



Spring/Summer

# 2006 Catalog



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# THE ROBERT MORRIS UNIVERSITY ISLAND SPORTS CENTER



**T**he Robert Morris University Island Sports Center is the region's premier sports and recreation destination, located just nine miles from downtown Pittsburgh on the western tip of Neville Island. The facility and its programs are proud to serve both Robert Morris University and the regional community. Its 32-acre campus includes two indoor ice arenas and two outdoor multi-purpose rinks, as well as an indoor golf driving range and Sports Dome, athletic fields and track, miniature golf course, fitness center, batting cages, pro shop and bistro.

Our state-of-the-art center, which opened in 1998, has been the site of such high-profile events as the Junior Olympic Figure Skating Championship, the National Short Track Speed Skating Championships, the USA Hockey National Tier I Championships and the 2005 World Street Hockey Championships. The collegiate ice rink serves as home to the RMU men's and women's NCAA Division I ice hockey teams, while the outdoor fields and eight-lane track are home to the University's men's and women's outdoor track and field teams.

The RMU Island Sport Center is committed to providing the highest quality facilities, training and instruction to both the serious athlete and the casual sports enthusiast. We offer a diverse catalog of

classes, clinics, programs and tournaments for children and adults alike, specializing in hockey, figure skating, golf and fitness. Our goal is to make training fun, exciting and effective, with a focus on helping participants achieve a greater understanding of teamwork, respect for others, self-discipline, self-confidence and perseverance. Our nationally recognized staff includes former Ice Capades show skater Beth Sutton, Olympic gold medalist Elena Valova, world-renowned power skating coach Marianne Watkins, two-time Tri-State Professional Golfers Association Teacher of the Year Jim Cichra, RMU Hockey Academy Director of Camps and Clinics Nate Handrahan, Hockey Director "Coach Bob" Arturo and Director of Fitness and Strength Chris Lucas.

In addition to offering the best recreational services and programs available, the RMU Island Sports Center features unique group and event hospitality opportunities, perfect for both personal celebrations and corporate outings. We also offer several fun and unique kids' birthday party packages. Our variety of facilities and amenities makes our center a popular entertainment attraction for guests of all ages. Whether you're an athlete in training or a parent looking for a fun, affordable way to spend the day with the family, the RMU Island Sports Center should be your destination.



## DIRECTIONS

**The Robert Morris University Island Sports Center is conveniently located on Neville Island, easily and quickly accessible from all areas of the community.**

**From the North:** Follow I-79 South toward Pittsburgh. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

**From the South:** Take I-79 North toward Pittsburgh. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

**From Downtown Pittsburgh and East:** Follow Route 65 North to the I-79 interchange. Take I-79 South (toward Washington) one exit to Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.

**From the Airport and West:** Follow Route 60 South toward Pittsburgh. Take Exit 1B for Route 60 South/Crafton. Follow approximately four miles to the I-79 interchange. Turn left onto I-79 North toward Erie. Exit at Neville Island (Exit 65). At the bottom of the exit ramp, turn left. The RMU Island Sports Center is less than a mile ahead on the right.



### Dave Hanson, General Manager

Known for his role as one of the “Hanson Brothers” in the movies *Slap Shot* and *Slap Shot 2*, Dave Hanson is one of the most accomplished and respected hockey professionals in the industry. Having played professionally in the NHL, AHL and WHA, Dave is a former pro hockey general manager and has more than 20 years of coaching experience.



# Hockey

## YOUTH ICE HOCKEY PROGRAMS

### Learn to Play Hockey

Ages 4-10 • Year-Round

Learn to Play Hockey classes provide children the opportunity to learn the basics of skating and hockey from USA Hockey-trained instructors in a fun-to-learn, relaxed, noncompetitive atmosphere. No skating or hockey experience is required. All players must be registered with USA Hockey for 2005-06.

Each class includes 40 minutes of skating and stick instruction and a 10-minute hockey game. Upon completion of the classes, players are ready to join the RMU ISC Island Colonials and enjoy playing with children of similar age and ability. Most sessions begin with a free clinic.

### Pre-Hockey/Learn to Skate

A structured lesson plan provides a strong foundation of skating know-how and confidence building. Skills include stance, walking, T-push, two-foot glide, scooting, O's, preparing for snowplow stop, backwards stance and walking.

### Hockey I

Each week includes a review of skills learned in Pre-Hockey/Learn to Skate and the introduction of new skills such as snowplow stop, one-foot glides, backward O's and forward strides. From this solid base, the fundamental skills of skating, stick handling, passing and shooting can be properly taught.

### Hockey II

Each week includes a review of skills learned in Hockey I and the introduction of new skills such as V-start, stationary and moving stick handling, open ice carry, forehand and backhand passing and receiving, turning, use of feet to control puck and stopping with the puck.

### Schedule and Fees

#### Spring Session (\$99)

##### Free Clinics

Tuesday, March 7, 6:30–7:20 p.m. or  
Saturday, March 11, 9:30–10:20 a.m.

##### Classes

Tuesdays, March 14–May 2, 6:30–7:20 p.m. or  
Saturdays, March 18–May 13, 9:30–10:20 a.m.  
(no class April 15)

#### Summer Session (\$59)

##### Free Clinic

Tuesday, May 9, 6:30–7:20 p.m.

##### Classes

Tuesdays, May 16–June 20, 6:30–7:20 p.m.  
(no class May 23)

#### Summer One-Week Specials (\$59 per week)

##### Classes

Week 1, Monday–Friday July 10–14, 6:30–7:20 p.m.  
Week 2, Monday–Friday July 17–21, 6:30–7:20 p.m.





## **Spring Island Colonials League**

*Ages 7-10 • April–June*

This league provides youngsters who have participated in Learn to Play Hockey or another developmental program the opportunity to enhance their skills and play games in a structured learning environment. All players must be registered with USA Hockey. This league is for youngsters born in 1995, 1996, 1997 and 1998.

### ■ **League Format**

Week 1 begins with a practice on the inline rink, where children are walked through basic team concepts such as offsides, icing and defensive zone responsibilities. After 65 minutes, children lace on skates and run through the same drills on the ice rink. Week 2 includes instruction both inside and outside and covers offensive zone responsibilities.

In weeks 3-5, children play controlled scrimmages with coaches on the ice instructing them as they play. Beginning in week 6, games are played using the parity system, which ensures players receive equal ice time and are playing with and against others of equal age and ability.

Other aspects of the league that help foster a positive learning environment:

- A coach is on the ice to help children with positional play.
- Children play a new position each week, exposing them to a basic understanding of all positions.
- Children do not change ends of the ice to further simplify the positional play learning process.
- No score is kept.
- During games, an official is on the ice to call icing, offsides and penalties. However, when a player receives a penalty, he/she serves the time while the team substitutes another skater and continues to play at full strength.
- The on-ice official also serves a teacher and talks with the children during games.

### ■ **Schedule**

*Off-Ice Practices*

Thursdays, April 6 and 13, 5:15–6:20 p.m.

*On-Ice Practices/Games*

Thursdays, April 6–May 25, 6:30–7:20 p.m.

## **3-ON-3 Full-Ice Summer Hockey League**

*May 15–July 30*

Exciting and explosive, 3-ON-3 helps kids to practice the fundamentals of hockey while experimenting with an innovative, pace-motivated style of play with more action per shift than any other hockey in Pittsburgh. 3-ON-3 features nonstop hockey action with no icing, no offsides, no checking and only two stoppages of play.

You may register as an individual or a team. The league has grown rapidly over a six-year period. A maximum of 90 teams will be accepted in 2006.

Eleven games are guaranteed: 10 games plus all teams make the playoffs. Games are played on weeknights and weekends. Games consist of two 15-minute and one 12-minute running-time periods. Two officials are scheduled for all games. Game slots for each division will be determined at the league meeting on Thursday, April 27.

### ■ **Age Levels**

Players skate the level they will be during the upcoming 2006-07 season according to USA Hockey birthday requirements. Teams will be divided into tiers at the April 27 league meeting.

Mite	Born 1998 and later
Squirt	Born 1996 and later
Pee Wee	Born 1994 and later
Bantam	Born 1992 and later
Midget 16&U	Born 1990 and later
Midget 18&U	Born 1988 and later
Women 14&U	Born 1992 and later
Women 19& U	Born 1987 and later



## ■ Special Roster Rules

There is a maximum of 25 players per team roster. A minimum of 12 skaters and two goaltenders is recommended. Players may only be rostered on one team per tier, but may be rostered on teams in different tiers. Players are not allowed to skate down. There are no exceptions.

## ■ League Meeting

A league meeting will be held Thursday, April 27 from 7-9 p.m. at the RMU Island Sports Center. All teams must send a representative to this meeting who has knowledge of their roster.

## ■ Fees

### *Teams*

\$1,495 for all levels. A \$600 deposit is required to secure your team's spot, with the balance due by the first game.

### *Individuals*

\$150 for all levels. Individually registered players have a practice in early May and receive a jersey. You will be notified by April 17 of your practice date.

## ADULT ICE HOCKEY PROGRAMS

### **Senior Iron Lung Draft League**

*Ages 30+ and 40+ • Year-Round*

This league promotes friendly yet competitive hockey games and very few penalties. Players may register as an individual or with a friend.

