

2009 Twin Ponds Synchro Clinic

Team Reflections is sponsoring our annual synchronized skating clinic on

Saturday, May 30, 2009

Camp Location:

**Twin Ponds East
3904 Corey Road
Harrisburg, PA 17109**

Cost: \$110.00 per skater

Coaches: \$85.00 or free with 10 skaters

Registration: 8:15 am

Classes: 9:00 am - 6:00 pm

Guest Staff:

Heather Paige Himes - National and International Synchro Coach, four time National Collegiate Champions with Miami University and currently with the Starlights.

Andrew Newberry - National and International Dance Coach.

Coaching Staff of Team Reflections:

Amy Killinger Henderson - National & Head Coach of Team Reflections Organization - Intermediate Team - Pre-Juv Team.

Janice Reinke - Pre-Juv Team.

Deb Sheaffer - National Coach - Intermediate Team - Beginner Team.

All coaches are USFS and PSA members.

Twin Ponds Synchro Clinic offers all levels of USFS and ISI skaters and coaches an opportunity to learn, practice, and improve their synchronized skating skills. On-ice program elements will include circles, wheels, lines, intersections, blocks, edging and dance skills. Off-ice activities will include ballet/jazz, team building, nutrition, physical training.

Skaters should bring a yoga mat or beach towel, water bottle, shorts, t-shirt, socks, and sneakers, and should wear warm on-ice attire. Our rink is cold! Remember your skates, guards, soakers, and a towel. Bring lunch money and money for incidentals.

Lunch will be available for purchase at time of registration. More info on menu & price will come via e-mail.

Hershey Amusement Park tickets are available at Giant Food Stores at a discounted rate. Here is the address & phone number to the Giant located near Twin Ponds East. Giant Food Store 4211 Union Deposit Road, Harrisburg, PA 17111 - 717-920-0437. For more info about the park go to: <http://www.hersheypark.com/>

Local Hotels:

Country Inn & Suites: 717- 558-9200

Fairfield Inn: 800-228-2800

Four Points Sheraton: 717-561-2800

Hampton Inn East: 717-545-9595

Holiday Inn Express: 800-315-2621

Motel 6: 717-564-2000

Questions:

Amy Henderson: tarps@comcast.net 717-944-7480 (hm)

Janice Reinke: icereinke@yahoo.com 717-574-0611 (cell)



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Registration Form

Skaters Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Parent's E-mail: _____

Parent/Guardian: _____ Parent Signature: _____

Current Team: _____ Team level: _____

Tests passed: FS _____ MIF _____ Dance _____

Pay for lunch at registration!

Cost: Per Skater \$110.00

Coaches \$ 85.00 or free with ten registered skaters

Clinic: \$ _____

TOTAL \$ _____

Send checks payable to: **TPFSC.**

c/o Amy Henderson
2401 Sunset Drive
Middletown, PA 17057

MasterCard and Visa are accepted. A \$5 processing fee will be added to all credit card charges.

Name on card: _____

Card number: _____ Visa MC (Circle one)

Expiration Date: _____ Security Code: _____

Billing address: _____

Signature: _____