

Coaching Clinics

Mimi Wacholder
Professional Figure Skating Coach & Choreographer

For individual skaters, skating clubs, and synchronized skating programs

Choreography: Group Programming – On and Off Ice Sessions

Creative Movement- Mim has pioneered this system with various dance-world techniques to inspire greater body awareness and help skaters to discover their own natural style of movement and expression. We explore many topics including full use of body movement, musical interpretation, use of ice, expression, connection to the story and much more.

Technique: Group Programming – On and Off Ice Sessions

Foundational Skating Skills-the fundamentals of beautiful skating for any level

These classes focus on stillness and efficiency of movement from an elite ice dancing perspective. These classes cover body alignment, foundation of effective stroking, edging and turns.

Jump Technique: workshops on individual jumps or jumps broken down by category such as axel, salchow and toe—vs. loop axis jumps loop, flip, lutz.

Coaches are more than welcome to audit group or individual lessons to collaborate their vision for their students.

Yoga for Skaters: Group Programming – Off Ice Sessions

As a yoga teacher with over 15 years experience and skating coach Mim has seamlessly blended these two worlds. Her skater-specific yoga program helps athletes to better know themselves and their bodies. The specific stretching and postures and designed to help with strength, flexibility, injury prevention, and self-care and recovery for the skater's body. She incorporates visualization and mediation to help foster self-worth and confidence.

Private Choreography and Technical lessons:

Scheduling private lessons and program choreography as scheduling allow during open ice of clinic programming.

Example Clinic Schedules

Fully customizable to full or half day programming.

Full Day Clinic Example

9 am – 9:45 am

Off Ice-Yoga warm up and Centering

10 am – 11 am

On Ice-On Ice Technique

11 am – 2 pm

Open Ice for private lessons and training

2 pm – 3 pm

On Ice- Creative Movement

3 pm – 4 pm

Open Ice

4 pm – 5 pm

Off Ice-Stretching and Visualization Techniques

Half Day Clinic Example

9 am – 9:45 am

Off Ice-Yoga warm up and Centering

10 am – 11:30 am

On Ice-On Ice Technique-Skating Skills and Jumping

11:30 am – Noon

lunch

12:30 pm – 2 pm

On Ice-Choreography and Creative Movement

2 pm – 3 pm

Off Ice Jump Technique followed by meditation and visualization



About Mimi

Mimi Wacholder has been coaching all disciplines of figure skating for the last 25 years. She currently trains competitive skaters as part of the staff at the Olympic Training Center in Lake Placid, NY. She is a fully accredited USFS and PSA coach.

In her own skating career Wacholder competed Nationally and Internationally for the United States in Championship Ice Dance with partner Collin Sullivan. After her amateur competitive career, Wacholder earned a Bachelor's of Arts from Emerson College with studies including Theater, Dance and Choreography. In 1995, she went on to a principal role in Dorothy Hamill's Ice Capades before making a home in NYC where she studied modern dance and skated as a company member with the Ice Theatre of New York. Wacholder also was a commissioned choreographer for the Ice Theatre of New York. She also competed professionally earning silver at the Los Angeles, American Open in 1996.



Throughout her career, she has coached at such notable skating clubs as the Skating Club of Boston, University of Delaware, the Skating Club of New York and the Olympic Training Center. During her competitive skating career her coaches included; Ron Luddington, Barret Brown, Tom Lescinski, and Tommy Litz. She is pleased to credit the success of her coaching career to these mentors and also to her humble beginnings as a coach at Massachusetts Institute of Technology (MIT) Skating Club. While still a competitive skater, she began coaching MIT staff and students. She credits these wonderful students with helping educate her about the Physics of skating such as axis and momentum. These scientific methods and theories remain at the core of her teaching methods today.

Wacholder began her yoga studies with Patricia Walden in Iyengar Yoga while still competing in Ice Dancing. Over the course of the last three decades she has studied with many Master yoga teachers including Shiva Rea, Rodney Yee, Joseph LePage and Todd Norian. She is an Integrative Yoga Therapist where she works with individual clients for injury recovery and special needs. In Lake Placid, NY she has trained and designed yoga programs for several National and Olympic Teams including Bobsled and Skeleton, Luge, Skiing, Canoe/Kayak and Triathlon.

In addition to her extensive teaching career, Wacholder is also owns and operates event planning company, Juniper Events & Design (junipereventsanddesign.com) in the resort community of Lake Placid. She produces, designs and choreographs special events ranging from the Empire State Games to high-end weddings. Despite her vast resume, she is a very personable and approaches all of her work with deep passion, humility and a sense of humor.