

# Former US National & Olympic Short Track Coach

# Sue Ellis is coming to Midland!!!!

Sue & her team are planning an exciting weekend of on- and off-ice training to help YOU improve your skating! Sue travels the world teaching her Ellis Edge method to skaters of all ages and abilities. This camp is focused on improving your **TECHNIQUE**.

- **When:** Friday evening **October 6<sup>th</sup>** through Sunday **October 8<sup>th</sup>**, 2006
- **What:** 7 Hours On Ice Instruction (~same as 3 weeks club ice)  
9 hours Off-Ice Instruction (theory, drills, video analysis)  
Individual attention to YOUR needs as a skater



For more information Ellis Edge go to:  
[www.ellisedge.com](http://www.ellisedge.com)

### Schedule:

#### **Friday**

7:00pm - 9:00pm - Off Ice Instruction

#### **Saturday**

8:00 - 9:30am - Off Ice Instruction  
10:00- 12noon - On Ice Instruction  
Lunch  
1:30 - 3:00 - Off Ice Instruction  
3:30 - 5:00 - On Ice Instruction

#### **Sunday**

8:00 - 9:30am - Off Ice Instruction  
10:00- 12noon - On Ice Instruction  
Lunch  
1:30 - 3:00 - Off Ice Instruction  
3:30 - 5:00 - On Ice Instruction  
5:00 - 5:30 - Wrap up

Sue on Ellis Edge: "As skating technique has continued to evolve so have we! Over the past year we have been working with some **new concepts** and have created a **new series of drills** to help reinforce the feeling of powerful, easy skating. Discover some of the **Korean secrets** and why they are so fast, yet make it look so easy!"

- Last year's camp was a huge success and the spaces were filled within several weeks.
- This is an excellent opportunity to learn from one the most respected speed skating coaches in the world without have to travel to a far off location.
- Ask one of the many MSSC skaters that have attended an Ellis Edge Clinic

### **NEW FOR 2006 – ADVANCED CLINIC**

We have decided to add an optional 1-day advanced clinic on Monday, October 9<sup>th</sup>. (Midland Public School Holiday)

- For more advanced skaters only
- Content will be geared to class interest and will include executing various track patterns, strategies, tactics, pass set up and execution.
- Class size will be limited to a maximum of 20 skaters to ensure personal attention
- **Cost for the Advanced Clinic will be \$110;** \$50 deposit will hold a spot
- Class schedule will be the same as previous days with 3.5 hrs on ice and 3 hr off ice instruction

### **Ellis Edge Clinic Details:**

- **Total cost of the basic camp is \$250 per skater.** (does not include the Advanced Clinic)
- **Space is limited to 25 skaters. A \$100 per skater deposit is required to reserve a spot**
- Deposits are fully refundable until September 1<sup>st</sup>; after that time refunds will be based on MSSC's ability to fill the class
- On- and Off- Ice portions of the camp will be held at the Midland Civic Area
- Camp is open to all ages and skills; however, content is geared to skaters 10+ yrs old and badge 6 and above
- Deposits are payable by check to the Midland Speed Skating Club; send to Gary Dyke at 1216 Holyrood, Midland MI 48640

For more information, contact Gary Dyke of MSSC at 989-837-9659 or by email at [sgdyke@charter.net](mailto:sgdyke@charter.net).