

Excel with the Best

Join us for our 3rd Annual Seminar

CFSC is excited to bring to you another top-notch seminar for skaters from Free Skate One through Senior FS.

Again this year, we are offering **TWO DAYS** at our *Excel with the Best seminar* for a total of **13 hours** of on-ice/off-ice activities in the disciplines of jumps analysis through Dartfish, spins, artistry, power, presentation, and conditioning.

This is an opportunity not to be missed! Our event will be an *action-packed, multi-discipline* seminar with **Olympic, World and National level coaches.**



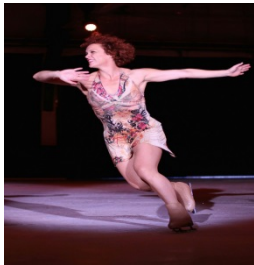
Bobbe Shire



Chris Conte



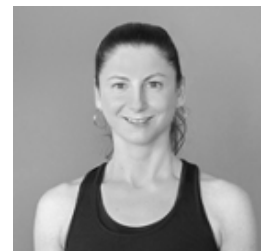
Natalia Jones



Elin Schran



Jeff Nolt



Dawn Conte

Join Us at Ice World, 1300 Governor Court, Abingdon, MD 21009

Saturday, May 21st 7:30AM - 3PM & Sunday, May 22nd 7:30AM - 1:00 PM

CFSC Members-\$225

CFSC Non Members-\$250

Two 1/2 Days For Adults and FS1 - FS3

Saturday, May 21st 7:30 AM - 12 PM & Sunday May 22nd 7:30 AM - 12PM

CFSC Members-\$100

CFSC Non Members-\$115

**Light refreshments will be provided*

Register online at www.chesapeakefsc.com

2016 EXCEL WITH THE BEST PRESENTERS:

Bobbe Shire: Over 40 years of coaching experience. Bobbe has become one of the most sought after spin specialists in the world. She has worked with a number of National, World and Olympic competitors to perfect their spinning technique. Bobbe holds PSA Master Ratings in both figures and freestyle and has presented at numerous USFSA and PSA conferences and training camps throughout the country. Some of Bobbe's well known clients include Sarah and Emily Hughes and Johnny Weir.

Chris Conte: USFS Gold Medalist in Freestyle. PSA Registered Rating in Freestyle. Choreographer to International & National level skaters in Pairs & Freestyle, and has worked with skaters including Tim Goebel, Sasha Cohen and Emily Hughes. He was a Principal Skater with Ice Capades and Disney on Ice, and also has performed with professional ensemble companies including The Next Ice Age and Ice Theatre of New York.

Dawn Conte: USFS Gold Medalist in Figures and Freestyle. She was a Principal Skater with Ice Capades, and also has performed with professional ensemble companies including The Next Ice Age. She is a NASM Certified Personal Trainer, Corrective Exercise Specialist and an XPF Certified Master Trainer.

Jeff Nolt: Over 25 years of coaching experience. Singles, Pairs, Choreography and group lessons. USFS Gold Medalist in Pairs and Dance; Junior Freestyle; 6th Figure. Twice competed at the U.S. National Championships in Junior Pairs; Silver Medalist in Pairs at the World Professional Championships. He has coached skaters at Regionals, Sectionals and Junior Nationals. PSA Senior Rated Coach in Choreography and Style; Rated Coach in Freestyle and Pairs. Holds a degree in broadcast journalism and history with 15 years of experience working for various media outlets on their television and web coverage of figure skating.

Natalia Jones: 20 years of coaching experience. All levels of Freestyle, Moves in the Field and Choreography. Additional interests include off-ice training and figure skating conditioning. Master's degree in physical therapy with over 10 years of work experience in the field. Competitive figure skating training in singles and pairs in St. Petersburg, Russia; worked with world-level coaches.

Elin Schran: In 1999, Elin founded the Boston Ice Theater, a professional ensemble company. She also works as an independent choreographer, sought out by high level competitors and show producers for her creativity and positive attitude. Elin's multi-faceted approach to skating is fed not only by her practical experience as a skater in many shows, including Dorothy Hamill's Ice Capades, but also by a theoretical understanding of the creative process evidenced by her Master's degree in Critical and Creative Thinking.