



The RecPlex Ice Arena is proud to present
Grassroots to Champions



With world and Olympic Coach
Audrey Weisiger
&
National and International Coach
Nick Perna

Saturday, August 27th, 2011
7:45am-1:30pm

RecPlex Ice Arena, www.recplexonline.com
9900 Terwall Terrace, Pleasant Prairie, WI 53158
Email Katie Kerley at kkerley@plprairiewi.com for any and all questions.

Grassroots to Champions is a seminar for skaters pre-preliminary through the senior level. Parents and coaches are encouraged to attend as well. This seminar is created to raise the technical level of US skaters over the next 4 years. The seminars focus on teaching coaches and their skaters how to develop from the first steps onto the ice into a championship caliber competitor.

This G2C seminar will be unique because it will focus on skaters who are used to using the G2C methods every day. We will run a special “veteran” track for those skaters and we will run a “brand new” track for kids who have never taken a G2C seminar.

The main topics covered during the seminar:

1. Jumps from singles to doubles to triples to quads
2. Off-ice jumping for correct air positions
3. Correct take-off prints and landings
4. Alignment of body positions
5. How to use the jumping pole with Nick Perna
6. How Dartfish can speed the learning process
7. Proper equipment fitting
8. How to prepare for competition
9. Grassroots to Champions lecture on the process of becoming a skater in full bloom
10. Conditioning the body for skating at the elite level
11. How to create the total package

During the seminar skater will be divided into groups according to their ability. In their group they will rotate from on-ice to off ice stations where they will work with the Grassroots staff to improve the quality of their skating.

Meet the Grassroots staff

Audrey Weisiger (\$125.00 per hour)

- World and Olympic Coach
- USFS double gold medalist in figures & freestyle
- PSA Master Rated
- 1999 PSA Coach of the year

Nick Perna (\$100.00 per hour)

- ProMotion pole harness expert
- PSA Master Rated
- National and International coach
- Staff instructor for Team USA camps

Registration Form

If postmarked by:
Circle One

Aug. 13th, 2011
\$ 80.00

Aug. 14th, 2011
\$ 95.00

CEFSC Member
\$ 65.00

Coaches
\$35.00

Name: _____ Date of Birth _____ Sex: M or F

Address: _____ City/Zip/State: _____

Home Phone: _____ Email: _____

Highest FS Passed: _____ Have you every taken Grassroots to Champions before? YES or NO

Most difficult jump attained: _____ Name of primary coach: _____

It is agreed that the participant and family holds the Grassroots Staff, RecPlex Ice Arena and Cutting Edge Figure Skating Club staff are harmless from any and all liability for injury, damages or loss of property. It is agreed that I/we assume the risks of participating in the seminar and wave all claims for personal injury.

Signature: _____ Date: _____

Private Lesson Requests:

- Pay coach directly at time of lesson. A portion of travel expenses will be factored into all private lessons.
- All lessons will be offered in 30 minute increments.
- Students will be assigned lessons based on first come first serve basis
- **MUST** provide an email address to receive information and finalized schedule
- Additional Ice costs will apply. FS rates and other ice arena information can be found at www.recplexonline.com

Friday, August 26th, 2011	6:00am-10:30am
___Audrey Weisiger	___Nick Perna
Friday, August 26th, 2011	10:45-12:45pm
___Audrey Weisiger	___Nick Perna
Friday, August 26th, 2011	2:30-6:00pm
___Audrey Weisiger	___Nick Perna

Saturday, August 27th 2011	6:00am-7:30am
___Audrey Weisiger	___Nick Perna

ALL Registrations are MUST be postmarked Friday, August 13th, 2011

RecPlex Ice Arena
9900 Terwall Terrace
Pleasant Prairie, WI 53158
Attention: Katie Kerley

**Full payment for the seminar must accompany application.
Please make all checks payable to Village of Pleasant Prairie.**

Grassroots to Champions
is proud to be sponsored by:

