

**Ever wondered what it may be like to try Pairs?
This is that opportunity!**

FREE “TRY PAIRS” EVENT

Friday, September 11th from 2:30-4:30pm

Open to ALL Singles & Pair Skaters • Join us at Sky Rink!!!!
(You don't have to be competing at Mids!)

Join National Pairs Champion **John Coughlin**, Olympian **Caydee Denney**, with hosts 2014 Olympic Officials **Troy Goldstein** & **Peter Cain**, Multi-Olympic Official **Gale Tanger** as well as National Pair Tech Specialist **Scott Cudmore** and find out what it feels like to have a partner, be in the air, lift someone and skate in unison.

Experience what may be *your* calling with some of top champions from the past decade.

45 min off-ice session

2 types of lifts: Depends on timing and safety

Side-by side exercises

Changing of grips & holds

40 min on-ice session

Partnering Opportunity

For & Back Hand to hand x-overs

2 simple pair holds

Side-by-side stroking

Side-by side spin

Simple pair spin

Single throw

RESERVE YOUR SPOT!

**Sign up at Mids Registration or email
mail@thescny.org Subject: try pairs**

