

## INFORMATION FOR PRIVATE LESSON STUDENTS

\* Private lesson fees must be paid directly to each coach. The rate chart for each coach is posted at the front office.

\* In addition to instructor fee, all private lesson students must pay an ice fee directly to the front office.

\* Students must sign in and ice fees must be paid to the front office *prior* to getting on the ice for the private lesson. Ice fees are as follows:

\*Studio Rink: \$4.00, all ages; no additional practice time allowed before or after lesson

\*Private Lesson Ice: \$12.00 plus skate rental, if needed. 60 minutes of total skating time offered

\*Public Session:  
Tot (ages 3-4) \$3.50  
Child (ages 5-10) \$5.50  
Regular (11 & up) \$6.50

\* Skate Rental, if needed: \$3.25

\* Please refer any questions to the front office staff.

\* Communication with your instructor is essential. If at any time you wish to take a break or switch instructors, please let your current instructor know immediately. They can help with the transition.

### HOW TO ARRANGE PRIVATE LESSONS

\* Complete a private lesson request form, which is available online or at the front office. Please be sure to include your availability for lessons and contact information.

\* If your availability matches with an instructor, you will be contacted directly by that instructor. We're sorry but we cannot guarantee availability of private lesson instructors as they are independent contractors.

\* Be sure to review with the instructor where to meet for your first lesson, as well as all fees associated with the private lesson.

## SOLICITATION NOTICE TO ALL PATRONS

Looking for a Coach? Looking to add or change Coaches?

Cabin John Ice Rink and Wheaton Ice Arena coaches follow the standards set out by the Professional Skaters Association. In compliance with their stated Code of Ethics and Professional Conduct, it is against our policy for an instructor to solicit another instructors' students or teach other instructors' students without their consent.

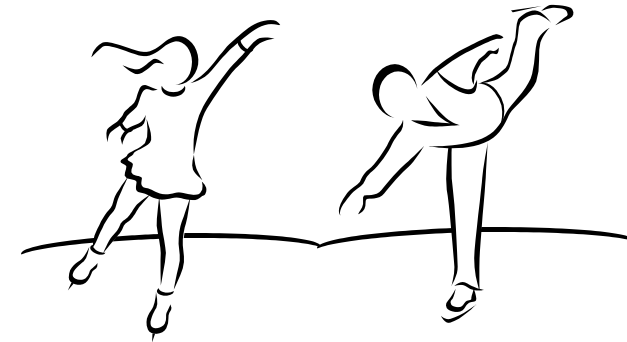
If you have EVER contracted a private lesson instructor (now or in the past) and would like to make a change in your child's private lesson teacher or add an additional instructor to your child's ice skating lesson schedule, please adhere to the following rules:

1. NOTIFY the current instructor of your decision (and be sure you have paid any outstanding balances to the original coach).
2. CONTACT the new instructor regarding your interests.
3. THE NEW INSTRUCTOR must then contact the former instructor (even if the former coach is a contracted coach at another ice arena) to ensure their knowledge of the situation and then get back to the new student about their availability.
4. THE NEW INSTRUCTOR should not criticize the former instructor's teaching methods.

Solicitation will not be tolerated by coaches, parents, and/or skaters. If you feel you have experienced or witnessed solicitation at this facility, including 3<sup>rd</sup> party solicitation by parents, or if you hear or experience inappropriate criticism, please notify the rink management.

*Thank you for your cooperation!*

## PRIVATE LESSON INFORMATION & INSTRUCTOR BIOS



### Cabin John Ice Rink

10610 Westlake Drive  
Rockville, MD 20852  
Phone (301) 765-8620  
Fax (301) 469-6196  
[www.cabinjohnice.com](http://www.cabinjohnice.com)

**HAPPY SKATING!**



# MEET OUR INSTRUCTORS!

**\*Fees are based on 30 min/15 min. lessons**

**Greg Bell** – (\$46/\$23) USFSA Gold Medalist in Freestyle, Moves in the Field & Ice Dancing; teaches freestyle, basic skills & moves in the field.

**Lilli Buell** – (\$44/\$22) PSA Master Rated Instructor, 20+ years of coaching experience, Toured nationally with Ice Capades, USFS Gold Medalist in Ice Dancing, ISI Gold Judge/Coach, Concentrates on the enjoyment/recreational aspects of skating, motivating tots, group lesson and special needs skaters.

