



U.S. OLYMPIC
TRAINING SITE
THE PETTIT NATIONAL ICE CENTER



Figure Skater On and Off-Ice Classes and Coaches 2016-2017:

OFF-ICE CLASSES:

Strength and Conditioning – Tuesdays 5:30-6:15pm and Thursdays 6:00-6:45pm

Do you want to develop into the best possible skater that you can be? Work with **Justin** from Rosencutter Ultra Fitness and Performance and take your physical preparation to new levels. Skating and developing on ice skills will help you to a certain point. Beyond that, you need to develop your body off of the ice in order to develop optimal performance on the ice as well as avoid injury.

- Learn proper movement patterns and body control
- Develop strength, stability and power
- Develop skating specific energy systems and conditioning
- Fix muscle imbalances and prevent injury
- Improve speed, agility and quickness
- Improve breathing mechanics
- Improve landing and jumping mechanics
- Become an all-around better athlete
- Develop a mental toughness that will help give you an edge over the competition

Rosencutter Ultra Fitness and Performance and its physical preparation coaches are nationally known for improving all aspects of performance with athletes of all levels, from youth to elite. Locally, they have been featured on Fox 6, Milwaukee Journal Sentinel and were rated the best specialized training facility in Milwaukee in the 2015 Top Choice Awards. Nationally, they have contributed to world renowned continuing education products such as Muscle Imbalances Revealed and have written for athletic publications such as STACK magazine. With degrees in exercise and sports science and multiple certifications through highly respected organizations such as the NSCA along with years of in the trenches experience, RUFPP coaches have the perfect blend of academic and practical in the trenches knowledge and experience to help you optimize your training. From therapeutic modalities to ensuring that you understand how to move properly while engaging the correct muscles at the right time, to developing optimal levels of strength and power, they will help you improve your body and performance like nobody else.

Ballroom – Tuesdays 6:30-7:15pm

We are honored to welcome **Marty Voight** to the Pettit team as our ballroom instructor! Marty first started teaching dance in 1978 while attending UW Eau Claire. Then after two years of teaching, competing and dancing in Las Vegas he returned to Milwaukee and became the owner of East Towne Ballrooms in Milwaukee, WI in 1991. He is a nationally recognized Pro/Am competitor and former American Style Smooth and Rhythm competitor. He is an NDCA and NADTA registered instructor in all styles and licensed adjudicator. With 38 years of teaching experience his love for his profession is evident in his classes and he is an active community dance leader and guest lecturer/instructor with many area dance organizations and functions.

Jazz shoes or ballet slippers are highly recommended for the ballroom class.

Ballet – Thursdays 7:00-7:45pm

Originally from Havana, Cuba, Itzel Hernandez began training at the Escuela Provincial de Ballet Alejo Carpentier. At age 12, she moved to the United States and was granted a full scholarship at the Orlando Ballet School under the direction of Peter Stark, where she performed as Clara in Bruce Mark's *The Nutcracker*. In 2009, Hernandez was accepted into the Harid Conservatory and trained under Victoria Schneider, Olivier Pardina and Svetlana Osiyeva. There she appeared in Mark Godden's *Fable* and *Corazon de La Llama*. After graduating, she was offered a trainee position, and later, a second company position with Orlando Ballet, where she performed in *La Danse* by Telmo Moreira, the lead role in Robert Hill's *Allegretto*, *Huapango*, *Romeo & Juliet*, *The Nutcracker* and Abdur Rahim Jackson's premiere of *aGain fOr tHe firSt tImE*. Hernandez has competed in the Youth American Grand Prix, where she was awarded 3rd place in 2009 and 1st place Senior Contemporary in 2014. She joined the Nancy Einhorn Milwaukee Ballet II Program in 2014, where she danced in Michael Pink's *Don Quixote*, *The Nutcracker*, *Giselle* and *Cinderella*, Petr Zahradníček's *Rumble Mashing*, as well as *Raymonda Suite* and *Esmeralda pas de six*. This is her second season dancing in Milwaukee Ballet's Company. We are thrilled to welcome Itzel to the Pettit's training program to assist our athletes to further improve their posture, flexibility and rhythm. **Ballet slippers are highly recommended for the ballet class.**

ON ICE CLASSES:

Video Analysis – Megan Zienkiewicz will be running the on ice video analysis class this season. She will be using video software to time the skaters in the air, assess body positions through the move, and analyze the skater's elements using side by side video comparisons. This is a tool that is meant to assist the skaters and their coaches. Megan will be communicating with the coaches of the students who take the class regularly. Coaches are also welcome to stop by the class with their skater at any time. The videos are to be used as a back-up tool to the skater's lessons. The skaters should see the corrections that they are receiving and then have a better understanding as to the need to make the corrections as well as how. Skaters are encouraged to attend the class with special requests that they or their coach would like to look for in their videos. We are excited to be able to take advantage of this great training tool.

Power Class – This on ice class is back by popular demand! Ready to make you sweat with her fun on ice work-outs is Pettit coach **Mary Duecker**. This class is challenging for skaters of any level and all are welcome, but it is recommended that participants have passed Pre-Preliminary moves in the field or above or have coach approval.

Spins – This class is intended for skaters that already have a general understanding of the basic spin positions (upright, sit and camel). The focus of the class may vary depending on each skater's individual level. Skaters may work to improve individual spin positions, learn spin variations, create combinations, work to understand IJS spin requirements and more. Spin classes will typically be led by Pettit coach **Sue Ervin**.

Exercises (on ice) – This class is the perfect way to start or end any day on the ice. Pettit coach **Slava Merkepel** will teach you his many on ice warm-ups, cool-downs and exercises that you can use before or after any of your sessions. By taking this class you will become more aware of your body alignment and you will improve your overall control on the ice.

Artistry In Motion – In this on ice class you will work on body awareness and movement, expression and musicality. This class is available for skaters of all levels.

Hamidah Ahmad is a double gold medalist who skated as a singles skater spending 13 years of her career as a national competitor. This includes becoming the 1999 Intermediate Ladies champion as well as a competitor at the Jr Nationals and Midwestern Sectionals as both a Novice and Junior Lady. At the age of 20 Hamidah turned professional and toured with Disney on Ice for five years as an ensemble and principal skater performing nationally and internationally. She still performs in local ice shows as well as taking on modeling and acting as her second career. We welcome Hamidah to the Pettit National Ice Center's coaching team as the Artistry in Motion coach as well as a choreographer and singles coach.

Stroking, Turns and Edges – In this fun and interactive class, skaters of all ages and abilities are welcome! We'll help you to perfect your posture and increase flow as we work to make your stroking, edges and turns easier and cleaner. Each class will feature new exercises set to toe-tapping music that will make you want to skate! The class instructor **Mary Spencer Noffke** has taught ice dancing, stroking and expression to skaters of all ages and levels for more than 20 years. As a skater, she competed at the Junior level in regionals, sectionals and the U.S. Collegiate Championships. She has worked with national and international competitors and is the co-author of *Artistry on Ice* with Nancy Kerrigan.

Program Ice – Program Ice is your chance to skate on an empty sheet of ice in a casual, no pressure setting. You can skate your program, ice dance, free dance, etc in preparation for an upcoming competition, ice show or other event. Program ice is an excellent way to shake those performance nerves and/or try out a new program or competition outfit. If there is ice time remaining once all the participants have gone, you can use the remaining ice time to work on corrections or even re-run your program.

More! – Keep checking the figure skating schedule to see what new and exciting classes will be offered next!