

Choreography Seminar

Join us for an exciting **Choreography Seminar** designed for who are looking to elevate their performance and artistry. This seminar will focus on **performance quality and choreography**, giving athletes tools to skate with greater confidence, and expression as they head into the competitive season.

The seminar will be led by **Anna Matuszewski**, who will work with skaters both **on and off the ice**. Her classes will focus on choreography, movement, and performance. **Christine Heckel** will lead an **Athletic Fascia class**, teaching skaters how to properly **warm up and cool down using a flex band**. Athletes will learn how prepare their bodies for peak performance and recovery.

The day will begin with **two alternating groups** at Fairfax Ice Arena. One group on the ice with Anna and one group off the ice with Christine. Following the on-ice and off-ice sessions, all skaters will walk together to **Athletic Potential Studio** (a 3-minute walk from the rink) for an **off-ice dance and movement class** with Anna.

This seminar is designed to be **fun, engaging, and inspiring!** A perfect kick-start to the competitive season.

There will also be a **Parent Chat** led by the SCNV board member Laura Koscho at Fairfax Ice Arena from 7-7:45am. She will go over the skating levels, competition information, and basic rule changes that are helpful for parents to know.

Date & Time: January 31, 7:00-10:00 AM

Locations:

- 7:00-9:00 AM - Fairfax Ice Arena (3779 Pickett Rd)
- 9:00-10:00 AM - Athletic Potential Studio (3739 Pickett Rd Suite A)

Spots Available: 36 skaters

Registration: \$55 SCNV members \$65 SCNV non members scnv.org/shop

Anna Matuszewski

Anna Matuszewski is a creative director, choreographer, and Triple Gold Medalist figure skating instructor with over 25 years of experience in performance artistry and athletic coaching. As principal choreographer for Macklemore since 2009, she has directed creative vision for world tours and music videos. Anna provides elite figure skating instruction and choreography consultation for competitive athletes, and has choreographed national campaigns for major brands including Alaska Airlines, Nordstrom, and AT&T.

Christine Heckel

Christine Heckel is a STOTT PILATES®-certified instructor and certified personal trainer with more than 20 years of experience supporting youth athletes and training professionals. She specializes in mobility, foam rolling, and functional movement strategies that improve range of motion, stability, and body awareness while reducing injury risk. Christine works with athletes and coaches to build efficient movement patterns and sustainable training habits that support long-term athletic performance.

Choreography Seminar Schedule

7:05am-7:50am Group 1 on Ice with Anna	7:05am-7:50am Group 2 Off Ice with Christine	Parent Chat from 7:05-7:45am
10min Break	10min Break	
8:00am-8:45am Group 1 Off Ice with Christine	8:00am-8:45am Group 2 on Ice with Anna	
15min break	15min break	
9:00-10:00am Off Ice Dance with Anna @ Athletic Potential Studio	9:00-10am Off Ice Dance with Anna @ Athletic Potential Studio	