

WOODSTOCK, VT

# SparrowSkate

JULY 1-3, 2024





“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 and has competitive medals in Singles, Synchronized Skating and Theatre on Ice.

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!



# Clinic Descriptions

## SKATING SKILLS

### Ice & Classroom Clinics

Skaters will learn essential techniques to achieve ease in acceleration, consistent speed, free-flowing, polished turns, powerful transitions and fluid skating. Emphasis on building strong foundational skating skills and refining overall presentation. New elements are presented at every ice clinic.

## SPINS

### Ice & Classroom Clinics

Skaters will learn essential techniques to achieve fast, centered, controlled spins and combinations that maintain and gain speed. Emphasis on building strong foundational spin technique, which paves the way for advanced, unique spin variations and difficult fly variations. New elements are presented at every ice clinic.

## JUMPS

### Ice & Classroom Clinics

Skaters will learn essential techniques to achieve consistency in their take-offs, air position, and safe landings. Skaters will also learn about their axis, quadrants and how to generate rotation. Emphasis on building strong foundational jump biomechanics that pertain to single, double and triple jumps. New elements are presented at every ice clinic.

# SCHEDULE

	Monday 7/1	Tuesday 7/2	Wednesday 7/3
9:00a-9:30a	Arrive & Socialize!	Arrive & Socialize!	Arrive & Socialize!
9:30a-10:15a	SKATING SKILLS ESSENTIALS Classroom Clinic	SPINS ESSENTIALS Classroom Clinic	JUMPS ESSENTIALS Classroom Clinic
10:15a-11:00a	STRETCH & STRENGTH Off-Ice Clinic	WARM UP / COOL DOWN Off-Ice Clinic	VIDEO ANALYSIS Classroom Clinic
<b>(7/1 &amp; 7/2):</b> 11:00a-12:00p <b>(7/3):</b> 10:50a-11:50a	SKATING SKILLS Ice Clinic	SKATING SKILLS Ice Clinic	SKATING SKILLS Ice Clinic
<b>(7/1 &amp; 7/2):</b> 12:00p-1:00p <b>(7/3):</b> 11:50p - 12:50p	JUMPS Ice Clinic	SPINS Ice Clinic	JUMPS Ice Clinic
1:00p-2:10p	Lunch / Warm Up	Lunch / Warm Up	Lunch / Warm Up
2:10p-3:10p	SPINS Ice Clinic	JUMPS Ice Clinic	SPINS Ice Clinic
3:10p-3:30p	Pick Up	Pick Up	<i>Till next time!</i>

# Details

## Pricing

Full 1 Day per Skater - \$200  
Full 3 Days per Skater - \$550

## For Questions, Email:

[sparrowskate@yahoo.com](mailto:sparrowskate@yahoo.com)

## To Register, Visit:

The Union Arena Website