

# Christy & Friends Seminar 2016

April 10, 2016

Presented by Austin FSC



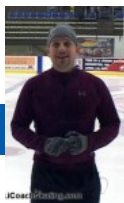
Chaparral Ice Northcross

2525 W. Anderson Ln.

Austin, TX 78757 | 512-252-8500 ext. 9



**Open to No-Test skaters working on axels thru Senior level; Adult Bronze Skaters and up welcome!**



## Christy Krall — World and Olympic + 2013 Coach of the Year

Christy was awarded the PSA Lifetime Achievement Award in 2001, and was the recipient of the PSA Sports Science Award in 2008, 2011 and 2013. She was named the PSA 2013 Coach of the Year. Also, in 2008 and 2011, Christy was awarded the US Olympic Committee Sports Science Award for Figure Skating. Christy led Canadian skater Liam Firus at the 2014 Olympics.

## Becky Dever — 4D Slideboard Inventor

Becky invented and developed the 4-D Slide Board horizontal skating training technique which emphasizes body preservation and development of muscle memory. She is a World, National and Jr. National Coach with a PSA Level 6 Ranking. Along with her PSA Senior Rating in Freestyle, she is PSA Rated in Moves-in-the-Field. See <http://4dskating.com/> for more info.

## Chris Conte — Grassroots to Champions Instructor +

Choreographer and Pole Jump Expert

Chris Conte is a PSA-rated coach and choreographer based in Fairfax, VA. An expert in Dartfish, he uses this cutting-edge technology to help skaters speed the learning process and troubleshoot jumps. Chris has given technology presentations at the PSA World Conference.

## Sheila Thelen — Champion Cords Inventor + Grassroots to Champions Instructor

Sheila is President of Champion Skating Harness and holds a PSA Master Rating. She is also the designer, owner, and president of PSA-endorsed Champion Cords for teaching skaters alignment, position, muscle memory, awareness, and technique.

**Deadline: April 3**

**Regular Rate: \$225 / skater**

**\* First come, first served; 60 spots available; private lessons with speakers available to seminar attendees Monday, April 11, 5-9 a.m.**

**\* No refunds after final deadline (including medical)**

## Official Hotels

Hilton Garden Inn  
11617 Research Blvd.  
Austin, TX

- 512-241-1600
- Rates - \$109 with Austin FSC

Double Tree Arboretum  
8901 Business Park Dr.  
Austin, TX 78759

- 512-343-0888
- Rates - TBD with Austin FSC

## Agenda

Skaters will be divided into groups by skill level for one day of on- and off-ice instruction. The groups will meet with each of the instructors in both morning and afternoon sessions.

Sunday, April 10 —

- 7 a.m. — Registration at rink
  - 7:45-8 a.m. — Intros
  - 8-8:40 a.m. — **2 On-Ice Classes; 1 Off-Ice Class**
  - 8:45-9:25 a.m. — **Rotate**
  - 9:30-10:10 a.m. — **Rotate**
  - 10:15-10:55 a.m. — On-Ice with Christy & Becky | Off-Ice with Chris & Sheila
  - 11 a.m. — Group Photo
  - 11:15-11:45 — Edges / Choreography with Chris (Group 1)
  - 11:45-12:45 p.m. — Lunch
  - 12:15-12:45 p.m. — Edges / Choreography with Chris (Group 2)
  - 1-1:40 pm — **2 On-Ice Classes; 1 Off-Ice Class**
  - 1:45-2:25 p.m. — **Rotate**
  - 2:30-3:10 p.m. — **Rotate**
  - 3:15-3:55 p.m. — On-Ice with Christy & Becky | Off-Ice with Sheila & Chris
  - 4-4:30 p.m. — Unplugged Chat with Christy and Parents
- \* Class times / locations subject to change.

**Register online via EntryEeze.com:**

1. Go to "See our active competitions"
2. Select "Search by State" and find Christy Krall & Friends!

For more info, call 512.470.7118 or email [pres@austinfsc.com](mailto:pres@austinfsc.com) | [austinfsc.com](http://austinfsc.com)