**Alicia Cavanaugh** – (\$36/\$18) USFS triple Gold Medalist New England Ladies Champion and Senior Ladies National competitor. Starred in professional ice shows for 10 years all over Europe, Mexico, Asia and the United States. Specializes in all levels of group and private lessons including moves in the field and choreography. She enjoys passing along the joys of skating to all ages and levels!

**Wendy Colquitt, Ph. D.** – (\$42/\$21) USFS Gold Figure Medalist, 7th Freestyle, Pre-Silver Dance; 25 years teaching exp; teaches freestyle, moves & basic skills.

**Sherry Cook** – (\$44/\$22) USFS gold medalist in Figures, Freestyle and Ice Dancing; Three-time US National medalist. Member of US World Team, USFS, PSA and PSC. She is PSA/USFS-certified to teach Power Skating, Beginning & Intermediate Hockey, Freestyle, Choreography and Moves in the Field with over 30 years of experience. Author of several published articles on figure skating. She loves to work with beginners and students with autism and other special needs. Email: [davidandsherrycook@gmail.com](mailto:davidandsherrycook@gmail.com)

**Kevin Curtis** – (\$40/\$20) USFS Gold Medalist Moves & Freestyle, PSA Basic Accreditation. Featured Performer Ice Theatre of New York & Diamond Ensemble/Theatre on Ice. Regional, Sectional & Natl level freestyle competitor & Sectional level pairs. Coaching exp from Regional through Jr. Natl. level.

**Gabi Dabija** – (\$48/\$24) 2-time Romanian Natl. Champion, 4-time Jr. & Sr. World Championship Coach, 1994 Olympic Coach, US Jr. Natl. Coach, teaches freestyle, basic skills, moves, choreography, & off-ice.

**Bob DeGemmis** – (\$40/\$20) Former NCAA player, USA Hockey Master Coach, ISI Member. Teaches skating and stick skills for hockey players of all ages and abilities. Specializes in Goalie training. Email: [hockeylifestyle@gmail.com](mailto:hockeylifestyle@gmail.com)  
Scheduling Blog: [www.degemmishockey.blogspot.com](http://www.degemmishockey.blogspot.com)  
Cell: 703-244-1916

**Jennifer DeSimone** – (\$40/\$20) PSA Master rated in Team, Level IV Ranking. National & International synchro coach. Director/Head Coach of DC EDGE Synchronized Skating Teams. Teaches basic skills, moves, power stroking and synchro. Enjoys working with skaters of all ages. Email: [coachjenny@dcedgesynchro.org](mailto:coachjenny@dcedgesynchro.org)

**Marlene Eden** – (\$38/\$19) Adult Gold Freestyle, Adult Gold Competitor. Teaches basic skills & freestyle.

**Anne Garnier** – (\$42/\$21) Competitive & Figure Background, 40+ years teaching experience: freestyle, moves, & basic skills

**Shirley Hughes** – (\$45/\$22.50) PSA Member, Natl & World level coach, PSA Master Rated Freestyle, teaches freestyle.

**Michael James** – (\$42/\$21) Triple gold Medalist in Ice Dancing. Specializing in coaching all levels of MIF & Dance. 30 yrs coaching experience. 15 yrs. Head Coach – Skating Club of Lake Placid at the Olympic Center. Email: [MichaelSkating@gmail.com](mailto:MichaelSkating@gmail.com)

**Jaya Kanal** – (\$44/\$22) Teaches Freestyle, Field Moves, Figures, Choreography. PSA Rated (Moves, FS). Jr. National Coach. USFS Triple Gold Test Medalist (Fig, FS, Moves). Pre-Gold Dance test. Certified Laban Movement Analyst. <http://iceartistry.com>

**Nancy Lussi** – (\$45/\$22.50) Natl. Coach, Instruction in Lussi method, teaches freestyle & basic skills. Email: [Nancylussi@gmail.com](mailto:Nancylussi@gmail.com)  
Phone: 240-403-7410

**Jennifer Montgomery** – (\$34/\$17) USFS Silver ice dance; PSA Member; exp w/summer camp coaching & off-ice conditioning; BA in Music; teaches basic skills through freestyle & choreography of short programs.

**Paulette Moore** – (\$42/\$21) 30+ yrs. teaching exp., teaches freestyle, moves in the field, & basic skills. USFSA Gold Medalist in Ice Dancing.

