



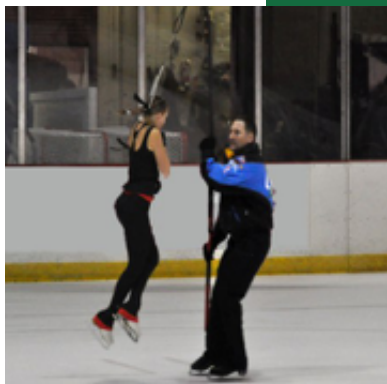
Grassroots to Champions Seminar

Our goal is to make champions.



TECHNIQUE.

**JUNE
19TH-20TH
2017**



TECHNOLOGY.

**OLYMPIC &
WORLD
COACHES**

TRAINING.

ENTRYEEZE.COM

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

**Hosted by
The Shaker Figure Skating Club**

Thornton Park Ice Arena
3301 Warrensville Ctr Rd., Shaker Hts., OH 44120



For more info contact: Angie 216-577-6002 or Stacey 216-789-2487

WHAT IS G2C?

Our seminars teach figure skaters and their coaches how to develop, from the first steps onto the ice into championship-caliber competitors. G2C's world-class faculty combine on- and off-ice exercises with group discussion and a focus on technique to help skaters become true champions with "the total package."

THE MAIN TOPICS COVERED IN A GRASSROOTS TO CHAMPIONS SEMINAR:

- Jumps, from singles and doubles to triples and quads
- Off-ice jumping for correct air positions
- Correct take-off prints and landings
- Alignment of body position
- Proper equipment fitting
- How to prepare for competition
- Conditioning the body for skating at the elite level
- How to create "the total package"
- Becoming "a skater in full bloom"
- How to use the jumping pole
- How dartfish can speed the learning process
- "Performance power"
- On-ice and off-ice air position correction
- Identifying talent in your group lesson programs

SAMPLE SCHEDULE - JUNE 19, 2017

<u>7:30-8:00</u>	<u>Registration</u>
<u>8:00-8:30</u>	<u>Introductions, Dartfish video</u>
<u>8:45-9:25</u>	<u>Group 1 on ice, Group 2 on ice, Group 3 off ice</u>
<u>9:30-10:10</u>	<u>Group 1 off ice, Group 2 on ice, Group 3 on ice</u>
<u>10:15-10:55</u>	<u>Group 1 on ice, Group 2 off ice, Group 3 on ice</u>
<u>11:00-12:00</u>	<u>Lunch (all groups)</u>
<u>12:00-12:30</u>	<u>Boots & Blades talk, video reviews</u>
<u>12:45-1:45</u>	<u>Group 1 on ice, Group 2 off ice, Group 3 off ice</u>
<u>1:45-2:45</u>	<u>Group 1 off ice, Group 2 on ice, Group 3 off ice</u>
<u>2:45-3:45</u>	<u>Group 1 off ice, Group 2 off ice, Group 3 on ice</u>
<u>4:00-4:30</u>	<u>Parent chat off ice</u>

PRIVATE LESSON SCHEDULE - JUNE 20, 2017

Private lessons will be available throughout the morning and afternoon and are on a first-come-first-served basis. The lessons will be 20 minutes and will be available from all three G2C Coaches: Audrey, Tom and Tommy (see bios on next page). See below for session times.

6:15-6:35	8:15-8:35	10:15-10:35	12:15-12:35
6:35-6:55	8:35-8:55	10:35-10:55	12:35-12:55
6:55-7:15	8:55-9:15	10:55-11:15	12:55-1:15
7:15-7:35	9:15-9:35	11:15-11:35	1:15-1:35
7:35-7:55	9:35-9:55	11:35-11:55	1:35-1:55
7:55-8:15	9:55-10:15	11:55-12:15	

OLYMPIC/WORLD LEVEL SKATING COACHES



AUDREY K. WEISIGER - FOUNDER AND PRESIDENT OF G2C

A two-time U.S. Olympic Team coach, Audrey was given the highest award in the industry when she was named PSA and USFSA Coach of the Year in 1999. She has her PSA World Coach Ranking and is Master Rated in Figures and Freestyle.

Audrey specializes in elite training for singles competitors and choreography. She is currently mentor to a number of developing elite coaches.

Audrey's former students include three-time U.S. Men's Champion and two-time Olympic Team member Michael Weiss; 2002 Olympic Bronze Medalist Timothy Goebel; National Novice and Intermediate Ladies Champion Lisa Kwon; and Worlds competitor Christine Lee. She is currently coaching Senior Men's competitor and three-time Junior Grand Prix Gold Medalist Tommy Steenberg

and North American Challenge competitor Anthony Dang.

Audrey has coached at the Fairfax Ice Arena in Virginia since 1973. Prior to that, she was a USFSA Gold Medalist in Figures and Freestyle and a U.S. National Bronze Medalist at the Novice and Junior levels.



TOM ZAKRAJSEK – G2C GUEST COACH

As a successful national competitor and former skater with Disney on Ice, Tom turned to coaching in 1990. He has been coach to such skaters as Max Aaron, Mirai Nagasu, Jeremy Abbot, Ryan Bradley, Rachel Flatt.

In 1996 he was invited to move to Colorado to coach at the Broadmoor World Arena. Drawn to furthering his education in response to criticism that the U.S. ought to employ more science in its training, Tom went onto to receive a Masters Degree in exercise science from the University of Colorado, Colorado Springs

Years of hard work and dedication have honed his coaching process and skills The notable achievements of his athletes speak for themselves. Tom has taught triple axels and quadruple jumps

to more different male skaters than any other coach in the U.S.A.



