

The Pettit National Ice Center is proud to present

Grassroots to Champions



with Sheila Thelen, Nick Perna, and Trevor Lask

Friday, July 17th, 2009
7:45am - 5pm
Pettit National Ice Center
414.266.0100, ext. 108
www.pettit.com

This seminar is for all skaters (*pre-preliminary thru senior level*) with a focus on teaching skaters and their coaches how to develop from the beginning steps on the ice to championship caliber competitors.

Topics of the Grassroots to Champions clinic include:

- Jumps (singles, doubles and triples)
- Off-ice jumping for correct air positions
- Correct take-off prints and landings
- Alignment of body positions
- How to correctly utilize a jumping pole
- Dartfish and understanding it's technological process
- Competition Preparation
- Conditioning the skater's body to compete at an elite level
- Creating the total package for skating competitively

Sample/Tentative Schedule:

- Introductions
- Split into groups for on-ice and off-ice rotations
- Off-ice presentation/demonstration
- Lunch and coaches chat w/ Grassroots to Champions coaches
- On-ice and off-ice rotations
- Parents Chat
- On-ice wrap-up/clinic review
- Closing

Parents and coaches are welcome to attend.

Skaters will be grouped according to their ability.

Lunch will not be provided, please bring a lunch or purchase lunch at the Pettit Center's Concession Stand

REGISTRATION DEADLINE FOR THE CLINIC IS JUNE 19, 2009 - IF AFTER JUNE 19, A LATE FEE APPLIES

**Private lessons will be available upon request on Saturday morning, July 18.
Applicants will be booked in order of request**

To book, please contact: Mary Duecker:
Mdsk8er@hotmail.com phone: 414.403.1130



Nick Perna

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. “Kids that wear it say they feel like a fish, a dog or a puppet,” Perna said. “I’ve been doing it for 15 years. I used to grab the backs of little kids’ sweatshirts and pull it over their heads when they’d do their axels — holding them by the scruff of their necks, so to speak. But with that, they couldn’t really skate into jumps.” Perna stumbled onto an ad in a skating magazine for the Pro Motion Hand-Held Harness invented by a Canadian named Jan Glerup. “I was his first customer,” Perna said. “It fit exactly what I was trying to do.” Nick was a World Coach at the 2001 World Championships with Christine Lee.



Sheila Thelen

Ms. Thelen is the Executive Director of Grassroots to Champions. She holds a Professional Skaters Association Master Rating, and from 1998-2008 was the Skating Director at the St. Croix Valley Recreation Center located in Stillwater, Minnesota. Ms. Thelen is the Designer and President of Champion Cords (Endorsed by the Professional Skaters Association International) for teaching skaters: alignment, position, muscle memory, awareness and technique.

Trevor Laak

Trevor Laak coaches in Madison, WI and specializes in on-ice jump technique. He works almost exclusively as a consultant to other skating coaches by providing pole harness, video analysis, and regular lesson services to them and their skaters. His own research focuses on quantifying minimum athletic requirements for figure skaters. Laak has a graduate research degree from the prestigious University of Wisconsin in Madison. He holds 6 patents and he has provided technical consulting for several Fortune 500 companies.





Application Form

Skater's Name: _____

Address: _____

City: _____

Date of Birth: _____ Home Club: _____

Daytime phone: _____ Email: _____

Clinic fee: \$120.00

Applications must be postmarked by June 19, 2009.

Registration is limited and is on a first come, first served basis.

Applications after June 19, 2009 will be accepted (if space is available) - \$25 late fee applies.

Highest jump landed consistently: _____

Coach's name: _____

Coach's signature: _____

Make checks payable to: Pettit National Ice Center
Mail to: Pettit National Ice Center
Attn: Lynn Paulsen/G2C Clinic
500 South 84th street
Milwaukee, Wisconsin 53214

Total enclosed: \$ _____ (add \$25 if after June 19)

Interested in private lessons on Saturday morning? - YES NO

Waiver of Liability – the undersigned agrees to hold harmless, US Figure Skating, the Wisconsin FSC, the Pettit National Ice Center and all their employees and agents from any and all loss, damage and/or injury that may be sustained by the applicant in any manner, while participating in any of the activities of said seminar. A parent or guardian must sign this release as well, if the entrant is under 18 years of age.

Signature of skater or parent/guardian if skater is under the age of 18