

SPIN TO SUCCESS!

Overall Theme: IMPROVE YOUR SPINS & JUMPS

DEADLINE TO REGISTER – JULY 7th



Sheila Thelen

Champion Cords
Champion Skating Harness



Kim Ryan Lewis

Spin Specialist
Spinergy, Creator & Founder

This workshop is PERFECT for skaters & coaches!
Will help to improve spins and single jumps all the way up to triples
(Must have completed Freeskate 2 and above to participate)

July 12, 2018 (10am-4pm) – Workshop

\$200* GCFSC Members / \$230 Non-Members

(*To take advantage of Member pricing, you MUST renew your membership before registering)

10:00-11:45 - Come in your sneakers for Off-Ice

11:45-12:15 Lunch - Pack your own healthy lunch & snack

12:15-4:00 - On-Ice Segment (with breaks)

July 13, 2018– Private-\$45/Semi-Private-\$17 lessons

Same level encouraged for Semi-Private lessons (minimum 3 skaters).

There will be an additional fee (amount TBD) for the ice session payable to Conway Arena.

Must have participated in workshop on July 12th, to take a lesson.

Preferred Registration & Payment method available

online at: <https://www.gatecityfsc.com/products>

(If you are unable to register online and need to submit a paper registration form and check,
please email gatecityfsc@gmail.com for more information.)

Spins, Jumps, Off Ice Harness, Rotation, Champion Cords, Warm Up Skills, Spin & Jump Drills

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 and 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](#).

Kim Ryan Lewis has been coaching figure skaters in the Pacific Northwest and across the country for more than 40 years. A former competitive skater herself, Kim trained under [John Nicks](#) – renowned coach of Olympic skaters such as Ashley Wagner, Sasha Cohen and Tai Babilonia and Randy Gardner. Kim has competed at the national as well as regional level and she understands the commitment and dedication required to achieve your figure skating goals.

In 2005, after many years of teaching all elements of a balanced program, Kim decided to focus her skills on the discipline that had always been at the core of her strength as a coach and created *Spinergy* – a focused and energized approach to both the art and mechanics of spinning.

Kim's instructional style embodies her philosophy of providing an energetic and supportive environment where students can learn dynamic new spin techniques. Through collaboration with partnering freestyle coaches and clubs, Spinergy complements the skaters overall training program.