

REACH YOUR DREAMS

John Zimmerman & Silvia
Fontana Seminar

Hobart Arena—Troy, Ohio

June 24, 2006



The New Judging System

Stroking & Edge Work

Spins, Jumps

Injury Prevention

Inner Strength

Proper Nutrition

Fitness Analysis

Sponsored by the Troy Skating Club

937-339-8521

TroySkatingClub.org

Pre Registration Required

9:00-9:30 Registration Check-In

9:30-10:30 Introduction Off Ice—All

10:30-12:00 On Ice - Red Group, Off Ice-
Blue Group with Fitness Analysis

12: 00-12:30 Lunch

12:30-2:00 Off Ice All (Outside, weather
permitting)

2:00-3:30 On Ice—Blue Group, Off Ice -
Red Group with Fitness Analysis

3:30-4:30 Questions and Answer & Auto-
graph/ Picture Session

Parents are welcome to participate in the
beginning Introduction and Q & A session.
Coaches, with students attending, are
welcome to partake in all sessions.

Box lunches will be available by pre regis-
tering on form.

Private lessons available on first come-
first serve basis. Forms available after
registration for seminar has been re-
ceived. Seminar registration mandatory to
receive private lessons.

Off ice topics: the new judging system,
strategizing for competition, creating a good
self-image, scheduling the proper training
for events, perseverance in accomplishing
an element of any goal in skating as in life,
relationships as an athlete (with coaches
and parents), injury prevention and recovery,
finding inner strength and the importance of
proper nutrition.

50 minutes polymetrics and jump tech-
niques. Conditioning and strengthening
exercises. 40 minutes dance class
(extensive stretching, isolations and small
choreography).

On ice —Extensive stroking and edge work to
warm up. New entrances to jumps & inter-
esting ways of maximizing the new system.
Spins —the importance of centering the spin
and keeping the speed as you change posi-
tions. Spirals and connecting moves with
the new system.

Complete entire form and mail with payment
to: Troy Skating Club, P.O. Box 83, Troy,
Ohio 45373

NAME: _____

ADDRESS: _____

Phone: _____

Email: _____

Age: _____ Coach name: _____

Coach attending? Yes ___ No ___

I land an axel ___ I do not land an axel ___

Make checks payable to Troy Skating Club

Fee: \$120 Non TSC Member

TSC Member \$95

Coaches, with students only, free

Boxed Turkey or Beef Sandwich or
Vegetarian Lunch \$6.50

___ Turkey

___ Beef

___ Vegetarian

___ I am packing a lunch

Please add \$6.50 to seminar price for lunch
or you may pack a lunch.

Signature of parent/participant (over 21). I
agree to hold harmless Troy Skating Club or
Hobart Arena from any loss, damages and/or
injury that may be sustained in any manner
while participating in any activities of this
seminar. _____

Signature

