



**COLORADO SPRINGS INVITATIONAL
PRESENTS A UNIQUE OPPORTUNITY FOR
BEGINNER – PRE-JUVENILE BOYS THROUGH
THE ICEMEN’S SERIES!**

U.S. Figure Skating and Centennial 7k Skating Club are excited to announce a special IceMen’s Series Seminar at the upcoming Colorado Springs Invitational! Boys in the Beginner through Pre-Juvenile levels will get to experience an on and off-ice seminar with the International and Olympic staff from the 7k International Skating Academy. Each participant will experience a 45-minute session with Tiffany Dombeck focusing Edgework and Footwork Development followed by another 45-minute session with Doug Ladret concentrating on Jump Theory. At the conclusion of the on-ice portion, skaters will partake in an Agility and Flexibility session with Emily Oltmanns.

Schedule of Events:

- 4:30-4:45pm: Check-In
- 4:45-5:00pm: Stretch/Skates On
- 5:00-5:45pm: Edge Class/Footwork Development
- 5:45-6:30pm: Jump Theory
- 6:30-6:45pm: Skates Off
- 6:45-7:30pm: Flexibility/Agility

Coaches are highly encouraged to attend the full seminar with their student(s). Each participant and coach will have an integral role in learning and developing as a team. We look forward to a very positive experience for all of our young competitors!

7k International Skating Academy
Centennial 7k Skating Club

