



# Colorado Springs Invitational

**PRESENTS A UNIQUE OPPORTUNITY  
FOR BEGINNER TO PRE-JUVENILE BOYS  
THROUGH THE ICEMEN SERIES!**

U.S. FIGURE SKATING AND CENTENNIAL 7K SKATING CLUB ARE EXCITED TO HOST A SPECIAL ICEMEN SERIES SEMINAR AT THE UPCOMING 2018 COLORADO SPRINGS INVITATIONAL!

BOYS IN THE BEGINNER THROUGH PRE-JUVENILE LEVELS WILL GET TO EXPERIENCE AN ON-ICE SEMINAR WITH THE INTERNATIONAL AND OLYMPIC STAFF FROM THE 7K INTERNATIONAL SKATING ACADEMY.

EACH PARTICIPANT WILL EXPERIENCE A 45-MINUTE SESSION WITH BEN JALOVICK AND JORDAN MOELLER FOCUSING ON SKATING SKILLS. AT THE CONCLUSION OF THE ON-ICE PORTION, SKATERS WILL PARTAKE IN AN OFF-ICE SOCIAL ACTIVITY TO BETTER CONNECT WITH PEERS AND MALE SKATER ROLE MODELS.

## SCHEDULE OF EVENTS

THURSDAY, SEPTEMBER 13, 2018

3:30 - 3:45 PM: CHECK-IN

3:45 - 4:00 PM: STRETCH/SKATES ON

4:00 - 4:45 PM: SKATING SKILLS

4:45 - 5:00 PM: SKATES OFF

5:30 - 7:30 PM: OFF SITE ACTIVITY AT OVERDRIVE RACEWAY

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**