TOMMY STEENBERG – G2C COACH

Tommy trained under the tutelage of Audrey Weisiger for over 10 years and has been a coach at Fairfax Ice Arena for the past 5 years. He specializes in jump technique and choreography, and recently graduated from George Mason University.

Tommy has medaled at Nationals in the Intermediate, Novice, and Junior levels, and placed in the top 10 in Senior at Nationals in 2008 and 2009. He was a member of the Junior World Team in 2008 and is a three-time Junior Grand Prix Gold Medalist.

Some of the choreographers he has worked with include Pasquale Camerlengo, Chris Conte, 2008 World Champion Jeffrey Buttle, Kirov Ballet Master Vladimir Djouloukhadze, and Dance Company Instructor Debbie Street.

REGISTER AT ENTRYEEZE.COM

REGISTRATION & FEES

Register for the seminar and private lesson through ENTRYEEZE.COM

SEMINAR: Registration Fee: \$100
Includes: All on and off ice clinics and lunch and snacks.

LESSON: Registration Fee: \$42 per 20mins
Please make private lesson reservations using practice ice selection on ENTRYEEZE.COM
City of Shaker Heights walk on ice fees must be paid to the city of Shaker prior to taking the ice.
Walk on rates are \$5 for Shaker residents and \$7 for non-residents per session.

COACHES: Individual coach fee: \$50 **(COACHES WHO ENLIST 4 SKATERS MAY ATTEND FREE!)**

LODGING & WHAT'S NEARBY

OFFICIAL HOTEL: **FAIRFIELD INN AND SUITES, 3**
750 Orange Place, Beachwood OH 44122, 216-831-3300
Special Event Rate \$109/night. Use code G2C for seminar rate.

RESTAURANTS

J. Pistone	0.1 miles 3245 Warrensville Center Rd, Shaker Hts..
Wendy's	0.6 miles 3516 Warrensville Center Rd, Shaker Hts.
Qdoba	0.6 miles 20090 Van Aken Blvd, Shaker Hts.
Donato's Pizza	0.7 miles 20116 Van Aken Blvd, Shaker Hts.
Starbucks	1.2 miles 22841 Chagrin Blvd, Beachwood
Pizzazz Pizza	1.3 miles 20680 John Carroll Blvd, University Hts.
Bruegger's	2.1 miles 24215 Chagrin Blvd, Beachwood
Five Guys	2.2 miles 13971 Cedar Rd, South Euclid
Piada	2.3 miles 13947 Cedar Rd, South Euclid
Zoup!	2.3 miles 13955 Cedar Rd, South Euclid
Chipotle	2.3 miles 13937 Cedar Rd, South Euclid
Panda Express	2.3 miles 2100 Warrensville Center Rd, South Euclid
Panera	2.4 miles 13901 Cedar Rd, South Euclid
Bob Evans	2.4 miles 13875 Cedar Rd, South Euclid
BW3	3.7 miles 26200 Harvard Rd, Warrensville Hts.
Chik-Fil-A	3.8 miles 4001 Richmond Rd, Warrensville Hts.

ICE CREAM

Ben & Jerry's	1.2 miles 20650 N. Park Blvd, University Hts.
Baskin Robbins	1.9 miles 16969 Chagrin Blvd, Shaker Hts.
Menchie's	2.4 miles 13905 Cedar Rd, South Euclid

GROCERY STORES

Heinen's	2.0 miles 16611 Chagrin Blvd, Shaker Hts.
Whole Foods	2.2 miles 13998 Cedar Road, University Hts.
Giant Eagle	2.4 miles 24601 Chagrin Blvd, Beachwood

GAS STATION

BP	0.7 miles 20420 Chagrin Blvd, Shaker Hts.
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DRUG STORE/PHARMACY

Rite Aid	0.6 miles 20405 Chagrin Blvd, Shaker Hts.
Walgreens	0.7 miles 20200 Van Aken Blvd, Shaker Hts.
CVS	1.8 miles 17120 Chagrin Blvd, Shaker Hts.

SHOPPING

Shaker Hardware	1.8 miles 17111 Chagrin Blvd, Shaker Hts.
Michaels	2.1 miles 24081 Chagrin Blvd, Beachwood
Target	2.4 miles 14070 Cedar Rd, University Hts.
Walmart	2.8 miles 1868 Warrensville Center Rd, South Euclid

BANKS/ATM

Key Bank	0.3 miles 3370 Warrensville Center Rd, Shaker Hts.
Ohio Savings	0.4 miles 20133 Farnsleigh, Shaker Hts.
PNC	0.7 miles 20711 Chagrin Blvd, Shaker Hts.

ADVERTISING OPPORTUNITY



Hosted by The Shaker Figure Skating Club

Thornton Park Ice Arena, 3301 Warrensville Ctr Rd., Shaker Hts., OH 44120

Support Local Figure Skaters Purchase an Ad for Our Program Booklet

Name of Business: _____

Contact Person: _____

Phone Number: _____

Email Address: _____

AD SIZE	COST PER AD	TOTAL
FULL PAGE (4 1/2" x 7 1/2")	\$50	
1/2 PAGE (3 3/4" x 4 1/2")	\$28	
1/4 PAGE (2" x 3 3/4")	\$15	
BUSINESS CARD (3 1/2" x 2")	\$10	
	LESS 10% COUPON	
		TOTAL:

Please submit ad including all black and white artwork as a JPEG or PDF to angchap34@hotmail.com no later than June 1, 2017. You will receive a 10% discount on your ad if you include a coupon in the program ad redeemable between June 18-June 21, 2017 exclusively for our event participants.

Please send checks made payable to **Shaker Figure Skating Club** to:
Angie Chapple-Wang, 3460 Jaclyn Dr., Solon, OH 44139