### ■ 30 and Older Division

Fall and winter sessions consist of eight teams of 15 skaters and a goalie and the summer session consists of six teams. A total of 15 games are possible: 12 games plus all teams make the playoffs.

### ■ 40 and Older Division – *New in Spring 2006!*

Four teams of 15 skaters and a goalie are accepted for play. A total of 14 games are possible: 12 games plus all teams make the playoffs.

Players 40 and older may play in both divisions.

## ■ Schedule

### *30 and Older*

Games are played Monday through Thursday evenings during the winter and on Monday and Tuesday evenings during the summer.

Winter Session    Jan. 23–May 4

Summer Session    May 8–Aug. 15

### *40 and Older*

Games are played on Thursday evenings.

Spring Session    March 16–June 22

## ■ Fee

Skaters \$175, goalies \$45. Jerseys can be purchased at the first game for \$18.

## Adult Team Entry League

### *Year-Round*

Teams are fielded at the B, C and D levels. Games are played all days of the week. In the summer, 11 games are guaranteed and 18 are possible (10 games plus all teams make the playoffs).

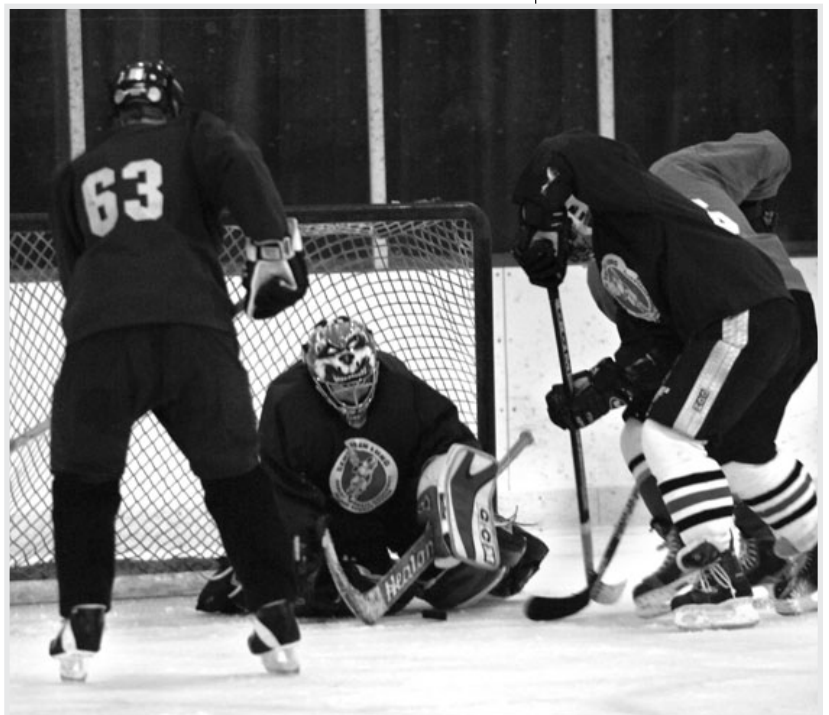
## ■ Schedule

Winter Session    Jan. 22–May 20

Summer Session    May 21–Aug. 21

## ■ Fee

\$1,495 per team (summer). A \$100 early-bird discount and flexible payment plan are available.



## WOMEN'S ICE HOCKEY PROGRAMS

### *Learn to Play Hockey for Women (Ice Maidens)*

High School and Up • Fall/Winter/Spring

This program teaches the basics of hockey to women who are beginners or recreational skaters. The 10-week clinic is instructed by Cara Jones, captain of the 2001 RPI women's hockey team and coach of Pittsburgh IceBurg Tier 1 19 & Under team.

Classes are held on Sunday evenings.

#### ■ Schedule

Winter Session     Jan. 8–March 26  
                                  (no class Jan. 15, Feb. 5)  
Spring Session     April 2–June 18  
                                  (no class April 16, May 14)

#### ■ Fee

\$99, plus all participants must purchase a jersey for \$18. Skate rental is available at no charge.

## ICE HOCKEY TOURNAMENTS

### *Ice Hockey Iron Man Tournament: Only the Strong Survive*

April 1-2, 2006

A day of nonstop hockey action for teams at the Mite, Squirt, Pee Wee, Bantam, Midget and Adult levels. Games are 4-on-4 plus goalies and consist of a 12-minute, running-time period. All games are played in one day. A total of five games are possible: each team plays three round-robin games and four teams advance to the playoffs. Rosters are limited to six skaters and one goalie. Goalies may play on more than one team per level. Age levels are based upon 2005-06 USA Hockey requirements.

#### ■ Schedule

Mites, Pee Wees and Midgets     Saturday, April 1  
Squirts, Bantams and Adults     Sunday, April 2

#### ■ Fee

\$199 per team. Registration deadline is March 20 or until tournament is full.





## YOUTH INLINE HOCKEY PROGRAMS

### **Learn to Skate and Play InLine Hockey**

*Ages 6-13 • Year-Round*

This program gives children the opportunity to learn the basics of skating and InLine hockey in a fun-to-learn and structured environment. Children are divided into groups according to age and skill. Each weekly class consists of 35 minutes of skating and stick skill instruction and a 10-minute game. Upon completion of the classes, children can join the Rollin' Colonials Youth House League and enjoy playing with youngsters of similar age and ability. Each session begins with a free clinic.

#### ■ **Schedule**

All clinics and classes are held Mondays from 6:45–7:30 p.m. on the Open Air Rink.

Session	Free Clinic	Classes
Winter	Jan. 30	Feb. 6–March 27
Spring	April 3	April 17–June 12 (no class April 10, May 29)
Summer	June 19	June 26–Aug. 21 (no class July 3)

#### ■ **Fee**

\$49, which includes an Island Colonials jersey for the first session in which skaters enroll.

### **Rollin' Colonials Youth House League**

*Ages 7-14 • Year-Round*

This league stresses individual skills integrated with team play to provide an enjoyable and non-competitive learning environment. The first three weeks feature practice and a rating session. The remaining seven weeks feature controlled scrimmages and games.

Teams are formed at two different age levels: 7-10 and 11-14. Games are 4-on-4 plus goalie, using a puck. There is no offsides or icing. A maximum of 13 players are placed on each team. The parity system is used to ensure children of the same age and ability are on the court.



#### ■ **Schedule**

Practices and games are held Saturdays at 4:30 and 5:30 p.m. during the winter session and Thursdays at 6:30 and 7:30 p.m. during the spring and summer sessions.

Winter Session Saturdays, Jan. 14–March 18

Spring Session Thursdays, April 1–June 8  
(no games April 15)  
*(note: April 1 is a Saturday)*

Summer Session Thursdays, June 15–Aug. 24  
(no games July 6)

#### ■ **Fee**

\$79, which includes a Rollin' Colonials jersey and an individual participant trophy.

### **Weekly Skills Clinics**

*Ages 9-14 • Year-Round*

An excellent opportunity to improve your individual skills! Each 10-week session includes instruction on skating, stick handling, passing and shooting. Players must be playing in an organized InLine hockey league to enroll. Classes are limited to 20 skaters and two goaltenders.

#### ■ **Schedule**

All clinics are held Mondays from 6–6:45 p.m.

Winter Session Jan. 9–March 18

Spring Session March 20–June 5  
(no class April 10, May 29)

Summer Session June 12–Aug. 21  
(no class July 3)

#### ■ **Fee**

Skaters \$79, goalies \$20



## ***PaPower InLine Hockey League***

*All Ages • May–July*

This league provides players the opportunity to compete at the highest level without having to leave the area. Games are played at the RMU Island Sports Center, HotShots Arena in New Stanton, Family Sports Center in Butler and BladeRunners Arena in Harmarville. Games are played with a puck and feature three 15-minute running time periods with a stop clock in the final two minutes of a game that is within two goals.

Teams play 12 games on three different weekends in May and June with playoffs in July. All teams make the playoffs. Registration is by team only. Organizations host their own tryouts. All players and clubs must be registered with AAU.

### ■ **Age Divisions**

- 8 & Under
- 10 & Under
- 12 & Under
- 14 & Under
- 16 & Under
- 18 & Under
- Adult

## ***Spring/Summer High School and Youth League***

*High School and Younger • April–July*

This league provides local teams the opportunity to compete in a highly competitive series of games to prepare for weekend tournament play. Games are played Monday through Thursday evenings. Teams play 10 games and all teams make the playoffs. All players must be registered with AAU.

Games are 4-on-4 with a puck and consist of three 15-minute running-time periods with a stop clock during the final two minutes of a game that is within two goals. There is no icing or off sides.

### ■ **Age Levels**

- 10 & Under
- 12 & Under
- 14 & Under
- High School

### ■ **Fee**

\$795 per team, which includes officials' and scorekeepers' fees.

## ***Summer InLine Hockey Camps***

*Ages 9-16 • July/August*

This five-day camp provides high-level instruction and competitive games for two age levels: 9-12 and 13-16. Each day includes 90 minutes of skill development and 60 minutes of controlled games. Players receive a camp T-shirt and one-hour use of the mini-golf course, driving range and batting cages.

## **HIGH SCHOOL AND COLLEGE INLINE HOCKEY PROGRAMS**

### ***Pennsylvania Interscholastic Roller Hockey League (PIRHL)***

*September–March*

This league includes more than 30 high schools fielding more than 80 teams in 11 divisions. Games are played Saturdays and Sundays. For more information, contact league president Jim Lorish at 412-364-3765. Visit their website at [www.pirhl.net](http://www.pirhl.net).

