

the concept

A Sk8tivity clinic covers all the skills that 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.

Learning tools include:

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



By encouraging athletes to experiment with movement outside of their comfort zones, Sk8tivity helps skaters think more creatively, skate more passionately, and express themselves better, both on and off the ice.



contact k8

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

Kate McSwain

Phone: (719) 216-3224

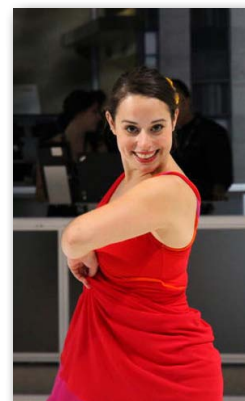
Email: k8create@yahoo.com

Website: www.kmcswain.com/sk8tivity

References, sample handouts, and additional photos
from past clinics are all available by request.

Sk8tivity

artistic clinics for figure skaters



skate with *infinite* creativity



directed by
Kate McSwain

the curriculum

...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

Compositon

- * 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

about k8



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

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 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.

Kate 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.

clinic pricing

...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.

References available upon request.

Contact Kate for additional information or to discuss pricing options. Please call (719) 216-3224 or email k8create@yahoo.com.