

## Coaching Staff

### Bob Pellaton

USFS Quadruple Gold Medalist in Freestyle, Pairs, MITF & Dance. 11 yrs. U.S. National & Int. member of team USA, Int. Silver Medalist & Coach of National skaters. 28 yrs. coaching experience with expertise in Choreo, Freestyle & Moves.

### Jessica Pimentel

USFS medalist in MITF & Freestyle w/10 yrs. competitive experience. Most artistic performance winner of the William O. Smyth award. University training in Jazz & Choreo. Trained with National, World & Olympic coaches. 14 yrs coaching exp.

### James Reamy

USFS Gold medalist in Figures & Freestyle. Pacific Coast. Int. Men's Champion. Gold, Silver & Bronze medalist South-west & Pacific Coast. 1980 National alternate. Trained by World and Olympic coaches. 20+ yrs. of coaching experience.

### Wendy Smith

Triple Gold Medalist in Figures, Freestyle, and Dance. Canadian National team alternate. Trained by World & Olympic coaches. Producer/Director of seminars & shows. National and Jr. Olympic coach. 30+ years of coaching experience.

### Brian Thayer

USFS Medalist in Figures, Freestyle and Pairs. Trained by National & Olympic coaches. Performed with Ice Follies, Holiday on Ice and Ice Capades. Coach of the Pacific Coast Gold Medalist Shining Blades Synchronized Skating Team.

### Geoffry Varner

Achieved 24th in the World as a 7 yr member of Team USA. 3 Time ISU Grand Prix Competitor. Jr. Grand Prix Final Bronze Medalist. Double Gold Medalist in Freeski/MITF. 10 Time National Qualifier. National & International Medalist.

### Karen Wiesmeier

USFS & CFSA Gold Medalist in Freestyle, Dance & Freedance. Coach of National gold medalist and International Synchronized Skating Team del Sol. 30+ yrs. of coaching experience. ISU Technical Specialist. Master Rated in Synchro.

### Heather Young-Dickey

USFS Gold Medalist in Moves in the Field, Silver Medalist in Freestyle. Pacific Coast and US National competitor. Professionally trained in dance and ballet. Performer with "Legends On Ice" skating show. 10 yrs. coaching experience.

## Off Ice Conditioning Classes

**Off Ice Classes:** San Diego Ice Arena will be offering Off Ice conditioning workshops throughout the summer. Make sure to be on our email list in order to receive email blasts! Or visit our website [sdice.com](http://sdice.com) for up to date information.

[www.SDICE.com](http://www.SDICE.com)

# Summer Competitive Freestyle Program

June 12th - August 25th, 2017



San  
Diego  
ICE ARENA

(858) 530-1825

# Schedule

	MON	TUE	WED	THU	FRI
4:45am		Syncro	4:45am	4:45am	4:45am
5:30am		Syncro	5:30am	5:30am	5:30am
6:15am		6:00am	6:15am	6:15am	6:15am
7:00 Ice Cut	7:00 Ice Cut	7:00 Ice Cut	7:00 Ice Cut	7:00 Ice Cut	7:00 Ice Cut
7:15am	7:15am	7:15am	7:15am	7:15am	7:15am
8:00am	8:00am	8:00am	8:00am	8:00am	8:00am
8:45 Ice Cut	8:45 Ice Cut	8:45 Ice Cut	8:45 Ice Cut	8:45 Ice Cut	8:45 Ice Cut
9:00am	9:00am	9:00am	9:00am	9:00am	9:00am
9:45am	9:45am	9:45am	9:45am	9:45am	9:45am
2:05pm	2:05pm	2:05pm	2:05pm	2:05pm	2:05pm
2:45pm	2:45pm	2:45pm	2:45pm	2:45pm	2:45pm
3:30pm	—	—	—	—	—

## Freestyle

Walk on = \$10.00

### Freestyle Cards

30 sessions  
@ \$8.00 = \$240.00

15 sessions  
@ \$8.33 = \$125.00

15 1/2 sessions  
@ \$5.33 = \$80.00

Prices are good for  
All 45 min. sessions

## SDIA On Ice Workshops

Price:  
\$75.00 for 6 weeks

Walk On = \$15.00

**9:45am Competitive Freestyle** This session is delegated for skaters who have passed the Juvenile Freestyle and currently competing at the Juvenile level or higher. Gold level dancers allowed only. No Move In The Field skaters.

