

WE'RE HOSTING A HUGE SKATING SEMINAR!

Overall Theme: IMPROVE YOUR JUMPS!



Nick Perna

Jump Specialist
Pole Harness Specialist



Sheila Thelen

Champion Cords
Champion Skating Harness

This seminar is PERFECT for skaters & coaches!
Single jumps starting out all the way up to triples
(Basic back spin ability– suggested as a requirement)

August 18, 2017 – Seminar \$150.00

10:00 am – 4:00 pm. Pack your own healthy lunch & snack.

August 19, 2017 – Morning private lessons

Small group/same level encouraged. Sign up below.

**Jumps, Off Ice harness/Rotation, Champion
Cords, Warm Up Skills, Jump Drills/Rotation!**

WORKSHOP - Sign up:

Skaters name: _____ Age: _____

Address: _____

Club: _____ Coach: _____

Email: _____

Moves Passed: _____ Freestyle Passed: _____

Emergency Contact Name & Number: _____

Private lesson sign up:

- 20 minute Private lesson with Sheila: \$43.00
- 20 minute Private lesson with Nick: \$43.00
- Small Group lesson with Sheila: \$17.00
- Small Group lesson with Nick: \$17.00

Sign up for Privates – is First Come/First Serve.

Space is limited so sign up today!

Email your form to: gatecityfsc@gmail.com

Coaches & Skaters – Join the fun & learning!

More information on our special guest instructors:

Sheila Thelen is a PSA Master Rated coach with more than 25 years of coaching experience. She currently teaches in an around the Twin Cities in MN. She has also been a presenter at PSA, CFSA, and ISI International Conferences.

Sheila is the Designer and President of [Champion Cords](#) which produces training aids for skaters that teach alignment, position, muscle memory, body awareness, and technique. She is also the President of [Champion Skating Harness](#), a company that specializes in off-ice harnesses for jump air position training. She is also the Executive Director of [Grassroots to Champions](#). She was also the Skating Director of a large skating school in Minnesota for over 10 years.

Sheila does seminars worldwide and can be reached directly through her [Champion Cords website](#).

Nick Perna is a National, International, and World coach and has been coaching for over 30 years. He's been on the faculty of several Team USA Training Camps and has been instrumental in the development of many skating champions worldwide. His students have included Michael Weiss, Sasha Cohen and Sarah Hughes and all have benefited from his innovative coaching ideas and knowledge of the hand-held jump harness. Nick is a US Figure Skating Gold Medalist and a PSA Master Rated Instructor in Freestyle and Pairs. He's also been a presenter at several PSA Conferences. Nick was a World Coach at the 2001 World Championships with Christine Lee.

Nick is perhaps most well known for his pioneering and promotional work with the hand-held jump harness. The hand-held harness, also called a pole harness, allows skaters to use their normal jump entries while providing safety, a sense of security, and added flight time when attempting difficult jumps. Nick has used the hand-held harness since it was created. In fact, because he's been using the pole harness so often and for so long, almost everyone in the skating industry thinks he invented it.

Although Nick did not invent the hand-held harness, he has invented a number of other skating-related tools and equipment. He holds Patents on several different inventions, including his latest, the "Freedom Blade." To learn more about his inventions, please see this article at [About.com](#).

Nick has been teaching with Olympic coach Audrey Weisiger for over thirty years at the Fairfax Ice Arena in Fairfax, Virginia. Nick is also a faculty member of Audrey Weisiger's [Grassroots to Champions](#) seminar series. Nick regularly works with skaters from around the country and around the world.