

# What are Grassroots to Champions Seminars?

Our 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 onto the ice into a championship caliber competitor.

The main topics covered in the seminars:

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

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

This is a one day seminar from 8:00 am – 4:30 pm open to all levels. Parents are encouraged to attend with their skater as there will be a discussion with the Grassroots staff at the conclusion of the seminar. Skaters may attend with or without their coach. This seminar is designed to build upon the most basic foundations of figure skating and provide the skaters with the tools necessary to achieve their highest goals

Seminar content adapted from [www.grassrootsto Champions.com](http://www.grassrootsto Champions.com)



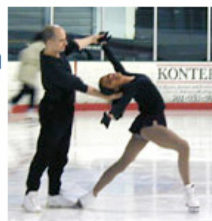
AUDREY WEISIGER

- Founder and Director of Grassroots to Champions
- 2-Time US Olympic Team
- 1999 PSA and USFSA Coach of the Year
- PSA World Coach Ranking
- Master Rated in Figures and Freestyle.



NICK PERNA

- PSA Master-rated
- Jumping pole expert.
- Former pairs skater
- “The Fishing Pole Guy”
- Students include 2 time men’s National Champion Michael Weiss and Olympic Champion Sarah Hughes



CHRIS CONTE

- PSA rated coach and choreographer
- Choreographer to International & National level skaters in Pairs & Freestyle
- Has worked with Tim Goebel, Sasha Cohen and Emily Hughes.
- Principal Skater with companies such as Ice Capades and Disney on Ice
- Certified Instructor of Therapeutic Pilates.

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## Private Lessons

Private lessons reserved on a first come first serve basis. Only one private lesson per skater, unless space permits. If spaces do not fill up you will be allowed to schedule additional lessons the day of the seminar. Schedule of private lessons will be e-mailed to participants no later than Aug. 10th.

\*If you have a request for a specific coach please indicate on registration form

**Lessons need to be paid for along with registration fee, in order to secure time-slot.**



## Sample Seminar

- 8:00 Intro
  - 8:15 Dartfish classroom: g2c off-ice H/D positions
  - 8:45 Break into 3 groups according to ability level and/or skater’s age
  - 8:50 two on-ice classes, one off ice
  - 9:35 rotate groups
  - 10:20 rotate groups
  - 11:00 Lunch (Coaches chat with g2c coaches)
  - 12:00 off-ice presentations
  - 1:00 groups once again
  - 2:00 rotate groups
  - 3:00 rotate groups
  - 4:00 Parents chat, all groups on ice review
- \*Schedule subject to change according to our needs. This is merely a sample.

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