### ***Western Pennsylvania Collegiate InLine Hockey League***

*September–April*

This competitive league includes 18 teams representing 10 schools divided into two tiers: Robert Morris, Pitt, Carnegie Mellon, CCAC South, Duquesne, Grove City, CCAC North, Geneva, LaRoche and Slippery Rock. Teams play 14 regular season games and all teams make the playoffs. Games are played Wednesday and Thursday evenings. League play for the 2006-07 season begins Sept. 27 and runs through the playoffs in early April. Registration deadline is Monday, Sept. 11 at the 8 p.m. league meeting.

### ■ **Fee**

\$1,495 per team. A \$75 early-bird discount and payment plan are available.

## ADULT INLINE HOCKEY PROGRAMS

### **Adult Team Entry League**

*Ages 18 and Older • Year-Round*

Teams are fielded at the A, B, C and D levels. Rosters are limited to 20 players. A total of 16 games are possible: 10 games plus all teams make the playoffs. Games are 4-on-4 plus a goalie, using a puck. There is no offsides or icing. Games have three 15-minute running time periods with stop clock in the final two minutes if a game is within two goals.

#### ■ **Schedule**

Spring Session    March 21–May 24

Summer Session    June 25–Aug. 20

#### ■ **Fee**

\$950 per team. An early-bird discount of \$75 is available.

## INLINE HOCKEY TOURNAMENTS

### **AAU National Qualifier Tournament**

*April 21-23, 2006*

To register or for more information, visit the AAU website at [www.aausports.org](http://www.aausports.org).

### **Seventh Annual Summer Classic InLine Tournament**

*July 21-23, 2006*

A highly competitive tournament for local and out-of-town teams. Games have three 12-minute running time periods with a stop clock in the last two minutes of the third period if the game is within two goals. There is no icing or offsides. Up to five games are possible: three games guaranteed, plus four teams make the playoffs.

#### ■ **Age Levels**

Elite and Competitive divisions are fielded at the following age groups:

- 8 & Under
- 10 & Under
- 12 & Under
- 14 & Under
- 16 & Under
- 18 & Under
- Adult

#### ■ **Fee**

\$335 per team



### **InLine Iron Man Tournament**

*Aug. 19-20, 2006*

A day of nonstop hockey action! Once the official drops the puck to start the game, there are no stoppages in play. Games are 4-on-4 plus a goalie and consist of a 12-minute running time period. There is no icing, offsides, checking or player substitutions. Up to five games are possible: three games are guaranteed, plus four teams make the playoffs. Rosters are limited to four skaters and a goalie. Goalies may be rostered on multiple teams where age appropriate.

#### ■ **Age Levels**

Elite and Competitive divisions are fielded at the following age groups:

- 10 & Under
- 12 & Under
- 14 & Under
- 16 & Under
- 18 & Under
- Adult

#### ■ **Fee**

\$99 per team

## HOCKEY STAFF

### **Bob Arturo, Hockey Director**

"Coach Bob" has an undergraduate degree in child development/child care and has taught over 10,000 youngsters the basics of skating and hockey during his 20+ years in coaching.



**Bob Arturo**



# RMU Hockey Academy



## CAMPS AND CLINICS

The RMU Hockey Academy at the RMU Island Sports Center offers camps and clinics for hockey players of all ages and ability levels. Our staff of coaches includes Derek Schooley and Nate Handrahan, the head coaches of RMU's NCAA Division I men's and women's ice hockey teams, respectively, and Marianne Watkins, a world-renowned power skating coach who has instructed NHL pros as well as young aspiring hockey players.

The following are brief descriptions of several programs the RMU Hockey Academy is offering for Spring/Summer 2006. For information on exact dates, times and prices, please visit [www.rmuislandsports.org](http://www.rmuislandsports.org). Also, sign up for our e-mail newsletter to receive up-to-date information on other camps and clinics that may be added during the year.



## *Hockey Survival Skills and Small Games* March–May

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To succeed and survive in hockey at any level, a player must commit to training both on and off the ice, and must continually develop his or her individual conditioning, skating and hockey skills. A player's body and mind must be ready to perform, react and endure the challenges of one of the most physically and mentally demanding sports in the world. Each year, the need for speed, strength, skills, and efficiency becomes more apparent and necessary to compete.

Now is the time to build that foundation and prepare for spring tryouts and the upcoming season. RMU Hockey Academy coaches Nate Handrahan and Marianne Watkins are committed to teaching, demonstrating and guiding you through the disciplines of training and pushing you beyond your comfort zone to reach your full potential.

This five-week program includes one 80-minute practice per week that includes power skating, skill development and small games.

## *Showcase Camps* May

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These three-day camps provide high-level instruction and competitive games for high school and midget-level teams. Each session is overseen by college and junior-level coaches and offers a great opportunity to prepare for junior or college tryouts.



### **Summer Hockey Camps**

*June–August*

Every player looks for an edge leading up to the season. The RMU Hockey Academy offers a full schedule of camps to help the average player or the advanced player. We offer full day camps as well as a number of specialty camps. Camps offered include: Checking Camp, Goalies Camp, Power Skating Camp, Forwards Camp, Defensemen Camp, All-Day Camp, and Girls Camp.

### **Conditioning Camps**

*August*

Conditioning camps are designed for players preparing for tryouts at any level. The program includes on- and off-ice conditioning that is very demanding to get you ready for your season.

### **High-Level Power Skating Skills and Conditioning**

*August*

This program is designed for the AA/AAA travel hockey player preparing to start the disciplines of hockey season. Power skating skills and conditioning are the main focus of this preseason camp. Marianne Watkins provides quality instruction through high-tempo drills to reinforce the importance of solid skating fundamentals and skills. For more information, contact Marianne Watkins at 412-269-4468 or [watkins@rmuislandsports.org](mailto:watkins@rmuislandsports.org).

## **TEAM AND PRIVATE HOCKEY INSTRUCTION**

The RMU Island Sports Center offers some of the best hockey instruction anywhere in the country. With some of the area's top hockey coaches on staff, we can help you improve your skating skills and/or general hockey skills on a more personalized basis.

For more information on any of these programs, contact Marianne Watkins at 412-269-4468 or [watkins@rmuislandsports.org](mailto:watkins@rmuislandsports.org).

### **Team Power Skating Instruction**

*Year-Round*

The emphasis of team power skating is to develop the number one skill of the game, which is essential to compete and take your team to the next level. With 20 years of experience in developing skating abilities for amateur and professional hockey players, Marianne Watkins will demonstrate updated techniques through innovative and challenging drills and exercises while applying them to game situations. Team members will gain a better understanding of correct skating and how it will benefit their performance. Coaches will gain new ideas for drills to incorporate into their own skating practices and reinforce techniques.





**Nate Handrahan**

***Team Specialized Power Skating and Conditioning – Preseason***

*September-October*

During the preseason and start of the season, team practices should focus on skills and conditioning. What better way to reinforce and update your team’s hockey skating techniques than with power skating specialist Marianne Watkins? Every year the need for speed and technical efficiency becomes more apparent to compete. Today’s game requires each player on the team to excel in skating abilities to enhance their playing positions. Book early and reap the benefits of learning from one of the best hockey instructors in the game today.

***Adult Hockey Training***

*Seasonal*

For rookie or veteran hockey players who want to enhance their performance through improved skills, conditioning and confidence. Coaches Marianne Watkins and Nate Handrahan provide quality instruction in all aspects of the game, allowing players to progress at their own skill level with time for individual instruction.

***Private and Small Group Power Skating Instruction***

*Year-Round*

The biggest improvement you can make to your game is through your skating. No one is born a great skater; it takes knowledge, practice, and discipline to achieve great skill. Invest in your hockey future with one-on-one instruction from one of the top power skating coaches in the business. Marianne Watkins will help accelerate the development of your skills to the highest level and share her own tips and experiences from working with some of the best players and coaches at the amateur and professional levels.



**Marianne Watkins**



**Derek Schooley**

**RMU HOCKEY ACADEMY STAFF**

**Nate Handrahan, Director of Camps and Clinics**

The head coach of RMU's NCAA Division I women's hockey team, Nate is a former pro and collegiate player with over 10 years of camp instruction experience. He previously coached at Niagara University and with USA Hockey.

**Marianne Watkins, Director of Power Skating**

One of the most sought after power skating coaches in the world, Marianne has more than 20 years of experience developing skating abilities for both amateur and professional hockey players. She has worked with many of today's top NHL and collegiate hockey players and coaches. She is the skating coach for the NHL's Anaheim Mighty Ducks and Columbus Blue Jackets.

**Derek Schooley, NCAA Advisor**

The head coach of RMU's NCAA Division I men's hockey team, Derek is a former pro and collegiate player as well as a former assistant coach at Air Force, Cornell, the NAHL's Chicago Freeze and the 2002 U.S. Under-18 Select Team.



# Skating School

Skating School programs provide skaters ages 3 through adult with the basic skills necessary to skate safely and competently, whether for figure skating, ice hockey or recreation. Students learn the basic elements of ice skating and develop a sense of coordination and balance on the ice.

