

Waiver of Responsibility

SKATER/PARENT/GUARDIAN: I understand and agree that the USFS, Janet Champion and the Kent Skating Club, including its Board of Directors, and all volunteers assisting in the organization of the seminar undertake no responsibility for damages or injuries, or loss of property suffered by the SKATER, COMPETITOR, PARENT AND/OR GUARDIAN. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, USFS, Janet Champion, the KENT SKATING CLUB, including its Board of Directors and all volunteers assisting in the organization of the competition. SKATER/PARENT/GUARDIAN acknowledge that their entry forms shall be accepted only on such condition.

Signature of Skater:

Date: _____

Signature of Parent/Guardian (if minor):

Date: _____

Grassroots To Champions
is proud to be sponsored by:



Grassroots to Champions Seminar

With
World & Olympic & National
coaches
Audrey Weisiger
Nick Perna
Sheila Thelen

Sunday, May 2, 2010
9:00am - 5:00pm*

Hosted by the
Kent Skating Club

At the
Kent State University Ice Arena

www.kentskatingclub.net

Contact Julie Zeager at
Juliez0@yahoo.com

*Schedule is subject to change

Grassroots to Champions (G2C)

The G2C mission is to provide coaches and their athletes with proven techniques, the latest technology, and training perspectives to maximize potential in both sport and life.

What are Grassroots to Champions Seminars?

Our mission is 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.

Topics covered in the seminar:

- Proper equipment fitting
- Off-ice Jumping
- Correct air positions
- Body alignment and positions
- Correct take-off prints and landings
- Jumps from singles to doubles to triples
- How to prepare for competition
- Conditioning the body for skating

Skaters will be divided by Free Skate test level.

Schedules will be emailed out to those registered and will be posted on www.kentskatingclub.net.

Audrey Weisiger



Audrey is a 2-Time US Olympic Team Coach and was the 1999 PSA and USFSA Coach of the year. She has her PSA World Coach Ranking and is Master rated in Figures and Freestyle.

Audrey has coached at the Fairfax Ice Arena in Virginia since 1973.

Nick Perna

Nick is a PSA Master rated coach who is a jumping pole expert. Nick 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.

Nick was a World Coach at the 2001 World Champions with Christine Lee.

Sheila Thelen

Sheila is the Executive Director of Grassroots to Champions. She holds a PSA Master rating and was the Skating Director from 1998-2008 at the St. Croix Valley Recreation Center located in Stillwater, Minnesota. Sheila is the Designer and President of Champion Cords for teach skaters alignment, position, muscle memory, awareness and technique.

Grassroots to Champions Seminar

Name of Skater: _____ Age: ____

Address: _____

City: _____ State: ____ Zip: _____

Phone: (____) _____

E-mail: _____

Last Free Skate Test passed: _____

Last Moves Test passed: _____

Coach's Name: _____

Coach's E-mail: _____

Home Club: _____

Kent SC Home club skaters:

____ \$150 received by April 15

____ \$170 received April 16 or later

All other skaters:

____ \$175 received by April 15

____ \$195 received April 16 or later

Coaches:

____ \$35

____ Free - if 3 of your skaters are attending the seminar. Please list below your 3 skaters:

Office use only:

Amount paid: _____ Check #: _____

Date Rec'd.: _____