



WHERE CHAMPIONS TRAIN

Welcome to the University of Delaware

The University of Delaware has a great tradition of excellence, from our roots extending back to a small private academy started in 1743, to the research-intensive, technologically advanced institution of today.

Our alumni tell our story of achievement, from our first class, which included three signers of the Declaration of Independence and one signer of the U.S. Constitution, to the more than 154,000 living Blue Hens who are making vital contributions to the world. Vice President Joseph R. Biden Jr. and his wife, Jill, are both UD alumni.

The University received its charter from the State of Delaware in 1833 and was designated one of the nation's historic Land Grant colleges in 1867. Today, UD is a Land Grant, Sea Grant and Space Grant institution. The Carnegie Foundation for the Advancement of Teaching classifies UD as a research university with very high research activity—a designation accorded less than 3 percent of U.S. colleges and universities. UD ranks among the nation's top 100 universities in federal R&D support for science and engineering.

High Performance Figure Skating Center

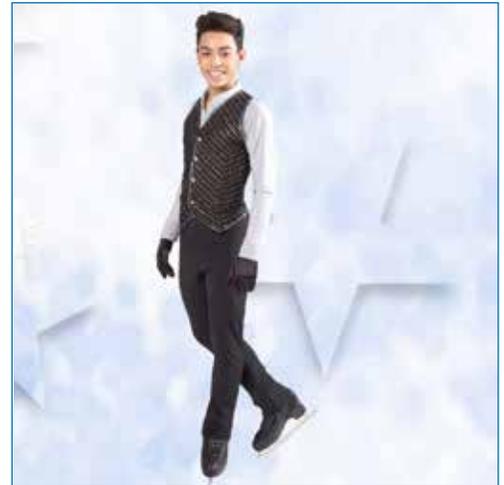
UD's High Performance Figure Skating Center is home to some of the top figure skaters in the world. Olympians who have previously called the University of Delaware home include: Tara Lipinski, Kimmie Meissner, Johnny Weir, Tiffany Scott and Philip Dulebohn, Irina Lobacheva and Ilia Averbukh, Oksana Grischuk and Evgeny Platov, and Angelika Krylova and Oleg Ovsiannikov. Currently, Anastasia Cannuscio and Colin McManus, Team USA Members, National and International Medalists and Senior Grand Prix Competitors, train at the University of Delaware. The University of Delaware is also home to the three time defending national champions UD Collegiate Figure Skating Team.

The University of Delaware High Performance Figure Skating Center offers a comprehensive summer training program that incorporates off-ice strength and conditioning along with intensive on-ice training. Coaching is available in Freestyle, Moves in the Field, Pairs, Dance, Choreography and Stroking from our large staff of highly qualified coaches. The daily schedule consists of Freestyle, Pairs and Dance sessions. All Freestyle sessions are divided into three levels: Low (No Test–Pre-Juvenile), Medium (Juvenile–Intermediate), and High (Novice–Senior), accompanied by off-ice dance and strength training. An elite session is offered to skaters at the National level who have been selected to compete internationally for the current competitive season.

Dare to be first.



Anastasia Cannuscio and Colin McManus



Jordan Evans



Oliva Sebastiani and Dillon Berry

COACHING STAFF

The coaching staff includes many World and Olympic coaches and former Olympians.

A frequently asked question is, "Are lessons included with registration?" The answer is NO. Private lessons are arranged IN ADVANCE with the specific coach. Coaches are paid directly; not at the Ice Arena office. The University of Delaware Ice Arena does provide professional coaching staff experience in off ice training, which is included in the program fee.

Visit our website to find a list of coaches and contact information. <http://www.udel.edu/icearena/figureskating/coachingstaffalpha.html>

HOUSING

The University offers residence hall living for athletes attending the summer High Performance Figure Skating Center, while the campus provides a comfortable and secure environment for skaters of all ages. Trained residence hall staff members are assigned to the skating program and oversee daily needs. Counselors are on duty 24 hours a day, 7 days a week. The residence hall for skaters features air-conditioned rooms, controlled access entrance, and an open lounge. Skaters will have an allotted meal plan to use for purchase of daily meals and snacks at the arena or the dining hall.

Resident skaters will have the opportunity to bond with other skaters and staff through a variety of summer activities. Skaters will have access to the basketball, volleyball, and tennis courts as well as planned activities held on the athletic turf adjacent to the dorms. After completing training for the day, resident skaters can relax in the dorms and create memories with activities such as movies, indoor camping, talent shows, arts and crafts, and outdoor games. Activities are done as a group and skaters are back at the dorms by 8 p.m.

Saturday excursions are planned for skaters staying for multiple weeks who wish to stay on campus over the weekend. Permission forms are required, as is spending money to cover the activity and food for the day. Examples of trips include going to the UD Outdoor Pool and other local attractions. Information will be provided upon registration. Housing and meal fees are on the application form.

All skaters will stay in residence halls, located on the University of Delaware's campus.



WHY UD?

The University of Delaware provides many advantages in addition to the excellence of its training facilities and staff. Train where champions train.

Great Location The University is located in close proximity to Philadelphia and Baltimore, as well as only a two hour drive to Washington, D.C. or the Delaware beaches.

Athletic Trainer on Site Jeff Schneider is an instructor in the Department of Kinesiology and Applied Physiology at the University of Delaware. Mr. Schneider is also the director of strength and conditioning and athletic training at the High Performance Figure Skating Center at the University of Delaware. He has worked with numerous National, World and Olympic figure skaters. He holds certifications from both the National Athletic Trainers Association and the National Strength and Conditioning Associations.

Pro Shop Crystal Sports is a full service figure skating shop. It is located in the lobby for the Fred Rust Ice Arena. Expert sales and service are offered for beginners though Olympic competitors. Phone 302-831-3110.

Stroking Classes Classes are offered Monday-Thursday, utilizing different techniques to improve endurance, speed, and edges.

Exhibition Fridays Skaters have the opportunity to perform their programs in a simulated competitive environment.

Outdoor Pool For \$5 a day, skaters have access to the UD Outdoor Pool, located directly behind the Gold Arena.



www.udel.edu/icearena



Ice Arenas