

# G2C Training Camp



**Prince William Ice Center, VA**

**Join us June 14-17, 2019**

**G2C TRAINING CAMP IS DESIGNED FOR THE SERIOUS SKATER WHO WANTS TO REACH THEIR GOALS**

**This is a comprehensive camp that features innovative training for aspiring elite skaters who have the dedication to develop their full potential as athletes and artists.**

## **On Ice Classes include:**

- group instruction in jumps and spins
- edge & figures classes
- components classes, professional performance class
- 2 freestyle sessions daily with 4 private lessons and 2 semi private lessons include in camp tuition

## **Off Ice Classes include:**

- off-ice harness and spinner
- dance classes
- sports psychology
- developing agility and strength
- understanding IJS points
- competition preparation
- 2 off-ice lessons are included

## **STAFF**

Our Olympic and World class staff this summer will include Audrey Weisiger, Jeremy Allen, Nick Perna, Kalle Strid, Chris Conte, Tommy Steenberg, Cheryl Bruschi (spins specialist), renowned sports psychologist Caroline Silby; plus World and Olympic demonstrators to help motivate and inspire the future generations.

Sign up at [www.grassrootstochampions.com](http://www.grassrootstochampions.com)

**Questions?**

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Attendees must be working on their single axel and double jumps. This is a non-boarding camp.