

Who's Who at the Paul Wylie Clinic 5/18-20 /2018

Location:

Verona Ice Arena (Eagle's Nest Ice Arena)
451 E Verona Ave Verona, WI 53593
Ice 20-23° F - Rink: ~40-50° F

Paul Wylie:

1992 Olympic Silver Medalist, US Figure Skating Hall of Fame

Paul is a PSA Master Rated Coach with over 20 years' experience conducting seminars all over the world. Additionally, Paul has a BA and an MBA from Harvard University. He is a sought-after keynote speaker, including USFS Champs Camp., PSA Conference and the Johnson and Johnson Human Performance Institute.

Paul thoroughly engages with participants as he conducts a true Master Class format actively leading every aspect of the session. He is inspiring to skaters of varying ability. He stresses basics in jumps, spins and skating skills. Comments from skaters who have attended Paul's seminars ... "The edge drills are simple, yet by adding arms and focusing on long, full extensions, beautiful pushes and graceful holds, they become surprisingly challenging... hold the attention of the audience, judges"... "He discusses the importance of artistry, presentation and quality of movement and 'selling it' with every move". "Paul's dialog on positive self-talk is inspirational to all."

Susan Neeley: Susan is a dancer, choreographer, yogi, and a "momtrepreneur". Susan has a BA in Choreography and Dance Management from Winona State University, MN. Her choreography is selected to represent WSU at American College Dance Festivals across the nation. In September 2013 to May 2015 Susan studied and performed with Li Chiao-Ping Dance, a modern/contemporary dance company during which time she taught LCPD's youth dance classes as well as studying Early Childhood Education. During this time she also became a pre-school teacher. From January 2009 to present Susan studied West African dance and performed with Limanya Drum and Dance Ensemble. Most recently, Susan was trained in Kidding Around Yoga (KAY), a style of Yoga that was created by Haris Lender. KAY that encompasses the five branches of Yoga in a clear engaging method.

"Sue Moo" founded and built her business, *Moove and Groove*, while tackling the challenge of being a stay-at-home mother of 2 and providing care for other children.

Susan will be offering on and/ or off ice private lessons during any of the practice ice times or "Free time" Friday, Saturday or Sunday. You may register with "Sign up Genius". Remember to coordinate all your lesson and group class times. Susan would like to have a copy of your music and information from your coach as to the area of focus one week prior to the Clinic.
Private lesson fees: \$25.00 for 30 minutes.

Questions/Information: Sandy Ternus - sandy.ternis@gmail.com

Contact information:

Susan Neeley
608-692-8220

Sue.z.q.83@gmail.com

www.mooveandgroove.com



Becky Ingebrigtsen

Becky Ingebrigtsen is the owner of A&B Fitness Concepts fitness studio as well as a college instructor, blogger, and published writer. Becky earned a degree in Exercise and Sports Science from the University of Wisconsin at La Crosse. She holds multiple exercise certifications through AAI, AFAA, NETA, ACE and is a Master Trainer for BOSU®.

With over 13 years of experience working with figure skaters, she believes conditioning off ice is a key component to every skater's training program to emphasize body awareness and muscle imbalances specific to figure skaters to help prevent injuries. Following a comprehensive off ice workouts through periodization cycles will help to advance and assist in development of spins, jumps, and various connecting turns and movements.

As a respected fitness professional, she enjoys working with youth athletes and individuals on fitness goals, as well as with fitness professionals to expand their passion and careers. Becky is available for off ice private lessons on Saturday. You may register with "Sign up Genius". Remember to coordinate all your lesson and group class times with your private lesson time with Becky.

Private lesson fees: \$30.00 for 30 minutes.

Questions/Information: Sandy Ternus - sandy.ternis@gmail.com

Becky Ingebrigtsen, B.S. CPT.

BOSU® Master Trainer

[A & B Fitness Concepts](#)
[Creating A Fit Life Blog](#)

Cesca Supple

Professional Skaters Association Senior rated Coach

Over 25 years coaching experience beginners through senior level

USFS Regional Technical Specialist

Director: Glacier Skating Academy, Whitefish, MT.

Cesca's happiest moments are when she is on the ice teaching and getting the very utmost effort and precision from her skaters. As technical specialist, she will explain the criteria that a Technical Specialist uses to make the "call". Cesca will also provide you with some fun calculations that focus on how to glean the most points from your program – increase that valuable GOE – and win with a smile! Cesca will be available for on ice private lessons Friday, Saturday and Sunday. Contact her directly at:

cescasupple@yahoo.com; 608-206-2239

Katherine (Katie) Werner -

USFS Silver Test Judge – Dance

USFS Gold Test Judge – singles, pairs, MIF

USFS Regional Competition Judge – singles/pairs

Katie as a member of the SWFSC consistently supports while judging skaters from all our area clubs at our many test sessions. Her insight and positive constructive comments are well received by the many skaters with whom she has judged. We are pleased to have her input at this seminar where again Katie can interact with skaters and parents and offer guidance toward their skating goals “From a Judge’s Perspective”.

Katie, will present comments on the various criteria of a singles program, the presentation, the technical and those important five components of a well-balanced program. Below are some biographical comments by Katie.

I learned to skate when I was two years old by trying to keep up with my older sister at open skates. Growing up in a south suburb of Chicago, I focused primarily on taking USFS tests and passed my senior free skate and a few gold ice dance tests, before attending college. At the University of Illinois Urbana-Champaign, I competed on the collegiate level synchro team, where I was able to experience another discipline of the sport and enjoy the comradery of fellow skaters in a new way. After graduation, I diverted much of my free time toward taking actuarial exams – a period I refer to as the Dark Age, since I was not involved in skating in any way.

Once I finished my exams and found myself with a little more free time, I was naturally drawn back to skating. One of my friends convinced me to complete my ice dance tests, and my childhood coach then took the opportunity to further convince me to give judging a try. Judging has afforded me the incredible opportunity to participate in the sport in yet another new way, challenging me to continually learn new ways to view, to evaluate, and to articulate my judgments of skating performances. Since I started the process of becoming a judge, I have judged hundreds of skating tests and judged various non-qualifying competitions throughout the region. This past fall I judged my first regionals. It was a truly awesome experience to be in the company such devoted skaters, coaches, and officials.

If you see me on the ice these days, I’m most likely trying to learn the steps to the international ice dances or working on compulsory figures - even 25 years later,

Off the ice, I spend most of my time working at American Family Insurance as an actuary. I love to travel, learn circus arts (German Wheel and trapeze), and spend time with my exceptionally supportive husband and mildly supportive cat.

The most important “Who’s Who” at the Paul Wylie Clinic is each and every one of you skaters! You will make the Clinic a “GO”...a memorable opportunity of your lifetime. Come eager to skate, have fun with your peers and instructors, and learn...you will be surprised what you will take home!

Skate to Great!

SWFSC

Diane Olson; President

Kim Smith and Alice Wentworth – Seminar coordinators

Sandy Ternus – Dance and Exercise Physiologist Coordinator