**Dance:** Dancers may skate on all freestyle sessions with the exception of the Competitive Freestyle.....only gold level dancers on this session.

**ISI Summer Camps** We are pleased to offer two weeks of summer camps this year for the Delta level skater and above. Information is available online at [sdice.com](http://sdice.com) or in the Sport Shop. Camp dates are: July 31st - August 4th. and August 14th - 18th.

**SDIA On Ice Workshop:** A 6 wk. series of On Ice workshops will be held on Wed. from 9am-9:45am, followed by an hour of off ice exercises. The dates will be July 5th - Aug. 9th. Price = \$75.00 Workshops will have guest coaches and cover all Moves In the Field levels. For flyers and registration information please check with your coach by 5/15/17. Online information can be found on our website, [sdice.com](http://sdice.com)

# Coaching Staff

### Terrie Armijo

USFS Gold medalist in MITF, and member of the International Synchronized Skating Team del Sol. Trained with National, World and Olympic coaches. 8 years experience as a competitive skater.

### Natasha Bobrina

Russian Jr. National champion in single and pairs. Russian World team member. Principal skater in St. Petersburg Ballet On Ice. Finland FSC head coach for freestyle & choreography. Coach of National, International & World skaters.

### Breanne Bonilla

USFS Regional competitor with 11 years competitive experience in USFSA and ISI. Intermediate Freestyle and Senior MITF tests. Cognitive Science B.S. from UCSD. Member of PSA, USFSA and gold certification with ISI.

### Janelle Craft

Triple Gold Medalist in figures, freestyle and dance. Canadian Jr National competitor in singles and synchronized skating. USFS & PSA coach with 20+ years experience in US & Canada. Team del Sol coach. MA Sport Psychology.

### Michelle Ford

U.S./Canadian and International Gold medalist in Ice Dancing. 30+ years of teaching experience. Adult Synchronized National bronze medalist, National and International competitor, Star performer with Ice Follies. 1976 Olympic team alt.

### Kristin Griffiths-Grenier

'96 Junior National Champion. 3-time US National Medalist. 5-time US National Competitor. Performer in US and Japan shows. PSA certified coach & ISI Silver judge. USFSA Triple Gold Medalist in MITF, Figures & Freeskating.

### Katy Griffiths-Hewitt

US National Competitor. US Regional and Sectional medalist. USFSA double Gold medalist in freestyle & Moves In the Field. 10 years with "Disney On Ice" as principal soloist & pairs skater. Jr. National Coach. IJS Technical Specialist.

### Simon Hewitt

2 time British Jr. Champion in Freestyle & Pairs. 5 time British National & International team member. British Intergold medalist in freestyle & Gold medalist in dance. 10 years as principal skater with "Disney On Ice" Jr. National Coach

### Dr. Chea Hutton-Chitwood

USFS Triple Gold Medalist in MITF, Freestyle & Dance. Regional gold medalist, National collegiate competitor and Adult Synchronized National bronze medalist. Jr. National and National coach. Ph.D. in Sport Psychology.

### Karyl Kawaichi

USFS Triple Gold medalist in Freestyle, Dance and Pairs. National and International competitor. 10 yrs. Principal adagio and soloist in Ice Capades show. Specializing in choreography, freestyle, pairs and hockey power skating.

### Jami Macleod

SDIA Creative director for annual show. Music editing and remastering specialist. USFS medalist in MITF. Member of Int. Sync. Skating team ranked 5th in US. Trained with Nat./Olympic level coaches. Performer in Titanic production.

### Susan Morrison

23 years experience in teaching skaters ages 3 to adult. Taught for Ice Capades Chalet for 13 years. Coach of the Pacific Coast Gold Medalist Shining Blades Synchronized Skating Team.

### Clara Nguyen

USFS medalist in figures & freestyle. 12 yrs. as a competitive skater throughout California & Regional competitions. National TDS bronze medalist. Trained with National, World and Olympic coaches. 18 yrs of coaching experience.

### Jon Nichols

USFS International and Gold medalist in Dance & Free Dance. 8 time National and International competitor. National medalist and Jr. World competitor. Specialist in power & skating skills. Has trained World and Olympic level skaters.

### Shannon Peck, MS

USFS Gold medalist in MITF, Double Silver medalist in Figures & Freestyle. 8 yrs. USFS Regional competitive skating experience. Star of Ice Follies, Holiday On Ice Disney On Ice, Ice Capades & Sea World. 20+ yrs of coaching exp.