

**Spin and Jump with Coach Tammy
Gambill In Portland Oregon
June 26 and 27**



Presented by
Portland Ice Skating Club
@ Mt. View Ice Arena
14313 SE Mill Plain Blvd
Vancouver, WA

Tammy Gambill

Is an American figure skating coach and former national-level skater. Several of her students have medaled at national and international competitions, including Olympics.

Coach Tammy grew up in Sacramento, California. She first went ice skating with her Blue Bird troop. She began coaching at age 19 in northern California before moving to Redlands, California in the 1990s.

Her current and former students include:

- Karen Chen
- Vincent Zhou (2013 U.S. national junior champion, 2017 U.S. national men silver medalist)
- Lindsay Davis
- Amanda Dobbs
- Richard Dornbush (2014 Lombardia Trophy champion, 2010–11 JGP Final champion, 2011 U.S. national silver medalist)
- Austin Kanallakan
- Ellie Kawamura
- Leah Keiser
- Brendan Kerry (competed at 2014 Winter Olympics)
- Vanessa Lam
- Daisuke Murakami
- Shotaro Omori
- Dennis Phan (2004 JGP Final champion and the 2003 U.S. national junior champion)
- Tyler Pierce (2014 U.S. national junior silver medalist)
- Sandra Rucker
- Caroline Zhang



She has received several awards including:

- 2005 USOC Developmental Coach Award
- 2005, 2012, 2013 U.S. Figure Skating / PSA Developmental Coach of the Year
- 2012 U.S. Figure Skating / PSA Coach of the Year

Gambill has also served on several U.S. Figure Skating committees, including Athlete Development Committee, Sports Sciences and Medicine Committee, and Coaches Committee. In 2006, she was chair of the Coaches Committee. She has been on the Board of Directors for both U.S. Figure Skating and Professional Skaters Association.

Price per skater, all price include free styles sessions during the two days seminar

Registration Ends on June 20th, or when all spots filled

Low Level—Non test to Preliminary (6 hours + up to 6 hours of free style):

- PISC Full Member \$150.00
- Non PISC Member \$200.00
- PISC Coach \$20.00 *
- Non PISC Coach \$25.00 *

Mid-Level—Pre-Juv to Juvenile (6.5 hours + up to 6 hours of free style):

- PISC Full Member \$190.00
- Non PISC Member \$240.00
- PISC Coach \$20.00 *
- Non PISC Coach \$25.00 *

High Level—Intermediate and above (7.5 hours + up to 6 hours of free style):

- PISC Full Member \$230.00
- Non PISC Member \$280.00
- PISC Coach \$20.00 *
- Non PISC Coach \$25.00 *

** No charge if there are more than 5 skaters sign up with the same coach.*

No Refunds after June 20th

When you send in your registration form, please indicate which free style sessions you prefer to be in, we will accommodate as many as possible.

Day One Schedule:



Classes will be split by skill levels on the first hour of group lesson

	Monday				
	Low	Mid	High		
	Non test - Prelim	Pre Juv - Juv	Intermediate+		
5:00 - 6:00 am	Mix Free Style				
6:00 - 7:00 am	Mix Free Style				
7:00 - 7:30am	Ice breaking and Off Ice exercise				
7:30 - 8:00am					
8:00 - 8:30am	Tammy		Concussion Clinic	Spins	
8:30 - 9:00am		Tammy	(Barb.)	jump-spin	
9:00 - 9:30am	Concussion Clinic	Concussion Clinic	Tammy	spin combo	
9:30 - 10:00am	(Barb.)	(Barb.)	Tammy		
10:00 - 11:00am	High only Free Style Session				High Only
11:00 - 12:00pm	Mix Free Style			Lunch with Tammy, Q&A	
12:00 - 1:00pm	Mid only Free Style Lesson				Mid Only
1:00 - 1:30pm	Group lesson			Tote jump	
1:30 - 2:00 pm	Tammy		Parent Edu	edge jump	
2:00 - 2:30pm		Tammy			
2:30 - 3:00pm	Parent Edu	Parent Edu	Tammy	jump combo	
3:00 - 4:00pm	Free Style Session				Low Only

**low, working on Axel+;*

**Mid, working on double Flip +;*

**High, working on double Axel+;*

**Final placement will depend on the amount of skaters in each groups, skaters will only be move up or regroup if needed.*

Day Two Schedule:

	Tuesday				
	Low	Mid	High		
	Non test - Prelim	Pre-Juv - Juvenile	Intermediate +		
5:00 - 6:00 am	Mix Free Style				
6:00 - 7:00 am	Mix Free Style				
7:00 - 7:30am	Off Ice Jumps				
7:30 - 8:00am					
8:00 - 8:30am	Tammy	Tammy	Injury Prevention	Spin and	
8:30 - 9:00am			(Erin)		
9:00 - 9:30am	Injury Prevention	Injury Prevention	Tammy	Jump	
9:30 - 10:00am	(Erin)	(Erin)	Tammy		
10:00 - 11:00am	High only Free Style Session				High Only
11:00 - 12:00pm	Mix Free Style			Lunch with Tammy, Q&A	
12:00 - 1:00pm	Mid and Free Style Session				Mid Only
1:00 - 1:30pm	Tammy with parents			Q&A	
1:30 - 2:00 pm	Tammy with skaters				
2:00 - 2:30pm	Tammy	Tammy	Tammy		
2:30 - 3:00pm					



Private Lesson with Tammy:

Please sign up your private lesson time with Erin Courtney:
erin.kathleen22@gmail.com

*Tammy's private lessons are in 15mins increments

*You will need to sign up the seminar to reserve your spot with Tammy, one lesson per skater unless there are untaken sessions after June 20th.

***Space is very limited, first come first serve, PISC members will have 20 (out of 27) spots between May 27th to May 31st.**

***Registration for ALL USFSA members will begin on June 1st, end on June 20th, or when all spots filled.**

Morning Freestyle:

Morning Freestyle form 5-7 am is first come first serve unless you have scheduled private lesson with Tammy

Volunteers:

To make this seminar success, we will need your help. Please sign up in the below page

<http://www.signupgenius.com/go/20f094eabac28aaf58-volunteer>