



## **ALL INCLUSIVE SYNCHRONIZED SKATING and FIGURE SKATING PROGRAMS**

Shattuck-St. Mary's Figure Skating offers everything a competitive synchronized skater needs a training program. All training components are included within our school/sport tuition. We are confident SSM can satisfy the desires for higher education, while supporting the needs of your figure skating athlete. Our commitment to excellence will exceed your expectation; we wish to turn your interest into reality by developing champions. Our goal is to build a Synchronized Skating and Singles force at multiple levels, including the junior level. We encourage you to visit our web-site and view all the offerings of Shattuck-St. Mary's School. [www.s-sm.org](http://www.s-sm.org) / [We are SSM!](#)

### **Shattuck-St. Mary's School... We Could Be The Right Fit For You!**

Over the past ten years, SSM have been meeting figure skaters from around the world to introduce them to our unique (6<sup>th</sup> – 12<sup>th</sup> grade) college-prep school that offers an intensive figure skating program. Chances are you have been busy both as a skater and as a student. With that in mind, we'd like to ask a few questions:

- Has it been difficult to combine figure skating and school?
- Is your daily and weekly schedule exhausting to you and your family?
- Do you have specific goals you want to achieve in skating?
- Have you ever thought about skating on an elite level (junior or college) synchronized team?
- Do you plan to definitely attend a four-year college?

If you answered yes to any of these questions, we think you should look into Shattuck-St. Mary's Figure Skating program. This program is designed for students just like you who might be thinking about ways to prepare for college but continue to develop as a skater.

How would Shattuck-St. Mary's help you do this? We simplify your life. Shattuck-St. Mary's is 158 year-old college prep, boarding/day school located in Faribault, Minnesota, just 50 miles south of the Twin Cities. Our 458 students are from 20 countries and 37 states. Our campus has three ice arenas, full & part time coaching staff, dance and conditioning instructors and facilities to support the serious athlete. You can pursue a top-notch college prep education while aspiring to your next goal as a skater. This year, we plan to add a Jr. level to our current Intermediate level team.

Interested? What's next?

- Visit our web site: [www.s-sm.org](http://www.s-sm.org)
- Plan to visit! It's truly the best way to see for yourself all that SSM has to offer a serious student-athlete.

The SSM Figure Skating program could perfectly suited for you. We hope you will want to investigate further and that we'll hear from you.



## **ALL INCLUSIVE SYNCHRONIZED SKATING and FIGURE SKATING PROGRAMS**

### **Team Synchronized Team Development**

- 7.5 months of training and competition (August - March) with a mandatory boot camp week in August
- Synchronized Competitive Season: 5-6 events, including registration, practice, travel, hotel, apparel, ice time, coaching fee and meal stipend (air flight excluded)
- Synchronized Team Practice: 3-4 days per week (1.5 – 2 hours per), appropriate ratio of training to competition
- Exhibitions, Ice Shows, Competitions and Clinics

### **Freestyle Competition Development**

- On-going skater evaluation, assessments, and goal setting
- Approximately 5 competitions during the school year; including registration, practice, travel, hotel, apparel, ice time, coaching fee and meal stipend (air flight excluded)
- Exhibitions, Ice Shows, Competitions and Clinics
- Approximately 3 to 4 USFS test sessions during school year
- Team uniform for all new students

### **Weekly Figure Skating Training**

- Warm-up and Edge Class / Cool Down and Stretch Following
- Continued lesson training during the mid-day (group, semi-private or private)
- Performance enhancement training, i.e. strength and conditioning, ballet, yoga/stretch, on and off-ice technique, power and edge for all skaters

### **Coaching & Leadership**

- SSM National and International level coaching staff
- Guest Choreographers and Stylists
- SSM Administrator and Team Manager
- Outstanding leaders within the U.S. skating community i.e. PSA, USFS, ISI, ISU

### **Athlete Care & Facilities**

- Full-time on-campus professional athletic trainers and nurses
- State-of-the art athletic training facilities and equipment / Physical therapy and health facilities
- State-of-the-art training facilities and three year-round ice surfaces and Dome
- Strength and conditioning facilities / Team locker and warm-up rooms
- Dance studio with ballet bars, mirrors, and specialized flooring