

# Ice House Skating Academy Presents: Grassroots to Champions



January 15, 2012

7:45 AM – 12:00 PM

Hartland Ice House

2755 Arena Drive, Hartland, MI 48353



G2C is proudly sponsored by: Riedell Skates, Wilson Blades, MK Blades, Champion Cords, icoachskating.com, Pro Motion, Jump For Speed, Rainbow Sports, Zuca, Dartfish, Young Artistis Showcase

The G2C seminar focuses on teaching coaches and their skaters how to develop from the first steps onto the ice into a championship caliber competitor using **Dartfish** Cutting Edge VideoTechnology!

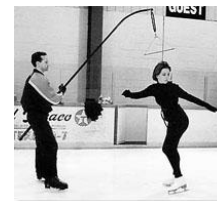


The Grassroots to Champions seminar features **Audrey Weisiger**, 2 time U.S. Olympic Coach, some of her former students include Michael Weiss (3 time U.S. Men's Champion, 2 time U.S. Olympic Team, 2 time World Bronze Medalist), Timothy Goebel Olympic Bronze Medalist), Lisa Kwon (National Novice and Intermediate Ladies Champion), and Christine Lee (World Competitor).

**Shelia Thelen** holds a PSA Master Rating. Ms. Thelen is the Designer and President of Champion Cords (Endorsed by the PSA International) for teaching skaters: alignment, position, muscle memory, awareness and technique.



**Nick Perna** is a PSA Master-rated coach who is a jumping pole expert. Perna is a former pairs skater who has carved out a niche in the sport with his unique training device — which has earned him the moniker, “The Fishing Pole Guy” — with two-time men’s national champion Michael Weiss and Olympic Champion Sarah Hughes among the users of his harness.



## Seminar Schedule:

7:30-7:45	Registration	
7:45-8:30	Intro/Video Analysis/Floor Work	
8:35-9:00	On Ice – G2C H & D (Group 1)	
	On Ice – G2C Drills (Group 2)	9:05-9:30 rotate groups
	Off Ice – G2C Off Ice Jumping (Group 3)	9:35-10:00 rotate groups
10:05-10:30	On Ice – G2C Jumps (Group 1)	
	On Ice – G2C Champion Cords (Group 2)	10:35-11:00 rotate groups
	Off Ice – Off Ice Harness (Group 3)	11:05-11:30 rotate groups
11:35-11:45	Group Photo & Good Bye	
11:40-12:00	Parent Seminar with Audrey (Highly Recommended)	

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**Registration 7:30 AM Seminar 7:45 AM - 12:00 PM**

## Seminar Registration Form

Skater /Coach Name:	Skater USFSA #/Coach PSA#:
Address, City, State, Zip:	
Phone Number:	Email:
Emergency Number:	
Home Club:	
Skater level, please check one: <input type="checkbox"/> Working on single jumps <input type="checkbox"/> Working on Axel <input type="checkbox"/> Solid Axel, working on doubles <input type="checkbox"/> Double Axel & up	
Coach's Signature: _____ PSA # _____ Coach's Signature confirms skater's level	
Coach Tuition (If Coach is bringing 4 or more skaters, tuition is free) Skater Tuition for Grassroots to Champion Seminar Optional T-Shirt Order: (G2C T-Shirt – Please indicate size _____) Total Payment:	\$50.00 _____ \$80.00 _____ \$5.00 _____ \$ _____
Please Make Checks payable to <b>Ice House Skating Academy (IHSA)</b>	
<b>Mail forms to: Heather Olson   9397 Aspen View Drive   Grand Blanc, MI 48439</b>	

Please pack snacks and water for your skater as we can not guarantee that the concession stand will be open.  
Please E-mail Heather Olson at [eholson@ameritech.net](mailto:eholson@ameritech.net) or Jane Brooks at [skoorbdj@aim.com](mailto:skoorbdj@aim.com) for more information!

The undersigned approves this registration and agrees to hold harmless Grassroots to Champions, US Figure Skating, Ice Skating Institute, Skate Canada, Ice House Skating Academy, Hartland Sports Center, and Kensington Valley Ice House from any and all loss, damage and/or injury sustained in any manner while participating in any activities of this seminar.

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Skater Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Required if skater is under 18 yrs of age)

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**Private Lesson Registration Form** (skaters must attend the seminar to sign up for private lessons)  
**Lesson Dates Jan. 14, 15, 16**

Skater Name:	USFSA#
Address, City, State, Zip:	
Phone Number:	Email:
Emergency Number:	
Home Club:	
Skater level, please check one: <input type="checkbox"/> Working on single jumps <input type="checkbox"/> Working on Axel <input type="checkbox"/> Solid Axel, working on doubles <input type="checkbox"/> Double Axel & up	
Coach's Signature: _____ Coach's Signature confirms skater's level	
Lesson Requested with: <input type="checkbox"/> Audrey (\$62.50/25min) <input type="checkbox"/> Sheila (\$50/25min) <input type="checkbox"/> Nick (\$62.50/25min)	
Private Lessons will be offered between the hours of: 7:00 and 11:00 PM on Saturday January 14 <sup>th</sup> 1:15 and 3:05 Sunday January 15 <sup>th</sup> 9:00-3:00 Monday January 16 <sup>th</sup> (Martin Luther King's Birthday – Most Schools have the day off). <b>Please list your first, second and third choices!</b>	
Saturday:    ___ 7:00    ___ 7:25    ___ 7:50    ___ 8:15    ___ 8:40    ___ 9:05    ___ 9:30    ___ 9:55    ___ 10:20	
Sunday:    ___ 1:15    ___ 1:40    ___ 2:05    ___ 2:30	
Monday:    ___ 9:00    ___ 9:25    ___ 9:50    ___ 10:15    ___ 10:40    ___ 11:05    ___ 11:30    ___ 12:45    ___ 1:10 ___ 1:35    ___ 2:00    ___ 2:25	

Audrey's Coaching Fee	\$ 62.50	X	_____ sessions	= _____
Sheila's Coaching Fee	\$ 50.00	X	_____ sessions	= _____
Nick's Coaching Fee	\$ 62.50	X	_____ sessions	= _____
Private Lesson Registration Fee	\$25.00			= <u>\$25.00</u>
Total Private Lesson Fee	..... \$ _____			

Please Make Checks payable to Ice House Skating Academy (IHSA)

**Mail forms to Heather Olson | 9397 Aspen View Drive | Grand Blanc, MI 48439**