

**Save the date...**  
**Sunday, April 27**

**Janet Champion Seminar**  
**Hosted by the Kent SC**

The Kent SC will be hosting a one-day seminar, including both on and off ice instruction with Janet Champion. Break Away Sports Training will also be doing off-ice stretching and strengthening classes.

Janet Champion is a PSA Master rated coach in School Figures, Free skating, Moves in the Field and Group Instruction. She is currently coaching at the Broadmoor World Arena. Janet has worked with Regional, Sectional, National, International and Junior World skaters. She was also one of the three originators of the "Moves in the Field" test structure for the U.S.F.S. and is now working on a task force to bring the Moves in the Field into the International Judging System.

Break Away Sports Training is a local group that helps individuals enhance their on field performance by providing skill specific sports training while training functionally to mimic sport specific conditions, reducing injury while helping to prepare the athlete to excel in competition.

Continue to check the Kent SC website for more information. Please contact Nicky Kappenhagen at [nrksk8@netscape.net](mailto:nrksk8@netscape.net) with any questions.

[www.kentskatingclub.net](http://www.kentskatingclub.net)