



The Cleveland Skating Club

presents

GRASSROOTS TO CHAMPIONS

SKATING SEMINAR

FEBRUARY 20th, 2012



Cleveland Skating Club, 2500 Kemper Road, Cleveland, OH

Registration DUE by Feb. 6th

The G2C seminar offers coaches and their skaters techniques to develop from the first steps onto the ice into a championship caliber skater/competitor. Participants will receive instruction

both on and off the ice involving innovative programming such as Dartfish Video Technology along with the professional expertise of Olympic and World Coaches:



Audrey Weisiger, 2 time U.S. Olympic Coach, some of her former students include Michael Weiss (3 time U.S. Men's Champion, 2 time U.S. Olympic Team, 2 time World Bronze Medalist), Timothy Goebel Olympic Bronze Medalist), Lisa Kwon (National Novice and Intermediate Ladies Champion), and Christine Lee (World Competitor).



Chris Conte is a PSA rated coach and choreographer, he will demonstrate/speak on how Dartfish technology can speed the learning process. Conte is choreographer to International & National level skaters in Pairs & Freestyle, and has worked with skaters including Tim Goebel, Sasha Cohen and Emily Hughes.



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 nickname, "The Fishing Pole Guy" — with two-time men's national champion Michael Weiss and Olympic Champion Sarah Hughes among the users of his harness.

On Ice Training will include techniques for improving jumps, including pole harness and Dartfish technology, foot work and choreography.

Off Ice Training will include Biomechanics, off Ice jump harness for improving air position, alignment for skating, step by step video illustration of each jump technique.

Coaches and Parents are welcome to stay and observe at no extra cost . Lunch may be ordered for an additional fee.

Registration 8:00 AM, Lunch 12:00-1:00, →PARENTS "CHAT" 3:15, Dismissal 4:00 PM

CSC PRESENTS: Grassroots to Champions February 20, 2012

OUT OF CLUB REGISTRATION FORM

Skater NAME/ Skater USFSA #:	Birthdate/Age:
Address, City, State, Zip:	
Email:	Parents Name:
Home Phone Number:	Emergency Number/Contact:
Home Club:	
Coach's Name:	
Current Freestyle level:	
Skater level, please check one: <input type="checkbox"/> working on single jumps/Axel <input type="checkbox"/> Solid Axel, working on doubles <input type="checkbox"/> working on double axel and above Most difficult Jump obtained:	

Participants will be grouped according to ability -- (Coach's Signature confirms skater's level)

Coach's Signature: _____ PSA # _____

Skater Tuition for Grassroots to Champion Seminar **\$160.00** (if rec'd by Jan 31st)

\$170.00 (if rec'd after Feb. 1)

Tuition INCLUDES LUNCH (Turkey Sandwich) + ICE FEES for Seminar/Optional Lessons

Check if Vegetarian lunch requested

TOTAL Enclosed \$ _____

Please Make Checks payable to: The Cleveland Skating Club. \$25 fee for all returned checks

Mail to: Cleveland Skating Club, 2500 Kemper Road, Cleveland, OH 44120

Attn: Carla Martin

SKATERS SHOULD BRING THE FOLLOWING: Snacks, water, layered clothing, tennis shoes, jump rope (plastic not cotton), hard guards and gloves

ALL SKATERS MUST HAVE A SIGNED LIABILITY WAIVER OR WILL NOT BE PERMITTED ON ICE

For any additional information contact:

Liz Aragon-Murray at Lizaragon@yahoo.com or phone: 216-256-3311

or Carmen Rackley at Carmenf@adelphia.net or phone: 216 312-3574

CANCELLATION POLICY: No Refunds - however participant substitutions will be allowed.

Out Of Club Private Lesson Registration Form

Private Lessons are limited- register early. First priority will be given to seminar participants in the order received. Seminar registration includes the ice fee. However, after Feb. 6 - if space is available, you may register separately for a private lesson. A \$25.00 ice/registration fee will apply.

Skater Name/USFSA# /FREESTYLE LEVEL	
Address, City, State, Zip:	
Phone Number:	Emergency Number:
Home Club:	
Date Registered for Seminar:	EMAIL Address:

Coach's Signature: _____

(Coach's Signature confirms skater's level) → **COACHES YOU ARE INVITED/ENCOURAGED TO OBSERVE LESSONS**

Private Lessons (Please indicate time preference with 30, 45 or 60 min)

Rates are: \$62.50/30 min \$93.75/45 min \$125/60 min

→ Lessons will be assigned by date received - notified by email on or after Feb 10:

Sunday Feb. 19 *Lessons will be offered between 4:15 - 9:15 pm*

4:15 - 6:45 pm:

_____ Audrey _____ Chris _____ Nick

7:00 - 9:15 pm:

_____ Audrey _____ Chris _____ Nick

Monday Feb. 20 30 minute slots (this day only) between **6: 30 and 8:00 AM.**

_____ Audrey _____ Chris _____ Nick

Tuesday Feb. 21 lessons will be offered between 6:30 am- 12:30 pm

_____ NICK

_____ **6:30 - 8:30 am** _____ **9:00 - 10:30** _____ **11:00 - 12:30**

Payment Enclosed:

Audrey's Coaching Fee \$ _____ X _____ sessions = _____

Nick's Coaching Fee \$ _____ X _____ sessions = _____

Chris's Coaching Fee \$ _____ X _____ sessions = _____

\$25 Registration/Ice Fee (IF NOT ATTENDING SEMINAR) \$ _____

Total Private Lesson/ Fees \$ _____

Please Make Checks payable to THE CLEVELAND SKATING CLUB. A \$25 fee for all returned checks

ALL SKATERS MUST HAVE A SIGNED LIABILITY WAIVER OR WILL NOT BE PERMITTED ON ICE



RELEASE & INDEMNITY AGREEMENT SEMINAR / ICE RENTALS

The Cleveland Skating Club, its officer, trustees, members, employees, professionals, coaches and agents, assume no responsibility for injuries incurred during use of the ice rink facilities. As in any athletic program, the possibility of injury exists, but reasonable precautions will be made to prevent any injuries before they happen.

In consideration of the Cleveland Skating Club

_____,
Child's Name – Please Print

A minor, the undersigned parents (or guardians) of said minor, hereby agree, jointly and severally to release, indemnify and hold harmless the Cleveland Skating Club, its officers, trustees, members, employees, professionals, coaches and agents, for any injury sustained by said minor in the course of instruction and/or any use of the ice; and said persons hereby, jointly and severally, waive their right to bring any action against the Cleveland Skating Club or any of the above-named persons in the event of any injury sustained by said minor. We/I also accept financial responsibility and agree to indemnify the Cleveland Skating Club for any incidents, claims or actions for willful damages inflicted by said minor on the property or properties of the Cleveland Skating Club.

Father (or Guardian)

Mother (or Guardian)

Date Signed