

**Spin and Jump with Coach Tammy
In Portland Oregon
June 26 and 27**



**Presented by
Portland Ice Skating Club
@ Mt. View Ice Arena
14313 SE Mill Plain Blvd
Vancouver, WA**

Tammy Gambill

Is an American figure skating coach and former national-level skater. Several of her students have medaled at national and international competitions, including Olympics.

Coach Tammy grew up in Sacramento, California. She first went ice skating with her Blue Bird troop. She began coaching at age 19 in northern California before moving to Redlands, California in the 1990s.

Her current and former students include:

- Karen Chen
- Vincent Zhou (2013 U.S. national junior champion, 2017 U.S. national men silver medalist)
- Lindsay Davis
- Amanda Dobbs
- Richard Dornbush (2014 Lombardia Trophy champion, 2010–11 JGP Final champion, 2011 U.S. national silver medalist)
- Austin Kanallakan
- Ellie Kawamura
- Leah Keiser
- Brendan Kerry (competed at 2014 Winter Olympics)
- Vanessa Lam
- Daisuke Murakami
- Shotaro Omori
- Dennis Phan (2004 JGP Final champion and the 2003 U.S. national junior champion)
- Tyler Pierce (2014 U.S. national junior silver medalist)
- Sandra Rucker
- Caroline Zhang



She has received several awards including:

- 2005 USOC Developmental Coach Award
- 2005, 2012, 2013 U.S. Figure Skating / PSA Developmental Coach of the Year
- 2012 U.S. Figure Skating / PSA Coach of the Year

Gambill has also served on several U.S. Figure Skating committees, including Athlete Development Committee, Sports Sciences and Medicine Committee, and Coaches Committee. In 2006, she was chair of the Coaches Committee. She has been on the Board of Directors for both U.S. Figure Skating and Professional Skaters Association.

Price per skater, all price include free styles sessions during the two days seminar

Registration Ends on June 20th, or when all spots filled

Low Level—Non test to Preliminary (6 hours + up to 6 hours of free style):

___ Skaters \$200.00

___ Coach \$25.00 *

** No charge if there are more than 5 skaters sign up with the same coach.*

Mid-Level—Pre-Juv to Juvenile (6.5 hours + up to 6 hours of free style):

___ Skater \$240.00

___ Coach \$25.00 *

** No charge if there are more than 5 skaters sign up with the same coach.*

High Level—Intermediate and above (7.5 hours + up to 6 hours of free style):

___ Skater \$280.00

___ Coach \$25.00 *

** No charge if there are more than 5 skaters sign up with the same coach.*

No Refunds after June 20th

Sign up here: <http://comp.entryeeze.com/Home.aspx?cid=274>

When you send in your registration form, please indicate which free style sessions you prefer to be in, we will accommodate as many as possible.

Contact us with email heading [Seminar with Tammy]:

Karen Wu: ningswo@gmail.com; Erin Courtney: erin.kathleen22@gmail.com;

Marc Gerlack: mgerlack@msn.com

Day One Schedule:



Classes will be split by skill levels on the first hour of group lesson

	Monday				
	Low	Mid	High		
	Non test - Prelim	Pre Juv - Juv	Intermediate+		
5:00 - 6:00 am	Mix Free Style				
6:00 - 7:00 am	Mix Free Style				
7:00 - 7:30am	Ice breaking and Off Ice exercise				
7:30 - 8:00am					
8:00 - 8:30am	Tammy		Concussion Clinic	Spins	
8:30 - 9:00am		Tammy	(Barb.)	jump-spin	
9:00 - 9:30am	Concussion Clinic	Concussion Clinic	Tammy	spin combo	
9:30 - 10:00am	(Barb.)	(Barb.)	Tammy		
10:00 - 11:00am	High only Free Style Session				High Only
11:00 - 12:00pm	Mix Free Style			Lunch with Tammy, Q&A	
12:00 - 1:00pm	Mid only Free Style Lesson				Mid Only
1:00 - 1:30pm	Group lesson			Tote jump	
1:30 - 2:00 pm	Tammy		Parent Edu	edge jump	
2:00 - 2:30pm		Tammy			
2:30 - 3:00pm	Parent Edu	Parent Edu	Tammy	jump combo	
3:00 - 4:00pm	Free Style Session				Low Only

