



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



Summer Figure Skating Training Program 2017 Classes and Coaches:

Ballroom & Latin

We are honored to continue with **Marty Voight** 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

Skating since she was four, **Eleanor Feinman** has combined her love of ice skating and dance. You may know Eleanor as a Pettit Skating School Instructor and private lesson coach. She is a U. S. Figure Skating triple Gold Medalist in Senior Moves, Senior Freestyle and Gold Dance as well as passing seven International Dance tests. However, Eleanor is accomplished off the ice as well. She began dancing at the age of three and will be graduating from the Milwaukee Ballet Academy this June reaching the highest level, Academy II, for her last 3.5 years. Eleanor also studied privately and has participated in numerous ballet summer intensives with Joffrey Ballet, Milwaukee Ballet, Academy of Russian Classical Ballet, Gelsey Kirkland Academy of Classical Ballet and American Ballet Theatre. Eleanor plans to attend Southern Methodist University Texas in the fall where she auditioned for and was accepted into the dance program and was offered an Artistic Merit Scholarship. Throughout her dance training she has studied Pointe, Partnering, Jazz, Modern and Tap. Her training also includes seven years of competitive gymnastics. The benefits of ballet include improved body control, core strength, flexibility, balance, strength and stamina. A skater's presentation is improved through better posture, arm movements, grace and fluidity as well as the ability to tell a story without words and reach out to an audience. Ballet also exercises your memory which is a tremendous advantage in picking up and remembering skating choreography.

Strength and Conditioning

Justin from **Rosencutter Ultra Fitness and Performance** has proven to be a favorite trainer amongst his Pettit class participants.

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.

In Justin's classes you will:

- 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.