



Hosted By

BOBBE SHIRE SPINS CLINIC

**WHEN: Saturday and Sunday
April 25 - 26, 2015**

WHERE: The Cooler, Alpharetta, GA



SPACE IS LIMITED. Please register early to secure a spot in this popular spins clinic.

PRE-REQUISITE: Must be past Basic Skills Level 8 although lower levels will be considered with a coach's recommendation. Skaters must be able to do a one-foot spin from backward crossovers. Skaters will be divided into three groups based on their current spin capabilities.



Bobbe Shire has been coaching for over 45 years and is one of the most respected spin specialists in the world. She has worked with numerous national, world and Olympic competitors, including Michael Weiss, Kimmie Meisner, Patrick Chan, Sarah and Emily Hughes and Johnny Weir to perfect their spinning technique. She holds PSA Master Ratings in both figures and freestyle and has presented at numerous USFS and PSA conferences and training camps throughout the country.

Bobbe coaches at the Garden Ice House near Laurel, Maryland as well as at the University of Delaware. By specializing in spins, she has developed novel teaching methods that help her students understand and execute proper spinning techniques. As a specialist, she encourages her students to "push the envelope" in terms of creativity, technical ability, and skill development.

Dr. Dan Benardot received his PhD from Cornell University, is a registered and licensed dietitian/nutritionist, and is a Fellow of the American College of Sports Medicine. He is Professor of Nutrition and Professor of Kinesiology and Health at Georgia State University, where he is Director of the Laboratory for Elite Athlete Performance. Dr. Benardot is the inventor of NutriTiming® web-based and Apple iOS software, which provides real-time actionable advice on energy balance to improve body composition and athletic performance. He is the author of 7 books, 17 book chapters, and many refereed journal articles. He has worked for many years with Olympic athletes, including the USA gold-medal winning gymnastics team at the 1996 Atlanta Olympic Games, the medal winning USA marathoners at the 2004 Athens Olympic Games, and the medal winning USA figure skaters at the 2010 Vancouver and 2014 Sochi Olympic Games. He has recently been named The Atlanta Falcons Team nutritionist for the 2014-15 football season.



U.S. Figure Skating judge **Dana Graham** is the 1980 U.S. Junior Pairs Champion (with Paul Wylie) as well as a Team USA contender at several senior international competitions. Today she is a gold test and national singles and pairs competition judge and a national technical controller and specialist.

She served as a USFS team leader for more than 10 years, was co-chair of the 2004 U.S. Championships in Atlanta, and is chair of the USFS Technical Panel Committee. She teaches computer science at the Lovett School.

REGISTRATION FORM

PLEASE PRINT

Skater Name _____	Age _____	Gender <input type="checkbox"/> M <input type="checkbox"/> F
Address _____	City _____	State _____ Zip _____
Email Address _____	Emergency Phone # _____	
Home Club _____	Primary Coach _____	
Highest Free Skate Test Passed _____	Highest MIF Test Passed _____	

FEES

Atlanta FSC Member	_____	\$185.00	Atlanta FSC must be home club
Non Atlanta FSC Member	_____	\$200.00	

ALL PAYMENTS ARE DUE BY APRIL 10 (postmark)

Please make checks payable to the Atlanta FSC; returned checks will be assessed a \$50.00 bank fee. Applications received after April 10 will be subject to a \$50.00 late fee. **NO REFUNDS UNDER ANY CIRCUMSTANCES.**

Mail all forms and check to:

**Lori McGarigle
Attn: Bobbe Shire
2125 Ector Place NW
Kennesaw, GA 30152**

Skaters Release and Indemnity Agreement

The skater and skater's family hereby release, waive, and covenant not to sue Alpharetta Family Skate Centers, LLC (The Cooler), Bobbe Shire and participating staff, and the Atlanta Figure Skating Club for all claims for personal injury and/or damage loss of property arising from or related to the Bobbe Shire training clinic. In consideration for acceptance of this application, we hereby agree to indemnify and hold harmless all personnel associated with this clinic to include Alpharetta Family Skate Centers, LLC (The Cooler), the Bobbe Shire staff, the Atlanta Figure Skating Club, Inc., directors, officers, volunteers, their agents, employees, representatives, and assigns for any and all suits, claims, and demands of any kind of personal injuries, property losses, damage, or accidents that I (we) may sustain while participating in this event. I (We) also intend that this waiver and release may apply to any relatives, personal representatives, heirs, next of kin, beneficiaries, or assigns who might pursue any legal action or claim for such liability, injury, loss, or damage.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. I (We) further give permission to the coaches, training staff, or other medical professionals to provide medical care as deemed necessary to me/my child in case of injury or illness.

Signature of Skater

Signature of Parent (if skater under age 18)

Date

Date

TENTATIVE SCHEDULE

SATURDAY, APRIL 25

SUNDAY, APRIL 26

8:00 AM	8:45 AM	Introduction to Bobbe (All groups)
8:45 AM	9:00 AM	Group A Skates On
8:45 AM	9:30 AM	Group B Power Stretching/Pilates
8:45 AM	9:30 AM	Group C Nutrition
9:00 AM	9:45 AM	Group A On Ice Spins
9:45 AM	10:00 AM	Group B Skates On
9:45 AM	10:30 AM	Group C Power Stretching/Pilates
10:00 AM	10:45 AM	Group A Nutrition
10:00 AM	10:45 AM	Group B On Ice Spins
10:45 AM	11:00 AM	Group C Skates On
10:45 AM	11:30 AM	Group A Power Stretching/Pilates
11:00 AM	11:45 AM	Group B Nutrition
11:00 AM	11:45 AM	Group C On Ice Spins
11:45 AM	1:00 PM	Break - Lunch
1:00 PM	1:15 PM	Group A Skates On
1:00 PM	1:45 PM	Group B Ballet
1:15 PM	2:00 PM	Group A On Ice Spins
1:00 PM	1:45 PM	Group C Judging Systems
2:15 PM	3:00 PM	Group A Ballet
1:45 PM	2:00 PM	Group C Skates On
1:45 PM	2:30 PM	Group B Judging Systems
2:00 PM	2:45 PM	Group C On Ice Spins
2:30 PM	2:45 PM	Group B Skates On
2:45 PM	3:30 PM	Group B On Ice Spins
3:00 PM	3:45 PM	Group A Judging Systems
3:00 PM	3:45 PM	Group C Ballet

10:45 AM	11:30 AM	Group C On Ice Spins
10:45 AM	11:30 AM	Group A Power Stretching/Pilates
10:45 AM	11:30 AM	Group B Agility
11:30 AM	11:45 AM	Group A Skates On
11:30 AM	12:15 PM	Group B Power Stretching/Pilates
11:45 AM	12:30 PM	Group C Agility
11:45 AM	12:30 PM	Group A On Ice Spins
12:15 PM	12:30 PM	Group B Skates On
12:30 PM	1:15 PM	Group B On Ice Spins
12:30 PM	1:15 PM	Group C Power Stretching/Pilates
12:45 PM	1:30 PM	Group A Agility
1:30 PM	2:15 PM	Wrap up with Bobbe Shire

The final schedule will be adjusted based on the number of skaters who register.

Atlanta FSC Coaches may attend the clinic free of charge.

PRIVATE LESSONS

Private lessons will be available on Friday, April 24 during freestyle sessions at a rate of \$40/20 minute lesson on a first-come, first-served basis. Additional sessions may be offered during the clinic pending ice time availability.

Please return this reservation form with your registration. Payment should be made directly to Bobbe Shire.

Skater Name _____

Email Address _____

Phone # _____