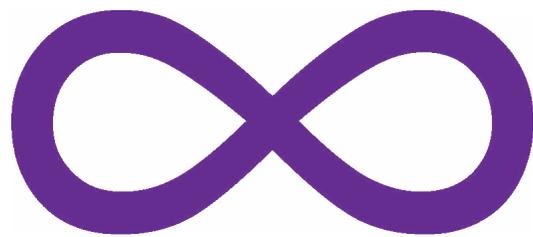


Sk8tivity

**artistic clinics for
figure skaters**



skate with *infinite* creativity

directed by
Kate McSwain

the concept

Sk8tivity clinics teach figure skaters at all levels the value, freedom, and passion they can discover in artistic, emotional, and theatrical concepts within their own bodies on the ice.

Drawing from concepts originating in dance, theatre, choreography, performance art, and music, Sk8tivity covers all the skills figure skaters need to perform at their highest artistic potential.

These skills translate into:

- * more purposeful movement,
- * more polished show and competitive presentations,
- * a deeper emotional connection with judges and audiences,
- * increased musical understanding, and
- * overall higher artistic skating quality.

By encouraging athletes to experiment with movement outside of their comfort zones, Sk8tivity also guides skaters to experience a greater sense of freedom in their bodies.

Sk8tivity concepts are taught through:

- * high-energy exercises and games,
- * dialogue and movement,
- * individualized performance training, and
- * task-oriented worksheets and handouts.

Through Sk8tivity, skaters learn to think more creatively, skate more passionately, and express themselves better, both on and off the ice.



*Sk8tivity covers all the skills
figure skaters need
to perform at their
highest artistic potential.*



the curriculum

The Sk8tivity curriculum topics correspond with the International Judging System (IJS) Score Requirements and features overall performance skills such as:

Performance

- * How to find purposeful movement
- * Moving with intent
- * Focal points
- * Facial expression versus body expression

Execution

- * Committing to full-body movement
- * Dynamic movement
- * Developing poise
- * “Raising the stakes”
- * Flow

Choreography

- * Creating a story for your program
- * Character development
- * Stylized skating
- * Interacting with others

Composition

- * Space
- * Levels
- * Musicality
- * Shapes
- * Lines

Interpretation

- * Emotional connection
- * Expression
- * Working outside your comfort zone
- * Freedom in improvisation
- * Classical versus abstract

Timing

- * Really listening to your music
- * Understanding rhythm
- * Making a program your own
- * Breathing through movement

More curriculum offerings are continuously being added, too, so please inquire if you are interested in subject matter not listed here.

about k8



Kate McSwain is a Senior level professional figure skater and choreographer who has been skating for nearly 15 years, primarily training in Michigan and Colorado.

She has choreographed show programs for several nationally-renowned competitors, including two-time U.S. Men's National Champion Jeremy Abbott; 2006 Worlds Junior

Kate was a finalist in the 2010 Young Artists Showcase, an international competition for figure skating choreographers.

Champion pair skater Drew Meekins; 2008 National Junior Champion Alexe Gilles; 2008 National Novice Champion Marissa Secundy; and National Senior Men's competitor Alex Johnson.

Kate has performed in several professional ice shows. She has also written, produced, and directed a full stage production, in addition to choreographing for multiple productions and musicals off the ice.

She developed the Sk8tivity concept to help fellow figure skaters bring out their inner artist, resulting in better competitive and show presentations.

With a degree in theatre, extensive training in dance, Pilates, and yoga, and substantial performance experience, Kate brings a fresh, out-of-the-box perspective to expression in figure skating. Through Sk8tivity, she seeks to advance a greater understanding of—and appreciation for—artistry in the sport.

Kate has presented Sk8tivity clinics at several ice rinks across the country, including repeat sessions at the Broadmoor Skating Club in Colorado Springs, where she has worked with Tom Zakrajsek's top students, including:

- * Ryan Bradley
- * Joshua Farris
- * Rachael Flatt
- * Alexe Gilles
- * Brandon Mroz
- * Agnes Zawadzki

pricing



Ice rinks may choose from the following options...

Half Day Clinic

Recommended for groups of 20 students or less

- * 3 hours; covers a portion of the curriculum
- * \$40 per student for on-ice, or
- * \$50 per student for both on and off-ice

Full Day Clinic

Recommended for 20 or more students

- * 6 hours; covers a majority of the curriculum
- * Pricing varies; contact Kate for rates

Two Day Clinic

Recommended for 20 or more students

- * Covers entire curriculum; pricing upon request

All prices include handouts, games, and exercises, but *exclude* transportation and accommodations, which must be paid separately. Ice time must also be provided.

contact

Interested in learning more about Sk8tivity?
Please don't hesitate to contact Kate!

Kate McSwain

Phone: (719) 216-3224

Email: k8create@yahoo.com

Website: www.kmcswain.com/sk8tivity



references

Tom Zakrajsek

Allen Schramm

(Kate can provide their respective contact information upon request.)

Sk8tivity

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