## Program Benefits

- Ice Skating Institute's (ISI) basic curriculum
- Skill levels: Tots 1, 2, 3, 4, Pre-Alpha, Alpha, Beta, Gamma, Delta
- Skill level evaluation and testing
- ISI merit badges and test registration for each skill level completed
- Includes skate rental and a public skating session following instructional class

## Registration

Class size is limited, and enrollment is on a first-come, first-served basis. Open enrollment is available throughout a program series, provided space is available (cost will be prorated). Programs must meet a minimum enrollment requirement with advanced registrations for classes to be held. Students registering seven days before the first day of class receive a \$10 discount. Additional family members enrolled in the same program series receive a 10% discount.



## INSTRUCTIONAL CLASSES

### **Learn to Skate**

*Ages 3-Adult • Year-Round*

Balance, forward and backward skating, stopping, turning and edges are taught at the different skill levels. This class provides the building blocks for advancement in each of the ISI Skill Levels, which are necessary for more advanced disciplines such as ice hockey and figure skating. Skaters will be divided into two levels based on age and skill level, and class times will vary by level. No previous skating experience is necessary. Students must attend the same class day and time throughout the program series.

#### ■ Level 1

Level 1 includes skaters with no formal instructional experience or with experience at the ISI Tot 1-4, Pre-Alpha, Alpha or Beta skill levels. Includes a weekly 30-minute instructional class, skate rental if necessary and a public skating session.

#### ■ Level 2

Level 2 includes *skaters who have passed the ISI Beta skills test and are at the Gamma or Delta levels and have received approval from the skating director*. Includes a weekly 40-minute instructional class (10 minutes of a stroking workshop and 30 minutes of skill-focused instruction), skate rental if necessary and a public skating session.

#### ■ Class Times

*Wednesdays*

5:50–6:30 p.m.	Level 2 Instructional Class
6:30–7:00 p.m.	Level 1 Instructional Class
7:00–8:20 p.m.	Public Skating Session

*Saturdays*

11:20–12:00 p.m.	Level 2 Instructional Class
12:00–12:30 p.m.	Level 1 Instructional Class
12:30–2:30 p.m.	Public Skating Session





### ■ Schedule and Fees\*

#### *Early Spring Session*

Wednesdays	March 8–April 26 (8 weeks) Level 1: \$110; Level 2: \$120
Saturdays	March 4–April 29 (8 weeks) (no class May 27 ) Level 1: \$110; Level 2: \$120

#### *Spring Session*

Wednesdays	May 3–June 21 (8 weeks) Level 1: \$110; Level 2: \$120
Saturdays	May 6–June 17 (6 weeks) (no class May 27 ) Level 1: \$83; Level 2: \$90

#### *Summer Session*

Wednesdays	June 28–July 26 (5 weeks) Level 1: \$69; Level 2: \$75
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Saturday classes resume in September 2006.

\* \$10 early-bird discount if registered seven days before the first day of class.

### **Little Stars**

*Ages 3-5 • Fall/Winter/Spring*

Little Stars teaches preschool children the preliminary coordination and strength necessary to maneuver on ice skates. Through fun and games, students learn the proper way to fall and get up, balance on the ice, skate forward and backward, glide and stop, preparing them for more advanced skating skills. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary. Tots must be comfortable leaving adult during class.

Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

### ■ Class Times

<i>Thursdays</i>	
1:30–2:00 p.m.	Instructional Class
12:00–2:20 p.m.	Public Skating Session

### ■ Schedule and Fees\*

#### *Early Spring Session*

Thursdays, March 9–April 27 (8 weeks, \$110)

#### *Spring Session*

Thursdays, May 4–June 1 (5 weeks, \$69)

Classes resume in September 2006.

\* \$10 early-bird discount if registered seven days before the first day of class.

### **Little Stars and Big Pals**

*Ages 3-5 + Adult Pal • Fall/Winter/Spring*

Offered to tots and a parent or guardian who want to learn the basics of skating together in a fun atmosphere. Includes a weekly 30-minute instructional class and public skating session. No skating experience is necessary for tots; adults should have basic skating ability.

Please note: A minimum of four skaters must be registered 48 hours prior to the first day of class in order for class to be held.

### ■ Class Times

<i>Tuesdays</i>	
10:00–10:30 a.m.	Instructional Class
10:00–11:30 a.m.	Public Skating Session

### ■ Schedule and Fees\*

#### *Early Spring Session*

Tuesdays, March 7–April 25 (8 weeks, \$120)

#### *Spring Session*

Thursdays, May 2–May 30 (5 weeks, \$75)

Classes resume in September 2006.

\* Fees include both tot and adult. Additional child from the same family: \$75 (Early Spring Session) or \$47 (Spring Session). \$10 early-bird discount if registered seven days before the first day of class.

## **FREE Learn to Skate Clinics**

*September–May*

FREE Learn to Skate Clinics are offered at various times throughout the skating season. Clinics include 30 minutes of group instruction and 20 minutes of open skating. Advanced registration is not necessary. It is strongly recommended that skaters wear a helmet – and don't forget your gloves and jacket! Visit [rmuislandsports.org](http://rmuislandsports.org) or call 412-269-4456 or 4469 for more information.

### *Spring Clinics*

Tuesday, March 7, 6:30 p.m.

Saturday, March 11, 9:30 a.m.

Tuesday, May 9, 6:30 p.m.

## **Coffee Club & Adult Open Skate**

*Adults • September–May*

An ongoing series of walk-on skating sessions for adults that enjoy socializing and figure skating – a great combination!

Coffee Club sessions includes a 30-minute instructional lesson taught by one of our staff professionals, an open skating session, coffee and snacks. The class focuses on basic skating skills for the beginning skater and on field moves, ice dancing or freestyle moves for the more experienced skater. Skaters do not need to participate in the lesson to skate during the open skate.

Adult Open Skate sessions are offered to adults 18 years of age and older. No class is offered during the Adult Open Skate.

### ■ **Coffee Club Schedule and Fees**

*Wednesdays*

9:30–10:00 a.m. Instructional Class

10:00–11:50 a.m. Open Skate

*Fridays*

9:30–10:00 a.m. Instructional Class

10:00–11:50 a.m. Open Skate

Coffee Club Pass \$90 for 10 sessions  
(expires 5/31/06)

Walk-On Pass \$11 per session

### ■ **Adult Open Skate Schedule and Fees**

*Tuesdays and Thursdays*

10:00–11:50 a.m.

\$6 per session

Coffee Club and Adult Open Skate sessions end May 31, 2006, and resume in September 2006.

## **PRIVATE SKATING INSTRUCTION**

Private instruction is available for those interested in recreational skating or in developing the skills to be a figure skater or hockey player. All staff instructors are qualified and experienced professionals that offer all levels of skating instruction based on individual goals. Lessons are offered to beginner through advanced levels, for recreational ice skating, figure skating or basic hockey skills.

Rates range from \$15 to \$36 per 30-minute lesson; rates are determined by the instructor's individual achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session fees and skate rental fees must be paid at Guest Services before going onto the ice for a private lesson.

For more information and a list of available instructors, see the Private Skating Instruction brochure, visit our website, or contact Skating Director Beth Sutton at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org).

## **SKATING SCHOOL STAFF**

### **Beth Sutton, Skating Director**

A former national and Junior Olympic coach and Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.

### **Jennie Vicinie, Assistant Skating Director**

### **Mary Jane Ryan, Ice Monitor**

### **Diana Schirtzinger, Ice Monitor**



**Beth Sutton**



# Figure Skating



## FIGURE SKATING ACADEMY (FSA)

The RMU Island Sports Center Figure Skating Academy (FSA) was established to promote the development and enjoyment of the sport of figure skating. The FSA is designed for skaters of all levels who are members of U.S. Figure Skating or Ice Skating Institute (ISI) and who are interested in furthering the development of their skills for competitive or recreational figure skating.

In addition to individualized training, the FSA encourages individual skaters to participate in group activities, such as figure skating classes, shows and competitions, to enhance skills and develop sportsmanship while enjoying a sense of camaraderie in a fun and energetic skating atmosphere. The FSA is dedicated to meet the needs of all skaters, from the first-time competitor to skaters at the highest level of competition.

Membership in the FSA is available for an annual fee. FSA members receive special membership benefits for FSA programs and events.

### Membership Benefits

- Reduced fee on daily freestyle sessions and monthly ice packages (Sept.-May)
- Discount on Summer Figure Skating Training Program (June-Aug.)
- Discount on FSA membership fee for additional family members
- Complimentary FSA member freestyle session on Fridays from 5-5:50 p.m. from Sept. 2, 2005–June 9, 2006 (Subject to cancellation or change due to ISC events)
- 10% discount on Pro Shop merchandise (does not include sharpening and services)
- Team warm-up suits available for an additional fee

### Annual Fee – *Reduced for 2005-06!*

\$100 (Sept. 1, 2005–Aug. 31, 2006)

\$50 additional family members

New members who join on or after March 1, 2006, pay \$60 for membership from March 1–Aug. 31, 2006 (\$30 additional family members).

**Skaters do not have to be members to participate in FSA instructional classes, daily freestyles or group events. Non-member fees may apply.**

## FREESTYLE SESSIONS

### *September–Mid-June*

Freestyle session policies and procedures can be found in the RMU Island Sports Center Figure Skating Academy program booklet. Please contact the skating director at 412-269-4469 for detailed information. The following daily freestyle schedule ends June 10, at which time the Summer Training Program schedule will begin.

