

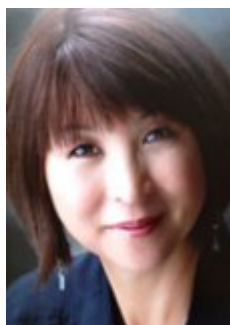
# GRASSROOTS TO CHAMPIONS

*CFSC is excited to bring to you this elite seminar*

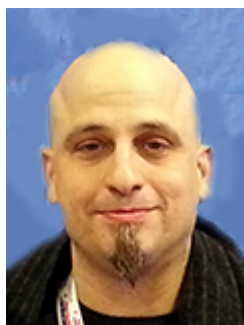
**Grassroots to Champions is a seminar for skaters from Free Skate 4 to Senior Level.**

The seminar includes **8 hours** of on-ice and off-ice training with World and Olympic Coaches as well as elite development specialists. Skaters will be grouped according to their ability. The G2C coaches will cover jumps analysis from singles to doubles to triples to quads, Dartfish, spins, choreography, alignment of body positions, and conditioning.

**This is an opportunity not to be missed!**



**Audrey Weisiger**  
Olympic Team Coach  
Founder of Grassroots  
To Champions



**Chris Conte**  
Dartfish Expert  
Jumps Specialist  
Technical Consultant  
to Olympic Skaters



**Sheila Thelen**  
Alignment Specialist  
Inventor of PSA  
endorsed Champion  
Cords



**Anna Matuszewski**  
Lead Choreographer for Macklemore  
USFS Gold Medalist in MITF, Freestyle  
and Dance

**Join Us:**

**Saturday, April 8, 2017 beginning at 7:30am**

**Sunday, April 9, 2017, private lessons**

**Ice World - 1300 Governor Court, Abingdon, Md. 21009**

**\$185-CFSC Members**

**\$215-Non CFSC Members**

*Register online at*

*[www.chesapeakefsc.com](http://www.chesapeakefsc.com)*