive medals in Singles, Synchronized Skating and Theatre on Ice and has taught skaters in the U.S., Canada and Europe.

Near Toronto, Ontario, Canada, Emma trained at the Mariposa School of Skating under the direction of internationally acclaimed coaches: Doug Leigh, Robert Tebby, Paul Matheson, and Tugba Karademir.

In Lake Placid, New York, she was among the last students of the 1964 and 1968 Pairs Olympic Gold Medalists: the late Ludmila and Oleg Protopopov.

Emma is SkateCanada NCCP Level 2 Regional Coach Trained and is the head coach/designer of SparrowSkate: an innovative training method that streamlines the process of learning for Pre-Preliminary to Gold Level Singles Skaters.

Skating is her passion and Emma can't wait to meet you on the ice!



The three keys to accelerated progress.



Continuous Circuits

Continuous circuits are element specific and contain element mechanics, progressions and exercises - all of which contribute to accelerated learning and a purely efficient training experience.

Every SparrowSkate Ice Clinic utilizes continuous circuits in an effort to optimize the efficacy of skaters time on the ice.



Lesson Summaries

Lesson summaries detail the vital element mechanics presented during ice clinic sessions - providing the tangible future support and guidance skaters require as they continue to practice independently.

Every SparrowSkate Ice Clinic is followed by a lesson summary for both skaters and skater's parents reference.



Classroom Offerings

Essential techniques in skating skills, spins and jumps are all covered in keynote presentations - before skaters step on to the ice.

Video analysis sessions afford an excellent opportunity for skaters to receive corrective feedback and further their own abilities to self-correct while on the ice.

Primary Clinic Descriptions

A faint, light gray silhouette of a skater in motion, positioned on the right side of the page. The skater is in a dynamic pose, leaning forward with arms extended, suggesting a jump or a powerful glide. The background is a light teal color with a large, faint circular graphic element.

SKATING SKILLS PRIMARY

Ice & Classroom Clinics

Purposed for skaters at every level. Skaters will learn essential techniques to achieve mobility, edge control, edge quality, perfect balance, and efficient skating. Emphasis on building strong foundational skating skills imperative to everything thereafter. New elements are presented at every ice clinic.

SPINS PRIMARY

Ice & Classroom Clinics

Purposed for skaters at every level. Skaters will learn essential techniques to achieve fast, centered, controlled basic spins and combinations that not only maintain speed, but gain speed. Emphasis on building strong foundational spin technique imperative to all spins, variations and combinations. New elements are presented at every ice clinic.

JUMPS PRIMARY

Ice & Classroom Clinics

Purposed for skaters at every level. Skaters will learn about quadrants, target points, correct weight placement, axis & air position and how to land consistently and safely. Emphasis on building strong foundational jump mechanics that pertain to single jumps. New elements are presented at every ice clinic.

Advanced Clinic Descriptions



SKATING SKILLS ADVANCED

Ice & Classroom Clinics

Purposed for skaters Pre-Bronze+ Skaters will learn essential techniques to achieve easy acceleration, consistent speed, free-flowing, polished turns, powerful transitions and fluid skating. Emphasis on enhancing and advancing already strong skating skills and refining overall presentation. New elements are presented at every ice clinic.

SPINS ADVANCED

Ice & Classroom Clinics

Purposed for skaters Pre-Bronze+ Skaters will learn essential techniques to achieve advanced spins, combinations, variations, flying spins and difficult fly variations that are spectacular in their own right. Emphasis on advancing already proficient spinners capabilities, enhancing creativity and learning how to secure points in competitions using features. New elements are presented at every ice clinic.

JUMPS ADVANCED

Ice & Classroom Clinics

Purposed for skaters Pre-Bronze+ Skaters will learn about the 1st side vs. the 2nd side, the one key set position for all backward take-off jumps, how to create rotation and land safely every time. Emphasis on advancing skaters to achieve consistently organized and successful double and triple jumps plus combinations. New elements are presented at every ice clinic.

SCHEDULE

	Monday 7/14	Tuesday 7/15	Wednesday 7/16	Thursday 7/17	Friday 7/18
9:00a-9:30a	Arrive & Socialize!	Arrive & Socialize!	Arrive & Socialize!	Arrive & Socialize!	Arrive & Socialize!
9:30a-10:15a	SKATING SKILLS ESSENTIALS Classroom Clinic	SPINS ESSENTIALS Classroom Clinic	JUMPS ESSENTIALS Classroom Clinic	VIDEO ANALYSIS Classroom Clinic	VIDEO ANALYSIS Classroom Clinic
10:15a-11:00a	STRETCH & STRENGTH Off-Ice Clinic	DESIGN YOUR WARM UP / COOL DOWN Off-Ice Clinic	OFF-ICE SPINS Off-Ice Clinic	OFF-ICE JUMPS Off-Ice Clinic	YEARLY PLANNING Classroom Clinic
11:00a-12:00p	SKATING SKILLS PRIMARY Ice Clinic	SKATING SKILLS PRIMARY Ice Clinic	SKATING SKILLS PRIMARY Ice Clinic	SKATING SKILLS ADVANCED Ice Clinic	SKATING SKILLS ADVANCED Ice Clinic
12:00p-1:00p	Lunch / Warm Up	Lunch / Warm Up	Lunch / Warm Up	Lunch / Warm Up	Lunch / Warm Up
1:00p-2:00p	JUMPS PRIMARY Ice Clinic	SPINS PRIMARY Ice Clinic	JUMPS PRIMARY Ice Clinic	SPINS ADVANCED Ice Clinic	JUMPS ADVANCED Ice Clinic
2:00p-3:00p	SPINS PRIMARY Ice Clinic	JUMPS PRIMARY Ice Clinic	SPINS PRIMARY Ice Clinic	JUMPS ADVANCED Ice Clinic	SPINS ADVANCED Ice Clinic
3:00p-3:30p	Pick Up	Pick Up	Pick Up	Pick Up	<i>Till next time!</i>

Details

Pricing:

Primary - 3 Days - (7/14 - 7/16)

\$600

Primary and Advanced - 5 Days - (7/14 - 7/18)

\$925

Questions? Email:

sparrowskate@yahoo.com

To Register, Visit:

The Union Arena Website