



Hosted By

GRASSROOTS TO CHAMPIONS TRAINING CLINIC

WHEN: Saturday, June 24, 2017

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 WILL BE LIMITED TO 45 SKATERS on a first-come, first-served basis. Adults are welcome to participate in this one-day seminar; bridge members are ineligible. Please register early to secure a spot in this very popular and well-respected training clinic. Private lessons with all coaches will be offered on Friday and Sunday.

COACHES



NICK PERNA is a PSA Mater-rated coach and jumping pole expert. He 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.

Nick Perna

G2C Executive Director **SHEILA THELEN** holds a PSA Master Rating. She is also the designer, owner, and president of PSA-endorsed Champion Cords for teaching skaters alignment, position, muscle memory, awareness, and technique. She is also president of Champion Skating Harness, an off-ice training harness that allows figure skaters to learn to rotate without falling or injury.

She has presented at the PSA, CFSA, and ISI conferences and served as the on-ice Dartfish specialist at several PSA conferences. She also has an ongoing article section in *PSA Magazine* and is a presenter for iCoachSkating.com.

After serving over 12 years as skating director of a large skating school, Sheila now consults with other skating directors and managers on improving the marketability and design of other skating schools. She currently coaches at Parade Ice Gardens and around the Twin Cities in Minnesota. Sheila holds two B.A.s from Hamline University.



Sheila Thelen



KATE MCSWAIN holds a Theatre degree from the University of Colorado and has extensive training in multiple styles of dance as well as a certification in Pilates.

She has choreographed For Ice Theatre of New York, American Ice Theatre (AIT), and the National Theatre on Ice (TOI) Champion team, Act 1. She served as the assistant director for the 2016 Worlds Figure Skating Championships opening ceremonies and is director of AIT Boston. In 2012, Kate received an AIT certification in choreography from Jodi Porter’s Master Choreography Techniques class and was a two-time finalist in our Young Artists Showcase choreography competition.

She has had the opportunity to work with elite skaters such as Jeremy Abbott, Rachael Flatt, Adam Rippon, John Coughlin and Caydee Denney, and Lynn Kriengkrairut and Logan Guilietti-Schmitt.

Kate McSwain

Kate travels around the country to direct her Sk8tivity artistic seminars, choreograph for competitive skaters and shows both on and off the ice.

REGISTRATION FORM

PLEASE PRINT

Skater/Coach 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 _____	

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

FEEES

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 MAY 13 (postmark)

Please make checks payable to the Atlanta FSC; returned checks will be assessed a \$50.00 bank fee. Applications received after May 13 will be subject to a \$50.00 late fee. **NO REFUNDS UNDER ANY CIRCUMSTANCES.**

Mail all forms and check to:
Lori McGarigle
Attn: G2G
5327 Weatherwood Trace
Marietta, GA 30068

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

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
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
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
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 Nick; parents strongly urged to attend
4:30 PM	5:00 PM	Wrap-up

PRIVATE LESSON REQUEST FORM

All private lessons will be offered on Friday, June 23, and Sunday, June 25 . The schedule will be announced after the close of registration. **ONLY CLINIC PARTICIPANTS ARE ELIGIBLE FOR PRIVATE LESSONS.**

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 \$42/20 minute lesson.

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
Nick Perna	<input type="text"/>	<input type="text"/>
Sheila Thelen	<input type="text"/>	<input type="text"/>
Kate McSwain	<input type="text"/>	<input type="text"/>
Small Group Lessons	<u>Skater Names</u>	<u>Highest jump</u>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
Email Address	<input type="text"/>	