



Hosted By

GRASSROOTS TO CHAMPIONS TRAINING CLINIC



**WHEN: Saturday, July 18, 2015
8:00 AM - 5:00 PM**

WHERE: The Cooler, Alpharetta, GA

The **Grassroots to Champions** clinic combines on and off ice exercises with group discussion and a focus on technique to help skaters become true champions with “the total package.” The world-class faculty provides coaches and athletes with proven techniques, the latest technology, and training perspectives to maximize their potential - in both sport and life.

SPACE IS LIMITED TO 45 SKATERS on a first-come, first-served basis. Please register early to secure a spot in this extremely popular and well-respected training clinic. Private lessons with all three coaches will be offered on Friday, July 17, 2015 during regular freestyle sessions from 7:30 AM - 3:00 PM.

THE COACHES

Audrey Weisiger



A two-time U.S. Olympic Team coach, Audrey was named PSA and USFS Coach of the Year in 1999. She is a PSA-ranked world coach and is master rated in Figures and Freestyle. Audrey was the keynote speaker for the 2000 and 2003 PSA conferences and the 2005 and 2006 Canadian coaches conferences. She has served on the Board of Directors for the PSA and for various USFS committees, as well as the United States Olympic Committee. As a member of USOC’s “Developing Young Champions” subcommittee, she has organized and directed numerous G2G seminars.

Audrey’s former students include three-time U.S. Men’s champion and two-time Olympic Team member Michael Weiss, 2002 Olympic bronze medalist Timothy Goebel. She is currently coaching Senior Men’s competitor and three-time Junior Grand Prix Gold Medalist Tommy Steenberg. Audrey has coached at the Fairfax Ice Arena in Virginia since 1973. Prior to that, she was a USFS gold medalist in figures and freestyle and a U.S. national bronze medalist at the novice and junior levels.

Nick Perna is a PSA master-rated coach in freestyle and pairs, and a USFS gold medalist. He has also been a presenter at several PSA conferences. A former pairs skater, Nick has carved out a niche in the sport with his unique training device, earning him the moniker, “The Fishing Pole Guy.” U.S. champions Johnny Weir and Michael Weiss and Olympic champion Sarah Hughes, Olympic silver medalist Sasha Cohen are among the many users of his harness.

Nick Perna



“I used to grab the backs of 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,” says Nick. “But with that, they couldn’t really skate into jumps.” Then, he stumbled on 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,” Nick says. “It fit exactly what I was trying to do.” Nick coached Christine Lee at the 2001 World Championships.

Doug Webster



Doug Webster has worked as a choreographer with Stars On Ice, Disney On Ice, Holiday On Ice, and the Ice Theatre of New York, where he also served as Artistic Director. He has coached at the national and world professional level and choreographed for World champion Lu Chen, World pro champs Elena Leonova and Andrei Khvalko, and the amazing Lucinda Ruh.

He has performed alongside Olympic champions Scott Hamilton, John Curry, Dorothy Hamill, Oksana Baiul, Brian Boitano, Sarah Hughes, Katerina Witt, and Torvill and Dean. Other highlights include choreographing the Sun Valley Summer Skating Show, the 9/11 benefit *Stars, Stripes, & Skates* at Madison Square Garden, and the A&E television special *Winter Solstice On Ice*.

He holds a B.A. from William & Mary.

***An adult clinic will be held only if we meet the minimum number of registrations. If we do not meet this minimum, adults may participate in the Saturday clinic.**

REGISTRATION FORM

PLEASE PRINT

Skater/Coach Name	Age	___ M	___ F
Address	City	State	Zip
Email Address	Emergency Phone #		
Home Club	Primary Coach		
Highest Free Skate Test Passed	Highest MIF Test Passed		

Check one: ___ Working on single jumps ___ Working on Axel
 ___ Solid Axel, working on doubles ___ Double Axel plus triples

FEES

Atlanta FSC Member	_____	\$165.00	Atlanta FSC must be home club
Non Atlanta FSC Member	_____	\$185.00	
Atlanta FSC Coach	_____	\$50.00	Free if 3 or more of your skaters register
Non Atlanta FSC Coach	_____	\$60.00	Free if 3 or more of your skaters register

ALL PAYMENTS ARE DUE BY JUNE 1 (postmark)

Please make checks payable to the Atlanta FSC; returned checks will be assessed a \$50.00 bank fee. Applications received after June 1 will be subject to a \$50.00 late fee. **NO REFUNDS UNDER ANY CIRCUMSTANCES.**

Mail all forms and check to:
Lori McGarigle
Attn: G2G
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), the Grassroots 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 Grassroots 2 Champions 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 G2G 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

SATURDAY TENTATIVE SCHEDULE

<u>TIME</u>		<u>ACTIVITY</u>
7:30 AM	8:00 AM	Registration
8:00 AM	8:15 AM	Introductions
8:15 AM	8:45 AM	Dartfish classroom; G2C off ice h/d positions
8:45 AM	8:50 AM	Break into 3 groups (2 on ice, 1 off ice)
8:50 AM	9:30 AM	Group 1 on ice G2C alignment drills, on ice H&D
9:35 AM	10:15 AM	Group 2 on ice spins, jumps landing positions with Champion Cords
10:20 AM	11:00 AM	Group 3 off ice harness - axis drills and rotation (H&D)
11:00 AM	12:00 PM	Lunch* (all groups), coaches chat with G2C staff, group photo
12:00 PM	12:45 PM	Boots and blades discussion, video reviews
12:45 PM	1:00 PM	Break into groups
1:00 PM	2:00 PM	Group 1 on ice jumps (Axel, Salchow, loop)
2:00 PM	3:00 PM	Group 2 on ice jumps (loop, flip, Lutz)
3:00 PM	4:00 PM	Group 3 off ice: Language of skating/jump rope/ vertical jump
4:00 PM	4:30 PM	Parent meeting with Audrey; parents strongly urged to attend
4:30 PM	5:00 PM	Wrap-up

* Please pack a lunch, snack and water for your child as we cannot guarantee that the snack bar will be open.

PRIVATE LESSON REQUEST FORM

All private lessons will be offered on Friday, July 17, from 7:30 AM to 3:00 PM during freestyle sessions.

Private Lesson Requests:

- All lessons will be assigned in 20-minute increments
- Please indicate the number of 20-minute lessons you want next to the coach's name
- You may sign up for lessons with more than one coach
- Skaters will be assigned lessons based on availability
- Skaters may be grouped by skating level for small group lessons based on coach availability
- A finalized schedule will be emailed before the clinic.
- **Freestyle session rates will apply and will be indicated on the lesson schedule. Freestyle stickers may be purchased at The Cooler front desk.**

Private lesson fees, payable to each coach, are due on Friday prior to lessons. No exceptions!

Coach fees are \$40/20-minute session.

Please include this form with your registration application. When the schedule is finalized, we will contact you for payment.

COACH	# Individual Lessons	# Small Group Lessons
Audrey Weisiger	<input type="text"/>	<input type="text"/>
Nick Perna	<input type="text"/>	<input type="text"/>
Doug Webster	<input type="text"/>	<input type="text"/>
Small Group Lessons	Skater Names	Highest jump
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
Email Address	<input type="text"/>	