



Grassroots to Champions



National and International Coaches

Nick Perna & Chris Conte

July 31st 2014

7:30am-12:00pm - RecPlex Ice Arena

Grassroots to Champions is a seminar for skaters pre-preliminary through the senior level. Parents and coaches are encouraged to attend as well. This seminar is created to raise the technical level of US skaters over the next 4 years. The seminars focus on teaching coaches and their skaters how to develop from the first steps onto the ice into a championship caliber competitor.

During the seminar skaters will be divided into groups according to their ability. In their group they will rotate from on-ice to off-ice stations where they will work with the Grassroots staff to improve the quality of their skating.

The main topics covered during the seminar:

1. Jumps from singles to doubles to triples to quads
2. Off-ice jumping for correct air positions
3. Correct take-off prints and landings
4. Alignment of body positions
5. How to use the jumping pole with Nick Perna
6. How Dartfish can speed the learning process with Chris Conte
7. Proper equipment fitting
8. How to prepare for competition
9. Grassroots to Champions lecture on the process of becoming a skater in full bloom
10. Conditioning the body for skating at the elite level
11. How to create the total package

Meet the Grassroots staff:

Chris Conte (\$110.00 per hour)

- Dartfish expert
- National and International choreographer/coach
- PSA Rated
- Principal skater with Ice Capades and Disney on Ice

Nick Perna (\$110.00 per hour)

- ProMotion pole harness expert
- PSA Master Rated
- National and International coach
- Staff instructor for Team USA camps

RecPlex Ice Arena, www.replexonline.com
9900 Terwall Terrace, Pleasant Prairie, WI 53158
Email Katie Kerley at kkerley@plprairiewi.com for any and all questions

Registration Form

If postmarked by: 7/7/14 After 7/7/14 CEFSC Member Coaches
Circle One \$ 95.00 \$ 110.00 \$ 75.00 \$35.00

Name: _____ Date of Birth: _____ Sex: M or F

Address: _____ City/Zip/State: _____

Home Phone: _____ Email: _____

Highest FS Passed: _____ Have you ever taken Grassroots to Champions before? YES or NO

Most difficult jump attained: _____ Name of primary coach: _____

It is agreed that the participant and family holds the Grassroots Staff, RecPlex Ice Arena and Cutting Edge Figure Skating Club staff are harmless from any and all liability for injury, damages or loss of property. It is agreed that I/we assume the risks of participating in the seminar and waive all claims for personal injury.

Signature: _____ Date: _____

Private Lesson Requests:

- Pay coach directly at time of lesson. A portion of travel expenses will be factored into all private lessons.
- All lessons will be offered in 30 minute increments.
- Students not attending the G2C seminar will be assessed a \$25 fee that must be paid directly to the RecPlex. This is an administrative fee to coordinate lessons and the guest coaches' schedule. This fee **MUST** be included with the private lesson request form.
- Students will be assigned lessons based on first-come first-serve basis
- **MUST** provide an email address to receive information and finalized schedule
- Additional Ice costs will apply. FS rates and other ice arena information can be found at www.recplexonline.com

Thursday, July 31st, 2014 6:00am-7:00am ___Chris Conte ___Nick Perna

Thursday, July 31st, 2014 3:00-5:00pm ___Chris Conte ___Nick Perna

Friday, August 1st 2014 6:00am-10:00am ___Chris Conte ___Nick Perna

Friday, August 1st 2014 11:00am-1:00pm ___Chris Conte ___Nick Perna

ALL Registrations MUST be postmarked by Friday, July 18th

RecPlex Ice Arena
9900 Terwall Terrace
Pleasant Prairie, WI 53158
Attention: Katie Kerley

Checks payable to Village of Pleasant Prairie

