

Central Pennsylvania Figure Skating Club Presents:

Grassroots to Champions



Tuesday, August 9, 2011

8:00 AM – 5:00 PM

Twin Ponds East Skating Rink – 3904 Corey Road, Harrisburg, PA 17109

Training Clinic Cost: \$25 (CPFSC Members) - \$75 (non-members)

Registration Due: Friday, July 29, 2011 (\$20 LATE FEE after this date)

Registration Forms available at the rink & online at: www.centralpennfsc.org

This seminar is for all skaters *Basic Skills thru senior level* with a focus on teaching skaters and their coaches how to develop from the beginning steps on the ice to championship caliber competitors. Skaters grouped by their ability.

The Topics of the Grassroots to Champions clinic include: (about 4 hours of ice time)

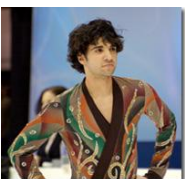
- Jumps (singles, doubles and triples)
- Off-ice jumping for correct air positions
- Correct take-off prints and landings
- Alignment of body positions
- How to correctly utilize a jumping pole
- Dartfish and understanding it's technological process
- Competition Preparation
- Conditioning the skater's body to compete at an elite level
- Creating the total package for skating competitively

**Register Now!
Limited spots available!**

The Grassroots to Champions seminar will feature Coaches:



Nick Perna is a PSA Master-rated coach who is a jumping pole expert. Perna is a former pairs skater who has carved out a niche in the sport with his unique training device — which has earned him the moniker, “The Fishing Pole Guy” — with two-time men’s national champion Michael Weiss and Olympic Champion Sarah Hughes among the users of his harness.



Tommy Steenberg specializes in jump technique and choreography. Competitive accomplishments include 2008 Senior Eastern Sectional Champion, 2008 Jr. World Team Member, 3 time Junior Grand Prix Gold Medalist, and Junior Grand Prix Finalist. He was the 2006 recipient of the "Champion in Life Award" alongside Emily Hughes, and a member of the 2006 State Farm/USFS Scholastic Honors Team for balancing success in school and skating.

Final Schedule will be sent to registered skaters no later than one week before the seminar.

More information online at: www.grassrootstochampions.com