



## **Grassroots to Champions (G2C) Seminar**

**with Audrey Weisiger**

**Sunday, April 18, 2010**

**9:00 a.m. - 12:00 p.m.**

**Bloomington Ice Garden**

**Cost \$75.00**

**The G2C mission is to provide coaches and their athletes with proven techniques, the latest technology, and training perspectives to maximize potential in both sport and life. Please visit the website at [www.grassrootstochampions.com](http://www.grassrootstochampions.com) for more information. This is a great opportunity for adult skaters to work with a World and Olympic professional.**

### **Tentative Schedule:**

<b>9:00 a.m. - 10:00 a.m.</b>	<b>Edges, Spins, Exercises</b>
<b>10:00 a.m. - 10:30 a.m.</b>	<b>Break, Dartfish, Practice</b>
<b>10:30 a.m. - 11:30 a.m.</b>	<b>Jumps, Ankle Buzzer</b>
<b>11:30 a.m. - 12:00 p.m.</b>	<b>Practice, Pole Harness</b>

**Name:** \_\_\_\_\_

**Skating Level/Jumps landed:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Questions to [Thomas@fscbloomington.org](mailto:Thomas@fscbloomington.org)**

**Mail checks with form to:**

**Brenda Baga**

**2917 Southbrook Drive**

**Bloomington, MN 55431**