**Sharon Myers-Jordan** – (\$42/\$21) PSA Master Rated Group Instructor, Pre-Gold Dance, USFS Hockey I & II, PSA/USFS Member, ISI Silver Judge, 30+ yrs. teaching exp., teaches freestyle, basic skills, moves, dance & hockey. Contact: 240-354-3522; [sjordanpcrrealtor@gmail.com](mailto:sjordanpcrrealtor@gmail.com)

**Suzu Ogletree-Conner** – (\$46/\$23) American and Canadian double gold medalist in dance and freedance, 7th figure, junior freestyle, 2 time US National team member, FISU World team member, Eastern Great Lakes champion member DC EDGE National bronze medalist Masters team, Director of figure skating -Chevy Chase club, teaches all levels, hockey, and choreography. Email: [ICZARINA@verizon.net](mailto:ICZARINA@verizon.net)

**Donna Reed** – (\$46/\$23) Former Canadian competitor and a triple gold medalist in Figures, Freestyle and Dance in both Canada and the US. Certified with the Professional Skaters Association, Jr National coach, with over 30 years experience with all ages and levels, teaching freestyle, field moves and basic skills. Email: [jumppspin2@yahoo.com](mailto:jumppspin2@yahoo.com)

**Rick Reyor** – (\$36/\$18) USFS Gold Medalist in Freestyle and Moves. Jr. Olympic, Sectional, and Collegiate Natl. Competitor. World performer in Europe, Asia, North and Central America. Teaches freestyle, moves, power skating, and basic skills. [www.rickreyor.com](http://www.rickreyor.com)

**Marisa Sandler** – (\$40/\$20) USFS Gold Medalist in Moves, Jr. Freestyle, teaches basic skills & freestyle. Email: [marisa.sandler31@gmail.com](mailto:marisa.sandler31@gmail.com)

**Shira Selis** - (\$36/\$18) University of Delaware, Figure Skating minor, Gold Medalist in Moves, 4yr member of Univ. of Del Collegiate Synchro Skating team, nationally ranked. Teaches basic skills, freestyle, moves, choreography, and stroking.

**Sarah Smith** – (\$44/\$22) PSA Master Rated MIF, Sr. Rated Freestyle, passed PSA Master Exam in Sports Science and Medicine. Jr. Natl. Coach with over 20 years coaching experience teaching all ages and abilities. [www.skatewithsarah.com](http://www.skatewithsarah.com)

**Nina Stark-Slapnik** – (\$44/\$22) US Natl. Champion Coach; PSA Master Rated Freestyle, Moves, Dance & Figures. US & Canadian Gold Medals in Freestyle, Dance and Figures. 35 years expertise teaching Freestyle, Moves, Dance & Basic Skills.

**Katie Townsend** – (\$36/\$18) USFS Gold Medalist Freestyle and Moves in the Field; member of USFS and PSA; experience with Special Olympics; teaches basic skills, freestyle, moves in the field, power stroking, and choreography. Email: [ktownsend42@gmail.com](mailto:ktownsend42@gmail.com)

**Lyn Witt** – (\$40/\$20) PSA Registered Freestyle Instructor/Certified Group Lesson/PSA Rated Hockey; 4th year skating with Natl. ranked synchro skating team DC EDGE. Teaches power, edges, form, 20+ yrs teaching exp., in basic skills, freestyle, synchronized skating, moves in the field & hockey. Enjoys working with new skaters through advanced. Email: [sk8witt@gmail.com](mailto:sk8witt@gmail.com)

**Dina Wolff** – (\$42/\$21) Specializes in power skating for ice hockey and basic puck handling skills. Teaches basic skating skills and freestyle. ISI member and USA Hockey Level 4 Coaching certified. Bachelors in Education with 15 years experience teaching ice-skating. Email: [dina\\_sk8@hotmail.com](mailto:dina_sk8@hotmail.com)  
[www.skategeneralhockey.com](http://www.skategeneralhockey.com)

## Off-Ice Training

**Judy Duffy** - (\$36/\$18) Received her formal ballet training at the School of American Ballet, the official school of the New York City Ballet, under the direction of George Balanchine. As a silver level ice dancer, Judy has several years of experience teaching classical ballet technique to skaters.

**Shira Selis** - (\$36/\$18) Trains competitive figure skaters and designs skating specific off-ice programs to maximize skaters' strength. Creates age appropriate off-ice programs to develop core strength, balance, and overall power.

