

WHAT ARE GRASSROOTS TO CHAMPIONS SEMINARS?

The Grassroots mission is 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 on to the ice into a championship caliber competitor.



The main topics covered in this seminar:

- Jumps from singles to doubles to triples to quads
- Off-ice jumping for correct air positions
- Correct take-off prints and landings
- Alignment of body positions
- How to use the jumping pole with Nick Perna
- How Dartfish can speed the learning process with Chris Conte
- Proper equipment fitting
- How to prepare for competition
- Grassroots to Champions lecture on the process of becoming a skater in full bloom
- Select tots, how to identify talent in your group lesson programs
- Conditioning the body for skating at the elite level
- How to create the total package

Do you have more questions about the seminar?
Please contact Laura Colsia at:

Lauramo31@yahoo.com
Or call 989-295-1234

Midland Figure Skating Club
PO Box 1371
Midland, MI 48641-1371



Midland figure Skating Club
Presents

Grassroots to Champions



With world and Olympic Coach
Audrey Weisiger

And Presenters

Chris Conte and Nick Perna

Saturday, May 31st, 2008
8:00am - 3:30pm
Midland Civic Arena
Midland, Michigan

Grassroots to Champions

The Midland Figure Skating Club is proud to present Audrey Weisiger's Grassroots to Champions Seminar. This one-day seminar is available to skaters of all ages in Pre-preliminary through Senior levels and their coaches. Parents are encouraged to attend as well. Skaters should feel free to attend this seminar with or without their coach.

Seminar Details

- Skaters will be divided into smaller groups according to skater ability levels.
- On and Off Ice Instruction will be provided by Audrey Weisiger, *Chris Conte and Nick Perna*. (*Chris and Nick will be present subject to availability) If Chris and Nick are not present, two other world class professionals from the G2C staff will be presenting.
- Seminar Includes Dartfish Technology Presentation
- Jump instruction will be provided using the Pro Motion Pole Harness
- Boxed lunches will be available upon request. Order forms will be sent out with confirmation letters.
- Private Lessons are available after the seminar with Audrey Weisiger, Chris Conte and Nick Perna on Saturday, May 31st. Enrollment is limited! Sign up today!

Grassroots Staff

Audrey K. Weisiger

- World and Olympic Coach
- Current coach of Olympic competitor Timothy Geobel
- USFSA double gold Medalist in figures and freestyle
- PSA Master Rated
- 1999 PSA Coach of the Year
- 2000 PSA Key Note Speaker

Chris Conte

- PSA rated coach and choreographer
- Expert in Dartfish Technology
- Choreographer to International Skaters in Pairs and Freestyle
- Principal Skater in Ice Capades and Disney on Ice
- Certified Instructor of Therapeutic Pilates

Nick Perna

- Jumping Pole Expert
- PSA Master rated
- Former Pairs skater who is now a National and International coach for beginners through the Olympic elite.
- Staff Instructor for Team USA Camps

Grassroots to Champions Sponsors:



Grassroots Registration form

Please Check One:

Skater Registration: \$140.00 before April 1st,

\$165.00 after April 1st Deadline

Coach Registration: \$60.00 before April 1st,

\$75.00 after April 1st Deadline

Coach with 4 or more students attending (free)

Participant Name _____

Birth Date _____ Gender _____

Skating Club _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Email Address _____

Highest FS test passed _____

Most difficult jump attained _____

Private Lesson Request

(limit one lesson per coach)

Pay coach directly at seminar. Additional Ice costs (TBD) will apply.

Saturday, May 31st, 2008

Audrey Weisiger \$40.00

Chris Conte \$34.00

Nick Perna \$34.00

Total Amount Enclosed: \$ _____

Full payment for seminar must accompany application.

Make checks payable to MFSC and send to:

Laura Colsia

Grassroots to Champions

4568 Baylor Ct

Saginaw, MI 48604

It is agreed that the participant and family holds the Grassroots staff, Midland FSC, and Midland civic arena staff harmless from any and all liability for damages or loss of property. I/we assume the risks of participating in the seminar and waive all claims for any personal injury. Seminar is subject to cancellation for low attendance.

Skater/ Parent or guardian if under 18

Date