



Grassroots to Champions Seminar June 28-29, 2017



We are excited to have **Audrey Weisiger** at the Ice Palace to help our skaters maximize their potential. Audrey is a US World and Olympic coach and coach of Michael Weiss (US National Champion and World Bronze Medalist). She was the 1999 PSA and USFSA Coach of the Year and has her PSA World Coach Ranking.

Wednesday, June 28			Thursday, June 29	
TRC-C	TRC-D	Off-ice	TRC-C	Off-ice
1:45-2:45pm Sr A - Freeskate			12:30-1:30pm (Side D) Sr A - Freeskate	
Flood			Flood	
3:00-3:50 Sr A - Technical			1:45-2:45 Sr A - Technical	
Flood			Flood	
4:05-4:50 Sr A/B - Technical			3:00-4:15 Sr A/B - Technical	4:30-5:30pm Sr A - Ballet
			Flood	
5:00-5:30 Int A / Sr B - Freeskate	5:00-5:30pm Jr - Technical		4:30-5:30 Sr B - Freeskate	4:30-5:30 Int B - Fitness
Flood	5:30-6:15			4:50-5:30
5:50-6:45 Int A / Sr B - Technical	Jr / Int B - Stroking		5:45-6:45 Int A/B - Technical	Int A - Jump Class
6:45-7:45 Int B - Technical	6:15-8:00 Comp Dance	6:25-7:25pm Jr - Off-ice	Flood	5:45-6:45 Sr B - Ballet
	7:15-8:00		7:00-8:00	
	Sr B - Freeskate		Int A/B - Technical	

****Skaters must be 2016-17 package skaters in order to participate**

****Audrey will teach all "Technical" sessions; all other sessions will be regular training sessions**