

# WASHINGTON ICE EMERALDS SPRING INTO SYNCHRO

Series # 2 Highland Ice Arena

April 23<sup>rd</sup>-May 28<sup>th</sup>

6 Weeks - Sundays 7:00am to 8:30am

- No Synchro experience needed!
- ALL Ages Youth-Adult

## Minimum Level Requirements:

- Passed Pre-preliminary or Pre-Bronze Moves
- Working on the above tests (w/approval)

## What you get:

- Weekly On-Ice Instruction
- 60min specialty class w/local guest artists
- 30min applying skills learned to synchro elements w/WIESSO staff coaches

**Cost:** Full Series \$250 OR Drop-In \$50 per class

## Register Online

<http://www.signupgenius.com/go/5080d4aa8af29abfe3-spring>

## Meet The Guest Artists

**Kim Ryan** has been coaching figure skaters in the Pacific Northwest and across the country for more than 40 years. A former competitive skater herself, Kim trained under John Nicks – renowned coach of Olympic skaters such as Ashley Wagner, Sasha Cohen and Tai Babilonia and Randy Gardner. Kim has coached at the national, sectional as well as regional levels.

In 2005, after many years of teaching all elements of a balanced program, Kim decided to focus her skills on the discipline that had always been at the core of her strength as a coach and created Spinergy – a focused and energized approach to both the art and mechanics of spinning.

Her instructional videos are featured on her website, [Kimspinergy.com](http://Kimspinergy.com), and also on other skating sites such as iCoach.



## Class Descriptions

**Kim Ryan**

**April 23<sup>rd</sup>**

**Spinergy**

**Tina Kupferschmidt**

**April 30<sup>th</sup>**

**Pattern Dance**

**Lisa Clinton**

**May 7<sup>th</sup>**

**Shadow Dance, Body  
Movement & Spacing**

**Rachel Franchock**

**&**

**Tina Kupferschmidt**

**May 14<sup>th</sup>**

**Super Synchro Skills**

**Anne Goldberg**

**May 21<sup>st</sup>**

**Footwork Sequences**

**May 28<sup>th</sup>**

**Choreography &  
Musicality**

## CONTACT US

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[www.wiesst.org](http://www.wiesst.org)



**Lisa Clinton** has taught roller skating, inline skating, figure skating, cheerleading on ice, dance, and choreography on ice extensively throughout the United States. Ms. Clinton is USFSA Ice Dance Gold Medalist, a USA Roller Sports Figure Skating Gold Medalist, and has her BFA in Dance and Arts Management from the University of Michigan School of Music. Ms. Clinton has performed throughout the U.S., Europe, and the Far East with "HOLIDAY ON ICE" and ICE THEATRE OF NEW YORK and appeared on National Television and events alongside well known skaters such as Scott Hamilton, Nancy Kerrigan, Gary Beacom, John Curry, Toller Cranston, and Dorothy Hamil. Ms. Clinton has worked with well-known New York City modern dance choreographers David Dorfman (David Dorfman Dance Company), Elisa Monte' (Elisa Monte' Dance Company), Laura Dean, and Donlin Forman (Martha Graham Dance Company). Performance Artist, Lisa Clinton wrote, produced, and performed her one woman show, "Lisa Clinton, Any Relation," at Chelsea Piers Sports Center Ice Rink and Danny's Skylight Cabaret on Restaurant Row in New York, NY. She was an Ensemble Member of the Performance Artist Ice Show, "Freezer Burn," written, produced, directed, and performed by Greg Wittrock. Wittrock and Clinton collaborated to produce and direct the show, "Underground Ice," at Skyrink in New York, NY.



### **Anne Goldberg**

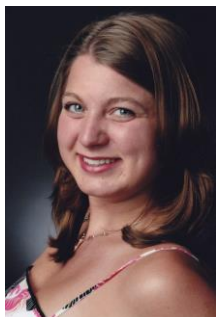
Doctorate of Musical Arts, Classical Composition

- PSA Rated: Certified Free Skating, Choreography
- Quadruple Gold Medalist: USFS Freeskate, MIF, Partnered Dance, International Dance, CAN Artistry
- Choreography Certificate, Dance New Amsterdam, New York City

Anne excels at choreography, and is the Artistic Director of her own contemporary dance company, the Synthesis Aesthetics Project, was accepted to Disney on Ice and Ice Theater of New York, and has appeared as a model skater for a series of instructional videos distributed through the Professional Figure Skaters Cooperative. Anne has worked with Broadway Blades TOI (USA 2), Nexxice Senior (CAN 1), and other regional, national, and international skaters in their on and off-ice training and choreography. She also directed and choreographed the Theater on Ice team at Massachusetts Institute of Technology, with her adult group placing 4<sup>th</sup> at Nationals. She later moved to New York City to pursue advanced degrees in Music, and coached at various locations to put herself through school. During that time, she worked to develop integrative on- and off-ice curriculum for Figure Skating in Harlem, where she served as interim Skating Director in the summer of 2012. Upon completing her doctorate, Anne moved to Seattle as an adjunct professor at Cornish College of the Arts and coach at Olympicview Arena.



**Rachel Franchock** is from Michigan and grew up skating in the Detroit area. She has extensive experience skating competitively and has traveled nationally and internationally as a member of Team USA. Rachel has 12 years of synchronized skating experience and earned national titles at the Juvenile, Intermediate, Novice and Senior levels. In 2010, Rachel earned 2nd place at the US National Championships and had the incredible experience of representing the US and competing at the World Synchronized Skating Championships. Rachel has over 7 years of experience coaching group, private and synchronized skating teams and is especially passionate about coaching moves in the field, ice dance and synchronized skating.



**Tina Kupferschmidt** is originally from Roseville, Minnesota and moved to the Pacific Northwest in 2012. Prior to 2012, she coached at the Maplewood FSC for 10 years. Tina has experience coaching all ages, from Beginner – Intermediate leveled Synchro teams and was successful in coaching her teams to participate in local and regional competitions each year. Additionally, Tina's intermediate level team competed at the US Synchronized Skating National Championships for 3 consecutive years from 2008-2010. Currently, Tina is a coach at the Kingsgate FSC and her areas of instruction include learn-to-skate lessons, compulsory ice-dancing, moves in the field, and, synchronized skating. She is also one of the founders of the Washington Ice Emeralds, and has been coaching synchro in WA for 4 years.