



**Blue Ridge Figure Skating Club  
presents**



**Grassroots to Champions Seminar  
May 20, 2017**

Revolution Ice Centre  
12 Old Boston Road  
Pittston, Pa. 18640

Seminar includes 7 hours of on ice and off ice group instruction with World and Olympic coaches and elite development specialists, opportunity for private lessons Sunday May 21, roundtable discussions for coaches and panel discussion and Q & A for parents.

**\$150.00 per skater no charge for Coaches who accompany their students**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Coach: \_\_\_\_\_ Club: \_\_\_\_\_

Circle skills you had ratified in competition (circle) all single jumps, 1axel, 2sal, 2toe, 2loop, 2flip, 2lutz, 2axel, 3sal, 3toe, 3 loop, 3flip, 3lutz, 3axel, quad  
Highest Moves in the Field passed: \_\_\_\_\_

PRIVATE LESSON REQUESTS: (20 minutes \$42) – please circle choice of coach

5/21/17 Weisiger Perna

Semi private REQUEST (split fees): 5/21/17 Weisiger Perna

Off ice spinner and harness semi private (20 min \$42)

**WAIVER AND RELEASE:**

In consideration of being allowed to participate in any way in the Grassroots To Champions, (the "seminar"), related events and activities, including but not limited to programs at the camp and off ice, I hereby agree/give my consent for myself/my child (as parent or guardian) to participate.

I acknowledge that ice skating is inherently dangerous, I agree that Grassroots To Champions, Blue Ridge Figure Skating Club, Revolution Ice Centre, their agents, servants, and employees shall not be liable to me (my child) for any injury or damage, however caused, resulting directly or indirectly from my child's participation in the camp whether incurred on the ice or otherwise, in or about the buildings, at any time preceding, during, or subsequent to the camp, and I hereby discharge Grassroots To Champions, their agents, servants, and employees from all actions, claims and demands I (my child) may have for any such injury or damage.

I further acknowledge and agree that Grassroots To Champions and seminar do not insure, and will not be expected, at any time, to insure the safety or the proper state of repair of my child's equipment used by my child during the camp and that Grassroots To Champions does not, and shall not be considered to, guarantee or warrant the instructional materials used by it during the camp.

I also understand that my agreement, releases, and discharges herein shall bind my heirs, legal representatives and assigns and shall endure to the benefit of Grassroots To Champions, Blue Ridge Figure Skating Club, Revolution Ice Centre, their agents, servants, and employees, and their successors and assigns.

\_\_\_\_\_  
Parent or Guardian's Signature

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Phone:

**Limited spaces available so please get your applications in as soon as possible to secure your spot.**

\$150.00 Payment: Check (Blue Ridge FSC/ FSC of NEPA)

Mail to: Carmina Monaco, PO Box 1058, Pocono Pines, Pa. 18350

Questions: Contact Carmina at: 570-350-8776

Email: funonice@ptd.net

Schedule will be emailed no later than May 1, 2017

## COACH BIOGRAPHIES

### Audrey K. Weisiger -Founder and President of G2C



A two-time U.S. Olympic Team coach, Audrey was given the highest award in the industry when she was named PSA and USFSA Coach of the Year in 1999. She has her PSA World Coach Ranking and is Master Rated in Figures and Freestyle. Audrey specializes in elite training for singles competitors and choreography. She is currently mentor to a number of developing elite coaches. Audrey was the keynote speaker for the 2000 & 2003 PSA Conferences and the 2005 & 2006 Canadian Coaches Conferences. She has served on the Board of Directors for the PSA and for various USFSA committees, as well as the United States Olympic Committee (USOC). As a member of USOC's "Developing Young Champions" subcommittee, she has organized and directed numerous [G2C 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](#); National Novice and Intermediate Ladies Champion Lisa Kwon; and Worlds competitor Christine Lee. She is currently coaching Senior Men's competitor and three-time Junior Grand Prix Gold Medalist [Tommy Steenberg](#) and North American Challenge competitor Anthony Dang. Audrey has coached at the [Fairfax Ice Arena](#) in Virginia since 1973. Prior to that, she was a USFSA Gold Medalist in Figures and Freestyle and a U.S. National Bronze Medalist at the Novice and Junior levels.

### Nick Perna



Nick Perna is a PSA Master Rated coach and jumping pole expert. 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."

Two-time National Champion Michael Weiss and Olympic Champion Sarah Hughes are among the many users of his harness.

"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 World Championships in 2001.