**low, working on Axel+;*

**Mid, working on double Flip +;*

**High, working on double Axel+;*

**Final placement will depend on the amount of skaters in each groups, skaters will only be move up or regroup if needed.*

Day Two Schedule:

	Tuesday				
	Low	Mid	High		
	Non test - Prelim	Pre-Juv - Juvenile	Intermediate +		
5:00 - 6:00 am	Mix Free Style				
6:00 - 7:00 am	Mix Free Style				
7:00 - 7:30am	Off Ice Jumps				
7:30 - 8:00am					
8:00 - 8:30am	Tammy	Tammy	Injury Prevention (Erin)	Spin and	
8:30 - 9:00am					
9:00 - 9:30am	Injury Prevention	Injury Prevention	Tammy	Jump	
9:30 - 10:00am	(Erin)	(Erin)	Tammy		
10:00 - 11:00am	High only Free Style Session				High Only
11:00 - 12:00pm	Mix Free Style			Lunch with Tammy, Q&A	
12:00 -1:00pm	Mid and Free Style Session				Mid Only
1:00 - 1:30pm	Tammy with parents			Q&A	
1:30 - 2:00 pm	Tammy with skaters				
2:00 - 2:30pm	Tammy	Tammy	Tammy		
2:30 - 3:00pm					



Private Lesson with Tammy:

Please sign up your private lesson time with Erin Courtney:
erin.kathleen22@gmail.com Email time tracking will be your placement for the lesson.

*Tammy's private lessons are in 15mins increments

*You will need to sign up the seminar to reserve your spot with Tammy

***Space is very limited, first come first serve**

***Registration for USFSA members will begin on June 1st, end on June 20th, or when all spots filled.**

Morning Freestyle:

Morning Freestyle from 5-7 am is first come first serve unless you have scheduled private lesson with Tammy

Volunteers:

To make this seminar success, we will need your help. Please sign up in the below page

<http://www.signupgenius.com/go/20f094eabac28aaf58-volunteer>

Liability Waiver Form:

NOTICE: THIS IS A LEGALLY BINDING CONTRACT

In consideration of my (or my minor child) being permitted by Portland Ice Skating Club to participate in club-sponsored events. I agree to the following:

I ACKNOWLEDGE THE INHERENT RISKS ASSOCIATED WITH FIGURE SKATING

I fully understand and acknowledge that:

- a) risks and dangers exist in my (or my minor child's) participation in skating activities
- b) my (or my minor child's) participation in such activities may result in serious bodily injury including permanent disability, paralysis, or death
- c) these risks and dangers may be caused by the negligence of the officers, directors, members or agents of Portland Ice Skating Club; the negligence of other participants; accidents; breaches of contract; or other causes
- d) these risks may arise from foreseeable or unforeseeable causes

I AGREE TO ASSUME ALL RISKS OF PERSONAL INJURY

By my (or my minor child's) participation in these activities, I hereby assume all risks and danger and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the officers, directors, members or agents of Portland Ice Skating Club. On behalf of myself, my personal representatives, and my heirs, I hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Portland Ice Skating Club, its officers, directors, members and agents, from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my (or my minor child's) participation in Portland Ice Skating Club sponsored activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have, presently or in the future, for the negligent acts or other conduct by the officers, directors, members or agents of the Portland Ice Skating Club.

BY MY SIGNATURE BELOW I WARRANT THAT I:

- 1) am at least 18 years of age, and am otherwise legally competent to sign this agreement
- 2) have read the above statements and understand their provisions
- 3) understand the risks associated with participation in figure skating activities
- 4) assume full responsibility for the consequences of choosing to participate
- 5) hereby knowingly and intentionally release and hold harmless the Portland Ice Skating Club, its Officers, directors, members and agents harmless from any and all claims, demands, injuries, Actions (including third party claims), and damage of any kind and nature whatsoever which arise out of or in connection with participating in this activity, regardless of whether such claims are Based upon negligence or other grounds.

Name of Event: Portland Ice Skating Club Empower Skating Seminar
At Mt. View Ice Arena, Vancouver, WA

Date of Event: June 26 - 27, 2017

Participant's Name _____ Participant's Age _____

Signature: _____ Date: _____

(Parent/guardian if skater is under 18)

