



Ice Skating Choreography

Jill Shipstad



As a choreographer, Jill has worked with Bob Paul for Walt Disney's World on Ice and major US theme parks. She gives workshops across North America, and she choreographs for every type of skater, from beginner to world competitor. Among those that Jill has worked with: Rosalynn Summers, Linda Fratianne, Verne Taylor, Christopher Bowman, and presently Jill is choreographing for 2005 Senior man, Derrick Delmore, as well as 2005 Pacific Coast Junior Ladies Champion, Ashely Wagner.

September 14 & 15th, 2006

PRE-JUVENILE - SENIOR LEVEL

Date: Thursday, September 14th

3:30 – 5:30 On-Ice - Creative Movement and Steps
5:45 - 6:30 Off-Ice - Emotional Expression and Musical Interpretation.

PRELIMINARY and BELOW

Date: Friday, September 15th

3:30–4:45 p.m. On-Ice – Creative movement & Steps
5:00 – 5:30 p.m. Off-Ice – Theater Games for Emotional Expresson and Creative movement.

*Coaches with a participating athlete (s) are welcome to join both levels – without athletes – submit \$25 per level

Hosted by:

The Oklahoma City Figure Skating Club at:

**Arctic Edge Arena
14613 N. Kelly Avenue
OKC, Oklahoma 73013
(405) 748-5454**

Questions? Contact: Gaye Ohanian
Email: redskater55@yahoo.com
Or Call: 607-0077

Privates on first come, first serve basis.
(Skater must participate in seminar and is financially responsible for own ice time payable to Arctic Edge.)

Private lessons are available on Thurs. and Fri. mornings
from 5:30 to 11:00 am
\$28.00 per 20 min.

Hosted by:

Oklahoma City Figure Skating Club

| | |
|--|--------------|
| Please circle appropriate level | |
| Pre-Juv - Senior OKCFSC member | \$95 |
| Non-member | \$105 |
| Preliminary & Below | |
| member | \$65 |
| Non-member | \$75 |

Total amount due: \$ _____

Make check payable to OKCFSC
Mail with form to:
OKCFSC
Attn: Gaye Ohanian
14613 N. Kelly Ave
OKC, OK 73013

Skater's Name: _____

Home Address: _____

City, State, Zip _____

Phone Number: _____

Request private lesson: yes / no

Indicate time preference: _____

Coach's Name: _____

For office use only:

Payment rcvd ck# _____ Cash _____

Received by: _____

Seminars by Jill Shipstad Thomas

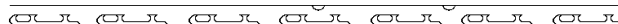
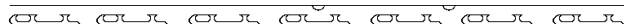


Figure Skating Choreographer and Coach

Seminar Topics

- How to achieve body line and style including on-ice arm movement exercises for:
 - grace
 - strength and flow
 - leg and foot positions
- Adding energy and spark for a more appealing performance
- How to interpret mood changes within a program
- Stylizing footwork or moves to fit the character and flavor of the music like:
 - ballet
 - jazz
 - rock
 - ethnic routines
- How to make a "standstill" step work
- Effecting transitions from one element to another
- How to become more interpretive and creative
- How to feel and project confidence
- How to create a masculine look and how to create a feminine look for movement and body line
- Stretch exercises for skaters on and off ice
- In addition to the topics listed, this year's seminars will place special emphasis on emotional expression within a program

Jill has a lot of fun new material. If you liked her classes last year, you'll love it this year! She has geared the material specifically for our club. So please join her for some challenging but enjoyable work!

Private Lessons and Individual Program
Choreography also available!

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- PSA and USFSA Member
 - Principal performer in Ice Follies and Holidays on Ice
 - Choreography work for Walt Disney's World on Ice
 - Choreographed the famed Rockefeller Center winter Christmas tree lighting ceremony TV show
 - Served as judge in numerous professional competitions
 - Renowned for her creative dance-styled numbers with various themes, such as Spanish, karate, rock, and ballet
 - Currently presenting seminars at figure skating clubs throughout the U.S. and Canada