### *Morning Sessions*

#### *Monday–Friday*

6:00–7:00 a.m. • 7:00–8:00 a.m. • 8:00–9:00 a.m.

#### *Saturday*

10:30–11:20 a.m.

### *Afternoon Sessions*

#### *Monday–Tuesday*

2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:20 p.m.

#### *Wednesday*

2:30–3:35 p.m. • 3:35–4:40 p.m. • 4:40–5:40 p.m.

#### *Thursday*

2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:30 p.m.

#### *Friday*

2:30–3:20 p.m. • 3:20–4:10 p.m. • 4:10–5:00 p.m.  
5:00–5:50 p.m.\*

\*Complimentary FSA member freestyle session

## Monthly Ice Packages

FSA Members Only • September–May

Skaters must adhere to the freestyle session schedule. Session times may not be split. Immediate family members may share a package only if all are FSA members. Packages are not transferable. Specialty classes and off-ice classes are not included in the Monthly Ice Package fees.

Competitor	30 Sessions @ \$240
Junior Competitor	20 Sessions @ \$170
Gold	16 Sessions @ \$144
Silver	12 Sessions @ \$114
Bronze	6 Sessions @ \$60

Unused sessions do not carry over to the next month. Additional sessions may be purchased within a pre-registered month at \$10 per session. Monthly ice packages end May 31. The FSA Summer Training Program begins June 1.

### ■ Walk-On Fee

Members	\$11 per session
Non-Members	\$13 per session

### ■ Lesson Pass

Beginning Skater \$7 per 30-minute lesson

Only applicable to skaters who have not passed the ISI Delta Test and/or U.S. Figure Skating Pre-Preliminary Field Move test – skaters are not permitted to enter the ice until lesson time and must leave the ice immediately following their lesson.

### ■ Hockey Lessons

\$7 per 30 minutes of ice time

For hockey players receiving a private skating lesson during a figure skating session. Session times are limited. Hockey players are permitted on the ice with an instructor only and may not skate before or following their private lesson. Hockey equipment, sticks or pucks are not permitted during figure skating sessions.

## FSA INSTRUCTIONAL CLASSES

FSA instructional classes provide a fun and safe skating experience and promote physical fitness in a group atmosphere. Classes are offered to ISI or U.S. Figure Skating skaters from beginner through advanced. Students are divided into three groups based on figure skating level and experience. Skaters do not have to be FSA members to participate in instructional classes.

The skating director reserves the right to adjust a skater's class placement. Supplemental private skating instruction is required and necessary to accelerate progress and focus on individual skating needs.

### FSA instructional classes feature:

- Figure Skating Skill Development curriculum appropriate for beginning through advanced figure skaters
- 30-minute instructional class and a freestyle practice session each week.
- Complementary 10-minute stroking workshop for preregistered skaters
- Skill focus: freestyle, ice dancing, moves in the field
- Skill level testing for Figure Skating Development and Junior Competitive
- US Figure Skating Basic Skills record book with stickers to track skater's progress.
- Discount available for multiple class registrations within the same series for the same skater

### Figure Skating Development (US Figure Skating Freestyle 1-2-3 & ISI Freestyle 1-2-3)

Year-Round

This class includes a comprehensive lesson and testing structure designed to continue the development of fundamental ice skating skills while introducing the basic elements of figure skating. Emphasis is on mastery of forward stroking, forward and backward crossovers, edges and turns. More advanced skills and figure skating elements necessary for freestyle, ice dancing, field moves, pairs skating and synchronized skating are introduced.

The class follows the U.S. Figure Skating Basic Skills and ISI Freestyle testing structure. Skaters receive a U.S. Figure Skating Basic Skills record book with stickers to track their progress.





### ■ Prerequisites

- Successful completion of ISI Delta Skill Test or U.S. Figure Skating Pre-Preliminary Field Move Test
- Weekly private ice skating lessons from an RMU ISC figure skating staff coach

### ■ Class Times

#### *Wednesdays*

4:40–5:40 p.m.	Freestyle Practice Session
5:50–6:00 p.m.	Stroking Workshop
6:00–6:30 p.m.	Instructional Class

#### *Saturdays*

10:30–11:20 a.m.	Freestyle Practice Session
11:20–11:30 a.m.	Stroking Workshop
11:30–12:00 p.m.	Instructional Class

### ■ Schedule and Fees\*

#### *Early Spring Session*

Wednesdays, March 1–April 19 (8 weeks, \$120)  
 Saturdays, March 4–April 29 (8 weeks, \$120)  
 (no class March 18)

#### *Spring Session*

Wednesdays, April 26–June 14 (8 weeks, \$120)  
 Saturdays, May 6–June 17 (6 weeks, \$90)  
 (no class May 27)

#### *Summer Session*

Wednesdays, June 21–July 26 (6 weeks, \$90)

*Saturday classes resume in September 2006.*

\*No discount for not using freestyle practice session. Walk-on fee \$18 per class

### **Junior Competitive** **(US Figure Skating Freestyle 4-5-6 & ISI** **Freestyle 4-5)**

#### *Year-Round*

This class builds the foundation of more advanced figure skating skills. Skaters continue to learn skills in the U.S. Figure Skating (FS 4-6) and ISI (FS 4-5) freestyle test structure in addition to focusing on moves in the field and dance/footwork sequences. Emphasis is on showing good use of edges and a mastery of basic skills, single jumps and basic spin positions.

Skaters are divided into groups based on enrollment and FS test level. Skaters will receive a US Figure Skating Basic Skills record book with stickers to track their progress.

### ■ Prerequisites

- Successful completion of the ISI Freestyle 3 Test or U.S. Figure Skating Freestyle 3 Test
- Weekly private instruction from an RMU ISC figure skating staff coach

### ■ Class Times

#### *Wednesdays*

4:40–5:40 p.m.	Freestyle Practice Session
5:50–6:00 p.m.	Stroking Workshop
6:00–6:30 p.m.	Instructional Class

#### *Saturdays*

10:30–11:20 a.m.	Freestyle Practice Session
11:20–11:30 a.m.	Stroking Workshop
11:30–12:00 p.m.	Instructional Class

### ■ Schedule and Fees\*

#### *Early Spring Session*

Wednesdays, March 1–April 19 (8 weeks, \$120)  
 Saturdays, March 4–April 29 (8 weeks, \$120)  
 (no class March 18)

#### *Spring Session*

Wednesdays, April 26–June 14 (8 weeks, \$120)  
 Saturdays, May 6–June 17 (6 weeks, \$90)  
 (no class May 27)

#### *Summer Session*

Wednesdays, June 21–July 26 (6 weeks, \$90)

*Saturday classes resume in September 2006.*

\*No discount for not using freestyle practice session. Walk-on fee \$18 per class

### **Competitive**

#### *Year-Round*

This class introduces skaters with a strong foundation of field move skills, jumps and spins to a variety of skating disciplines. Emphasis is on improving speed and control to enhance flow, carriage and body movement on the ice; techniques for more advanced field moves, freestyle, ice dancing; program development focusing on what judges look for in a competition or test routine; and competition preparation from practice to performance.

### ■ Prerequisites

- Successful completion of U.S. Figure Skating Freestyle 6 test, ISI Freestyle 5 AND must land axel consistently or have approval from the skating director
- Weekly private instruction from an RMU ISC figure skating staff coach

### ■ Class Times

#### *Wednesdays*

4:40–5:40 p.m.	Freestyle Practice Session
5:50–6:00 p.m.	Stroking Workshop
6:00–6:30 p.m.	Instructional Class

#### *Saturdays*

10:30–11:20 a.m.	Freestyle Practice Session
11:20–11:30 a.m.	Stroking Workshop
11:30–12:00 p.m.	Instructional Class

### ■ Schedule and Fees\*

#### *Early Spring Session*

Wednesdays, March 1–April 19 (8 weeks, \$120)  
Saturdays, March 4–April 29 (8 weeks, \$120)  
(no class March 18)

#### *Spring Session*

Wednesdays, April 26–June 14 (8 weeks, \$120)  
Saturdays, May 6–June 17 (6 weeks, \$90)  
(no class May 27)

#### *Summer Session*

Wednesdays, June 21–July 26 (6 weeks, \$90)

*Saturday classes resume in September 2006.*

\*No discount for not using freestyle practice session. Walk-on fee \$18 per class

### **Stroking Workshop**

#### *Year-Round*

This workshop teaches correct stroking techniques to help skaters develop a sense of style with more power, speed and control. Emphasis is on enhancing flow, carriage and body movement on the ice, enhancing skating style, and building endurance.

Consists of a 10-minute instructional class each week. Skaters are divided into groups based on skill and class level.

### ■ Class Times

Wednesdays	5:50–6:00 p.m.
Saturdays	11:20–11:30 a.m.

### ■ Fee

\$4 per class; complimentary with any FSA Instructional Class registration fee or walk-on fee.

### **Off-Ice Conditioning With Elena Valova**

#### *September–May*

This class helps figure skaters to improve their on-ice performance by increasing strength, flexibility and endurance. Off-ice conditioning is essential for developing single, double and triple jump techniques and can enhance skaters' potential through proper training and nutrition. World and Olympic champion Elena Valova's training techniques can enhance skaters' on-ice training and develop skating skills. Appropriate for skaters enrolled in Figure Skating Development, Junior Competitive and Competitive.

