

# **CAROUSEL SHERWOOD FSC**

**presents**



## **FRANK CARROLL WORKSHOP**

### **w/ DAISUKE MURAKAMI**

**March 22 & 23, 2019**

**Sherwood Ice Arena**

**Entry Deadline: March 15, 2019 at 5:00 PM**

## Overview

Please join us for this rare opportunity to learn from legendary World and Olympic coach **Frank Carroll!** He will also be accompanied by his former student and international medalist **Daisuke Murakami.** Carousel Sherwood FSC is honored to be hosting Mr. Carroll, who was inducted into the Professional Skaters Association, U.S. Figure Skating, and World Figure Skating Hall of Fames. He has coached numerous champions including Michelle Kwan, Evan Lysacek, Gracie Gold, and Mirai Nagasu. The two-day workshop will take place at **Sherwood Ice Arena** on **March 22 & 23, 2019.**

The workshop is open to skaters of all levels, including adults and entry-level beginners in freeskate. Skaters will be split into separate classes by level and skating ability. We will offer several different packages for the workshop: (1) Competitive, (2) Learn to Skate, (3) Coffee w/ Frank, and (4) Coaches Track. Please see below for descriptions of each package.

## Workshop Packages

### *Competitive*

Skaters in the Competitive tier must be in Non-Test or above and be able to land a single axel. This group will be split into two classes (Class A and Class B) depending on skill level and number of entries. Both classes will have access to 2-3 on-ice group lessons per day as well as Q&A sessions with Mr. Carroll and Daisuke. Please see the workshop schedule in this announcement for more details. **Cost of the Competitive package is \$75/day for CSFSC members and \$100/day for non-members.** A higher rate will be available for purchase at the door.

All competitive skaters will be granted one chaperone pass. **Additional chaperone passes will be available for \$20.** CSFSC members may request one additional chaperone pass free of charge. Chaperones may observe group classes from the bleachers and attend Q&A sessions. The Parent/Skater Q&A session on Friday afternoon will be held at the Marjorie Stewart Community Center. The Open Q&A session on Saturday afternoon will be held upstairs in Dance Studio C of Sherwood Ice Arena.

### *Learn to Skate*

Skaters in the Learn to Skate tier must be enrolled in Pre-Freeskate through Freeskate 6. Adult skaters within these levels are also welcome to join this tier. Our LTS entries will have access to one 30-min on-ice group lesson as well as the Q&A session with Mr. Carroll and Daisuke on Saturday. Please see the workshop schedule in this announcement for more details. **Cost of the Learn to Skate package is \$30.**

All Learn to Skate entries will be granted one chaperone pass. **Additional chaperone passes will be available for \$20.** CSFSC members may request one additional chaperone pass free of charge. Chaperones may observe group classes from the bleachers and attend the Q&A session. The Open Q&A session on Saturday afternoon will be held upstairs in Dance Studio C of Sherwood Ice Arena.

*Coffee with Frank (Adults only discussion)*

Participants who sign up for “Coffee with Frank” must be 18 years of age or older. This off-ice discussion is geared towards skaters and officials from our adult community; NO COACHES please. Bring your questions and an open ear to gather some insight from Frank Carroll himself. The 30-minute discussion will start promptly at 11:30 AM on Friday in the Conference Room at Sherwood Ice Arena. You may submit your questions in advance via Entryeeze or by emailing them to [maliacsfs@gmail.com](mailto:maliacsfs@gmail.com). Participants are also welcome to attend the Parents & Skaters Q&A session with Mr. Carroll and Daisuke on Friday evening at Marjorie Stewart Community Center. Please see the workshop schedule in this announcement for more details. **Cost of the “Coffee with Frank” discussion is \$20.**

*Coaches Track*

**Guest coaches may purchase a Shadow Pass for \$50/day.** A higher rate of \$75/day will be available for purchase at the door. Coaches will be allowed to enter the ice for observation of on-ice group classes. This pass also includes access to that day’s Q&A with Mr. Carroll and Daisuke. There will be a Coaches Only Q&A held on Friday afternoon at Marjorie Stewart Community Center and an Open Q&A held on Saturday upstairs in Dance Studio C of Sherwood Ice Arena.

## Workshop Pricing

PACKAGE OPTIONS	FRIDAY, MARCH 22	SATURDAY, MARCH 23
Competitive Tier <i>(NonTest and up, must be landing 1A)</i>	CSFSC members: \$75 Non-members: \$100	CSFSC members: \$75 Non-members: \$100
Learn to Skate Tier <i>(PreFreeskate through Freeskate 6)</i>	—	\$30
Coffee with Frank <i>(Adults only)</i>	\$20	—
Coaches Track <i>(Shadow Pass)</i>	\$50	\$50
Additional Chaperone Pass	\$20	\$20

## Workshop Schedule

FRIDAY, MARCH 22	SATURDAY, MARCH 23
9:30 - 10:15 AM On-Ice Class A <i>(Competitive tier)</i>	7:30 - 8:15 AM On-Ice Class A <i>(Competitive tier)</i>
10:15 - 11:00 AM On-Ice Class B <i>(Competitive tier)</i>	8:15 - 9:00 AM On-Ice Class B <i>(Competitive tier)</i>
11:00 - 11:30 AM Coffee w/ Frank <i>(Adults only)</i>	9:15 - 9:45 AM On-Ice Class A <i>(Competitive tier)</i>
11:30 - 12:00 PM Skating Skills w/ Daisuke <i>(Competitive tier- A &amp; B)</i>	9:45 - 10:15 AM On-Ice Class B <i>(Competitive tier)</i>
12:00 - 12:30 PM On-Ice Class A <i>(Competitive tier)</i>	10:15 - 10:45 AM LTS Class <i>(Learn to Skate tier)</i>
12:30 - 1:00 PM On-Ice Class B <i>(Competitive tier)</i>	11:30 - 12:30 PM Open Q&A Forum <i>(Competitive, LTS, chaperones, and coaches)</i> <i>*Held in Dance Studio C of Sherwood Ice Arena</i>
4:30 - 5:15 PM Coaches Only Q&A <i>(Coaches track)</i> <i>**Held at Marjorie Stewart Community Center</i>	
5:15 - 6:15 PM Parents/Skaters Q&A <i>(Competitive tier, Chaperones, and Adults)</i> <i>**Held at Marjorie Stewart Community Center</i>	

\*Dance Studio C is located on the second floor of Sherwood Ice Arena

\*\*Marjorie Stewart Community Center is located at 21907 SW Sherwood Blvd, Sherwood OR 97140

## Registration

Workshop registration will be accepted online via [Entryeeze](#) starting Friday, March 1, 2019. Please note that space is limited and entries will be granted based on a first come, first serve basis. Entry at the door will be sold at a higher rate if space is available. Please see above for workshop prices. Convenience fees for entryeeze are not included. **The deadline for registration will be 5:00 PM on Friday, March 15, 2019.**

## Hotel Accommodations

[Courtyard by Marriott Portland Tigard](#)

15686 SW Sequoia Parkway  
Tigard, OR 97224

Book your group rate by clicking on the following link for CSFSC's [Frank Carroll Workshop](#). Rate is \$99 USD per night. Last day to book is Friday, March 15, 2019. Call ahead for availability and pricing information.

Join us for a great weekend of learning with Frank and Daisuke!

Sincerely,

CAROUSEL SHERWOOD FIGURE SKATING CLUB