### ■ Prerequisite

- Successful completion of ISI Delta Test or U.S. Figure Skating Pre-Preliminary Field Move Test or approval from the skating director

### ■ Class Time

Saturdays	9:30–10:15 a.m.
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### ■ Schedule and Fees

#### *Early Spring Session*

Saturdays, March 4–April 29 (8 weeks, \$72)  
(no class March 18)

#### *Spring Session*

Saturdays, May 6–June 17 (6 weeks, \$54)  
(no class May 27)

Walk-on fee \$12 per class







## SYNCHRONIZED SKATING

### *Synchronized Skating Teams*

In 2004, the Steel City Blades synchronized skating teams were started at RMU Island Sports Center. The three teams – youth, teen and adult – meet one to two times per week and train for synchronized skating competitions, as well as local shows and performances. The teams are coached by national synchronized skating coach Jeff Marshall, Marsha Snyder, a world and national synchronized skating competitor with Miami University of Ohio, and the RMU ISC figure skating staff.

Synchronized skating is the fastest growing discipline of figure skating. Last year more than 2,500 skaters participated at the regional level of singles competition, while nearly 6,000 skaters competed at the sectional level of synchronized skating. Currently, the U.S. is fourth in the world and training the youngest skaters for the 2010 Olympics. Synchronized skating is a great way to develop your singles skating skills in a team environment!

Tryouts will be held in late spring for all current and potential new team members. For tryout information, contact Skating Director Beth Sutton

at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org). Skaters must be at least at the ISI Freestyle 1 or U.S. Figure Skating Pre-Preliminary Field Move or Freestyle levels to try out for the Steel City Blades.

### *Synchronized Skating Developmental Program*

This program is designed for skaters who are interested in learning the skills necessary to join a synchronized skating team.

#### ■ Prerequisite

- Successful completion of ISI Beta Test or U.S. Figure Skating Pre-Preliminary Field Move Test or approval from the synchronized skating coach or skating director

#### ■ Class Time

Sundays 4:45–5:15 p.m.

#### ■ Schedule and Fees

TBA. Please visit [rmuislandsports.org](http://rmuislandsports.org) for class dates and fees, or contact Skating Director Beth Sutton at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org).





## **SPECIAL EVENTS**

### ***Shamrock Skate ISI Competition***

*March 18, 2006*

Open to all ISI members. For more information, contact Skating Director Beth Sutton at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org).

## **SUMMER TRAINING PROGRAM**

*June–August 2006*

The RMU Island Sports Center is pleased to offer the most comprehensive summer figure skating training program in the Pittsburgh area, all under one roof!

This all-inclusive program features a full schedule of freestyle, field moves and ice dance sessions, an on-ice specialty class, off-ice conditioning and dance classes, and a Summer Skating Exhibition. Skaters may choose from several ice packages created to meet their individualized training needs.

The RMU Island Sports Center also will host a U.S. Figure Skating test session and the Skate Pittsburgh U.S. Figure Skating competition, both sponsored by the Pittsburgh Figure Skating Club.

Detailed information regarding schedule and pricing will be available in April. For more information, contact Skating Director Beth Sutton at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org).

## **PRIVATE FIGURE SKATING INSTRUCTION**

Private instruction is available for those interested in recreational or competitive figure skating. Our first-rate staff of instructors includes an Olympic champion, Olympic competitors, national-level coaches and U.S. Figure Skating gold medalists. The staff provides all levels of instruction based on individual goals, from beginner through advanced levels.

Rates range from \$15 to \$36 per 30-minute lesson; rates are determined by the instructor's individual figure skating achievements, coaching accomplishments and years of experience. Instructor fees are paid directly to the instructor, and all appropriate session and skate rental fees must be paid at Guest Services before going onto the ice for a private lesson.

For more information and a list of available instructors, see the Private Skating Instruction brochure, visit our website, or contact Skating Director Beth Sutton at 412-269-4469 or [sutton@rmuislandsports.org](mailto:sutton@rmuislandsports.org).

## **FIGURE SKATING STAFF**

### **Beth Sutton, Skating Director**

A National and Junior Olympic coach and former Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.

### **Jennie Vicinie, Assistant Skating Director**

### **Mary Jane Ryan, Ice Monitor**

### **Diana Schirtzinger, Ice Monitor**



**Beth Sutton**

# Golf



The RMU Island Sports Center provides all of the tools necessary for you to become the golfer you have always wanted to be. Experience our climate-controlled dome in the chill of winter or during the dog days of summer. Whether you want to work on your game privately or enroll in group classes with our top-rate staff of golf professionals, there's something for everyone.

## INDOOR DRIVING RANGE

The air-supported Sports Dome boasts a 100-yard drive (among the longest indoor shots in the country), 42 tees and a 70-foot ceiling, so you can use every club in your bag. The climate-controlled dome allows you to work on your golf game throughout the year regardless of weather. All tee stations have quality Fiberbuilt mats. The sand bunker and practice green allow you to work on your short game.

### Hours of Operation for Golf

Monday-Friday	9 a.m.–8:30 p.m.
Monday-Friday (June 12–Aug. 18)	11:30 a.m.–8:30 p.m.
Saturday-Sunday	10 a.m.–8:30 p.m.

Times may vary due to special events.  
Call 412-269-4480 to verify times in advance.

Bucket Fees	Adult	Jr/Sr*
Small Bucket (35 Balls)	\$4.50	\$3.50
Medium Bucket (70 Balls)	\$8	\$7
Large Bucket (105 Balls)	\$11	\$10

Value cards are also available.

### Summer Specials (June 1–Oct. 31)

All-You-Can-Hit (3-Hour Limit): \$10 Adult, \$8 Jr/Sr\*  
Large Bucket (105 Balls): \$7 Adult, \$6 Jr/Sr\*

\*Junior – 17 and under; Senior – 60 and up

## PRIVATE GOLF INSTRUCTION

Package	Adult	Junior
30-minute lesson	\$50	\$40
60-minute lesson	\$95	\$75
60-minute, 2-person lesson	\$100	\$80
Five 30-minute lessons	\$225	\$180
Ten 30-minute lessons	\$395	\$340
Super Package (three 30-minute and two 60-minute lessons)	\$310	\$260
Five 2-person lessons (60-minute lessons)	\$440	\$340

Check for summer specials on lessons!

## ACADEMIES AND CLINICS

All programs are offered year-round. Call 412-269-4480 or visit our website for specific session dates.

### Learn to Golf Academy

#### Four-Week Course

Covers fundamentals, irons and woods, short game (putting, chipping, sand play), rules, etiquette and club fitting.

*Beginner:* Saturdays 1–2 p.m. (\$119)

### Women's Golf Academy

#### Four-Week Course

Learn or improve your golf skills and meet new friends. Covers fundamentals (grip, setup, swing), short game (putting, chipping, sand play), rules, etiquette, club fitting and golf courses.

*Beginner:* Thursdays 6:30–7:30 p.m. (\$119)

*Intermediate:* Wednesdays 7–8 p.m. (\$119)

## **Junior Golf Academy**

### *Four-Week Course*

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For boys and girls ages 8 to 14. Covers fundamentals (grip, setup, swing), short game (putting, chipping, sand play), long game (drive, irons, different lies), rules, etiquette and club fitting.

*Beginner:* Saturdays 10:30–11:30 a.m. (\$89)

*Intermediate:* Saturdays 11:30–12:30 p.m. (\$89)

*Summer Camp:* Tuesdays through Thursdays  
Noon–3 p.m. (\$149)

## **Parent/Child Class**

### *Four-Week Course*

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All ages welcome. Covers fundamentals, long game, short game, rules, etiquette and club fitting.

*All Levels:* Sundays 3–4 p.m. (\$139 per couple)

## **100 Yards and In**

### *Four-Week Course*

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Covers pitching from all distances, chipping with different clubs, sand play and putting.

*All Levels:* Mondays 6:30–7:30 p.m. (\$119)

## **Scoring/Short Game Clinic**

### *Two-Hour Clinic*

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A condensed version of the 100 Yards and In course. Covers pitching from all distances, chipping with different clubs, sand play and putting.

*All Levels:* Mondays 6–8 p.m. (\$55)

## **Senior Golf Clinic**

### *One-Hour Clinic*

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Includes talks on specific golf topics with questions and answers.

*All Levels:* Thursdays 10–11 a.m. (\$15)

## **MEMBERSHIP**

Never wait for a tee! A one-year golf membership at the Island is only \$175! An additional spouse or child can join for only \$100.

### **Membership benefits include:**

- Free daily tee time reservations
- \$25 driving range value card
- 20% bonus on additional range value cards
- 30-minute video golf lesson
- 10% discount on lessons and classes



For more information, call 412-269-4480 or visit our website.

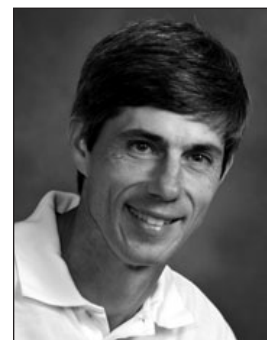
## **GOLF STAFF**

**Jim Cichra** (PGA), Golf Director – The 2001 and 2004 Tri-State PGA Teacher of the Year

**Jodi Renner** (LPGA) – A former LPGA Tour player

**Bill Kurp** (PGA) – More than 30 years of teaching experience and an excellent club fitter

**Kevin Shields** (PGA Apprentice) – The 2003 Tri-State PGA leading money winner



**Jim Cichra**



# Fitness Center



The RMU Island Sports Center's Fitness Center features 10,000 square feet of fitness and strength training space, including a Sports Performance Center with York Performance free weights, Star Trac ellipticals, Schwinn spinning bikes, Cybex recumbent bikes, Airdyne bikes, Reebok fusions, Precor treadmills, Cybex stairmasters, Jacobs ladders, physioballs, medicine balls, agility ladders and plyometric jump boxes.

### Hours of Operation

Monday–Friday 6 a.m.–9 p.m.  
 Saturday 8 a.m.–6 p.m.  
 Sunday 10 a.m.–5 p.m.

## ISLAND FITNESS

Island Fitness is designed for people who strive for good health and physical fitness. It has everything you need to start a fitness program or take your workout to the next level. With our state-of-the-art equipment and certified professional trainers, we can design a program to suit anyone, from the beginner to the advanced fitness enthusiast. Improve your athletic ability, increase your energy level or just feel great.

### Personal Training

Whether you're interested in losing body fat, increasing endurance or improving your build and appearance, our certified personal trainers can help you reach your goals. Our trainers have years of experience in designing programs and leading group exercise.

*New members receive one FREE personal training session!*

### Corporate Memberships

Corporate memberships are available. Learn how a corporate wellness program can benefit your business' productivity. You must have five or more employees to qualify. Call 412-269-4476 for details.

### Membership Rates

<i>New Member Initiation Fee</i> .....	\$40	
<i>Pre-Paid Memberships</i>	6 mos	1 yr
Single .....	\$210	\$360
Couple.....	\$330	\$600
Family .....	\$450	\$840

### Month-to-Month Billing

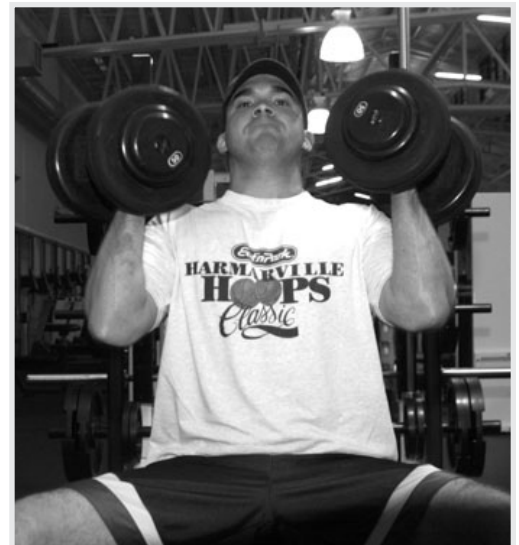
Single .....	\$35/month
Couple .....	\$55/month
Family .....	\$75/month

### Single-Month Rates

Single .....	\$45
Couple .....	\$65
Family .....	\$85
Senior .....	\$30
Corporate .....	\$30

### Punch Cards

10 for \$50 • 20 for \$90





## ISLAND STRENGTH

Island Strength is a sport-specific strength and conditioning program designed to help serious athletes reach and surpass their true potential. Island Strength caters to the specific needs of each athlete, helping to maximize performance variables while assisting in injury prevention.

### Island Strength can provide:

- Periodized training programs
- HEFE (hand-eye/foot-eye) coordination training
- Fast action and agility
- Speed training/running mechanics
- Assisted and resisted running
- Different conditioning protocols (specific metabolic conditioning)
- Core strength and stability training
- Balance and coordination

We place a strong emphasis on educating athletes about principles of strength and conditioning; the athlete will know why he/she is doing each exercise during any phase of the athletic year.

Call 412-269-4486 for rates. Special rates may apply to teams.

## FITNESS CENTER STAFF

### Chris Lucas, Director

Certified by the ISSA, Chris has developed athletes in football, hockey, soccer and lacrosse. He was head strength and conditioning coach for the NAHL and National Junior A Champion Pittsburgh Forge, a consultant for the USHL Sioux Falls Stampede, and head strength and conditioning coach for the NAHL Youngstown Phantoms.

### Ellie Calgareo, Assistant Director

Certified by USAW, AFPA and a member of CSCCa, Ellie is committed to helping members and athletes maximize their fitness and athletic potential. She was recently selected as one of the Top 100 Trainers in America by *Men's Journal*.



**Chris Lucas**



**Ellie Calgareo**

# Kids and Family Fun



## SUMMER DAY CAMP

The RMU Island Sports Center Summer Day Camp is the place for your kids to beat the summer boredom blues! Make your plans now to camp out on the Island this summer. Our enthusiastic and experienced staff provides a safe, fun and positive environment for your kids to have fun.

Summer Day Camp is a sports-oriented day camp. Campers participate in a variety of games and activities, utilizing all that the RMU Island Sports Center has to offer. Campers of all ages will take various field trips.

### Schedule

Weekly sessions are available from June 12–Aug. 18, 2006. Camp runs Monday through Friday from 9 a.m.–4 p.m. Before and after camp club is available as a convenience for working parents.

### Ages

Summer Day Camp consists of two age groups: 7–9 year olds, and 10–12 year olds. Participants must be within these age groups when enrolled in camp.

For more information, or to request a registration form, please contact Karen Heubert at **412-269-4471** or [heubert@rmuislandsports.org](mailto:heubert@rmuislandsports.org)

## GIRL SCOUT SLEEPOVERS

Age-specific sleepovers include various Try-It, Badge or Studio 2B requirements, plus ice skating, mini-golf and a late-night movie. Snacks and breakfast are also included.

### Spring 2006 Schedule

- March 10 Open House (evening only)
- April 7 Brownie Girl Scouts – Girl Sports Try-It
- April 21 All Ages – RMU Island Sports Center Sampler – Camp Out Island Style!
- April 29 Junior Girl Scouts – World Neighbors Badge
- May 5 Brownie Girl Scouts – Playing Around the World Try-It
- May 12 Cadette and Senior Girl Scouts – On Track Studio 2B Focus

### Fee

\$25 per scout, \$20 per chaperone

Space is limited – register today! For more information or to request a registration form, contact Karen Heubert at 412-269-4471 or [heubert@rmuislandsports.org](mailto:heubert@rmuislandsports.org)



*Krispy Kreme Doughnuts is the official breakfast sponsor for the Spring 2006 Girl Scout Sleepover program.*





## BIRTHDAY PARTIES

Celebrate your child's birthday at the RMU Island Sports Center! Our Island Birthday Party packages come with everything to make your youngster's birthday a memorable experience, including pizza, beverages, a birthday cake, and a fun and unique atmosphere.

### Ice Skating Party

- Decorated party room for the length of the ice skating session
- 11 full admissions to the skating session
- 11 pairs of rental skates

### Birdie Party

- Decorated table for two hours in the Sports Dome
- Unlimited range balls during party

### Hole-in-One Party

- Decorated table for two hours in the Sports Dome
- Unlimited range balls during party
- Exclusive use of putting green for 30 minutes
- 15-minute putting lesson from one of our PGA pros

### Miniature Golf Party

- Decorated party room for two hours
- 11 admissions to one round of miniature golf

Parties are priced to include the birthday child and 10 guests (additional guests are welcome with extra admission). Please contact the RMU Island Sports Center for party pricing. Please make reservations at least one week in advance of your desired date. A \$50 non-refundable deposit is required at the time of your reservation.

To schedule an Island Birthday Party, call 412-262-3335 or e-mail [islandparties@rmuislandsports.org](mailto:islandparties@rmuislandsports.org).

Presented by



## PUBLIC ICE SKATING

Enjoy skating with family and friends on our Olympic Ice Rink, complete with lights and music.

### Spring/Summer Schedule

Mondays	Noon–2:20 p.m.
Tuesdays	Noon–2:20 p.m.
Wednesdays	Noon–2:20 p.m. 7:00–8:30 p.m.
Thursdays	Noon–2:20 p.m.
Fridays	Noon–2:20 p.m. 7:00–9:00 p.m.
Saturdays	12:45–2:45 p.m. 7:00–9:00 p.m.

Sessions are subject to change without notice. Call 412-262-3335 to verify times in advance.

### Rates

Adults .....	\$6
Children age 12 & younger .....	\$5
Seniors age 60 and older .....	\$5
Skate Rental .....	\$2.50
Walker Rental .....	\$2

Group rates are available for 10 skaters or more. Five-day advance payment required. Fund-raising opportunities are also available for your organization. Call 412-269-4458 for details.

## FIELD TRIPS

Looking for someplace new for your next field trip? Bring your school, youth, scout or day care group to the RMU Island Sports Center for a fun and educational day! Your field trip will include:

- Public ice skating session (includes skate rental)
- Small bucket of balls at the indoor driving range
- Tour of the RMU Island Sports Center
- Island Fun Facts, like how the zamboni works, how ice is made and how the Dome stays inflated

*Fee:* \$8 per person

Please call 412-269-4458 or e-mail [groups@rmuislandsports.org](mailto:groups@rmuislandsports.org) to schedule your field trip.







## TAEKWONDO

### ***Tiny Tigers***

*Ages 4-6*

This program offers children a strong foundation in essential character qualities such as courtesy, respect and discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. All classes are taught using the most safe, fun and exciting instruction methods available for this age group.

### ***Karate for Kids***

*Ages 7-12*

Everyone is a winner and everyone is special. Students are looked upon as individuals and are never compared to anyone else. Our instructors are there every step of the way. All that is expected is a willingness to try.

### ***Teen and Adult Classes***

*Ages 13 and Older*

All students are trained to the best of their ability, regardless of age or physical condition. You're never too old to start; adults who began as late as age 65 have earned their black belts. Our instructors treat each student as an individual and are with you every step of the way. All that is expected of you is a willingness to try.

#### ■ **Fee**

Introductory offer! Special family rate – four weeks for \$49 (includes uniform).

#### ■ **Instructors**

*Greg Steiger, Chief Instructor*

Steiger is a fourth-degree black belt and the 2002 state champion in forms sparring and weapons. He is certified with the American Taekwondo Association (ATA).

*Josée Steiger, Assistant Instructor*

Steiger is a second-degree black belt and a certified trainee instructor with ATA.

For more information, call 412-324-1112, e-mail [ataaekwondo@comcast.net](mailto:ataaekwondo@comcast.net), visit [ata-taekwondo.com](http://ata-taekwondo.com) or stop by Guest Services in the RMU Island Sports Center lobby.

## ICE HOUSE BISTRO

Located in the RMU Island Sports Center lobby, the Ice House Bistro features tasty treats and snacks the whole family will enjoy. Fare includes popular choices like hamburgers, hot dogs and pizza, along with calzones, Philly cheese steaks and grilled chicken sandwiches. A variety of beverages are offered, including Coca-Cola products and Starbucks Coffee. Hours vary – please call 412-262-3335 for schedules.



# Sports Dome Programs

## EXTREME DODGEBALL

High school ages and up. Tournaments are held monthly. Matches consist of 10-person teams and four balls on the field in a best-of-three format. Matches are organized in round-robin format to qualify for single-elimination playoffs. Winners receive a team trophy.

*Team Fee:* \$100

## SOFTBALL

### Men's All-Night Indoor Tournaments

One tournament per month is held November through April. There are 16 teams per tournament with three games per night guaranteed. One-pitch, five-inning games are played in a round-robin format. Champions receive a trophy, T-shirts (while supplies last) and gift certificates.

*Team Fee:* \$265

### Coed Tournaments

Offered in April and December. Call 412-269-4480 for details.

*Team Fee:* \$265

## "NEVILLE DEVILS" FLAG FOOTBALL

Leagues are offered for Little Devils (ages 6-8), Demons (9-11) and Devils (12-14). All leagues run on Tuesday evenings from March through May and also October through December (7 weeks).

*Fee:* \$85 per person (jersey fee \$20)

## SOCCER

### Men's League

Wednesday nights starting at 8:45 p.m.; games may also begin at 9:40 and 10:35, depending on the number of teams. Play is 6-on-6 with a keeper, change on the fly.

*Team Fee:* \$750 per nine-week session + \$10 per week referee fee

## CANINE AGILITY TRIALS

Clubs from all over the country run their champion dogs through obstacle courses in our club-sponsored trials. Spectators are welcome. Rentals are subject to availability.

***For more information on Sports Dome programs, call 412-269-4480.***

## SPORTS DOME STAFF

### Matt Houser, Manager

Matt has been the Sports Dome manager for the past six years. In addition to hosting many of the area's prominent youth sports organizations, Matt has developed several in-house leagues, tournaments and activities for all ages for both the Sports Dome and the outdoor athletic fields and track.



**Matt Houser**

# Summer Attractions



## MINI-GOLF

Enjoy the best 18-hole mini-golf course in the region! Our beautifully landscaped course overlooks the Ohio River and features streams and waterfalls and is among the more challenging courses around. It's affordable family fun, and it's open every day to the public from April through October, weather permitting. Group outings and birthday parties are available. We also offer miniature golf leagues

and tournaments. Call 412-269-4480 for hours of operation and availability.

## Rates

Adults .....	\$5.50
Children 12 and Under .....	\$4.50
Groups (10 or more) .....	\$3.50
Second Round .....	\$2.00

## BATTING CAGES

The RMU Island Sports Center is the perfect place to work on your swing. Enjoy slow, medium and fast-pitch baseball machines, and slow and fast-pitch softball machines. Call 412-262-3335 for hours of operation and availability.

## Rates

\$1 per token (1 token = 15 pitches)  
Group rates available! Call 412-269-4455 for more information.



# Group Outings and Events

## PRIVATE PARTIES AND SPECIAL EVENTS

Whether you're planning a social event, holiday party, wedding reception or anniversary party, the RMU Island Sports Center can accommodate your needs. We offer several traditional and non-traditional sites to host your event.

Choose from our Tented Terrace or Riverview Room, both overlooking the Ohio River. The Riverview Room is suitable for receptions of up to 200 guests and features a tented deck and view of the Collegiate Ice Rink. For a non-traditional setting, host your event on our Multi-Sport Courts, which can be set up to accommodate dinner, dancing and entertainment with a decidedly different sports twist.

Our on-site caterer can provide you with any menu you'd like, from a casual barbeque to the finest tenderloin. We also offer complete event packages and theme parties. And 650 free parking spaces are just a short walk away.

## CORPORATE EVENTS

Business meetings, sales rallies, trade shows and employee appreciation events are all possible at our versatile facility. We have meeting space and large reception areas to fulfill your business needs.



Plus, we're just a short drive from downtown Pittsburgh with easy access from I-79 and the airport area. We also offer business meeting support services through partner vendors to help make your meeting planning a breeze. And, our facility features 650 free parking spaces.



## TEAM-BUILDING PROGRAMS

Improve team unity. Create organizational loyalty. Reinforce your mission. From a simple day of fun-filled activities to develop camaraderie to more elaborate and structured programs to inspire and motivate your team of employees, the Robert Morris University Island Sports Center is proud to offer the area's only team-building program that gets your staff together and gets them home the same day. Team building at the RMU Island Sports Center is cost-efficient, memorable and effective.

## FUND-RAISING OPPORTUNITIES

If you're tired of the same old fund-raisers, plan your next fund-raiser at the Robert Morris University Island Sports Center. We'll help design a fun and effective fund-raiser that is sure to become a tradition for your group. There are several programs for groups to take advantage of, such as group skate nights, mini-golf tournaments, community/school nights and skating passes. Call 412-269-4458 to request a copy of the Guide to Fund Raising at the RMU Island Sports Center.

***For more information or to book your next event, call 412-269-4458 or e-mail [groups@rmuislandsports.org](mailto:groups@rmuislandsports.org).***





## FACILITY RENTALS

### Sports Dome

The climate-controlled Sports Dome is available for hourly rental before and after golf hours year-round. The surface is covered with FieldTurf, a revolutionary surface consisting of two-inch nylon grass filled and supported by pulverized rubber and sand. The Sports Dome has been used for softball, lacrosse, baseball, flag football, workout sessions, gymnastics and cheerleading competitions, corporate Olympics and sleepovers.

### Field Dimensions

Single Field	120'W x 200'L x 70'H
Full Dome	240'W x 300'L x 70'H

### Ice Rinks

The ice rinks are colorful, bright, comfortable, clean and well maintained. The premium ice surfaces are produced by a state-of-the-art Jet Ice water system. The rinks can be used for hockey, figure skating, speed skating, general ice skating, and activities such as curling and broomball.

Two indoor rinks are available year-round. The Collegiate Rink is the same size as a regulation NHL ice surface (85' x 200') with numerous grandstands seating as many as 1,200 spectators. The Olympic Rink is larger (100' x 200') and has ice-level bleachers that seat up to 300 spectators. One outdoor rink (the Open Air Rink) is also available from October through March.

### Multi-Sport Courts

These two hockey rink-sized facilities have a multi-sport court surface that can be used for inline skating, volleyball, basketball, soccer, lacrosse, dek hockey and more. These rinks are located in the Open Air Complex, which is covered but provides a great outdoor feel.

### Track and Field

Our state-of-the-art track and field, located behind the Sports Dome, is a sight to behold. The infield is an adult regulation soccer field and is also lined for men's and women's lacrosse. The eight-lane track is an NCAA-regulation, 400-meter rubberized surface and is perfect for high school or collegiate events, including shotput, javelin, hammer, discus, triple jump, pole vault and steeplechase. Both areas are available for rent for practices, games or meets. Event rates vary depending on length and type of activity.

***For more information on facility rentals, call 412-269-4458 or e-mail [groups@rmuislandsports.org](mailto:groups@rmuislandsports.org).***

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# PRO SHOP

Just inside the lobby, the RMU Island Sports Center Pro Shop offers a wide variety of sports equipment for both adults and children. We have many figure, hockey and inline skates in stock and a great selection of hockey sticks and accessories, including helmets, pads, gloves and wheels. Select hockey apparel is available, including name-brand pants, sweatshirts, jackets and caps. We can work with your organization to outfit your entire team with equipment, custom jerseys and apparel. We also offer quality blade sharpening and skate repair right on site! The Pro Shop is also the place to pick up your RMU Colonials men's and women's hockey merchandise.

**Open Monday through Friday at 4pm, with special hours for weekends and tournaments.**  
**For more information about Pro Shop equipment and services, call 412-269-4459.**



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**[rmuislandsports.org](http://rmuislandsports.org)**

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