

PRICE LIST

SFSC Members Early Bird: \$150

Exclusive to SFSC Members until April 1st, 2018. Price subsidized by \$50.

SFSC Club Members: \$175.00

Registration subsidized by \$25 and is closed on May 1st, 2018.

Private Lessons SFSC Members Only:
\$42.00

Exclusive to Springbank members for 20-minute private lessons. Registration closes May 1st, 2018.

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Springbank FSC

Presents: Grassroots to Champions

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ABOUT NICK PERNA

Nick Perna is a National, International, and World coach and has been coaching for over 30 years. He's been on the faculty of several Team USA Training Camps and has been instrumental in the development of many skating champions worldwide. His students have included Michael Weiss, Sasha Cohen and Sarah Hughes and all have benefited from his innovative coaching ideas and knowledge of the hand-held jump harness. Nick is a US Figure Skating Gold Medalist and a PSA Master Rated Instructor in Freestyle and Pairs. He's also been a presenter at several PSA Conferences. Nick was a World Coach at the 2001 World Championships with Christine Lee. Nick is perhaps most well known for his pioneering and promotional work with the hand-held jump harness. The hand-held harness, also called a pole harness, allows skaters to use their normal jump entries while providing safety, a sense of security, and added flight time when attempting difficult jumps. Nick has used the hand-held harness since it was created. In fact, because he's been using the pole harness so often and for so long, almost everyone in the skating industry thinks he invented it.

ABOUT TOMMY STEENBERG

Tommy has medalled at Nationals in the Intermediate, Novice, and Junior levels, and placed in the top 10 in Senior at Nationals in 2008 and 2009. He was a member of the Junior World Team in 2008 and is a three-time Junior Grand Prix Gold Medalist. He was also the 2006 recipient of the "Champion in Life Award" alongside Emily Hughes, and a member of the 2006 State Farm/USFSA Scholastic Honors Team for balancing success in school and skating. Tommy trained under the tutelage of Audrey Weisiger for over 10 years and has been a coach at Fairfax Ice Arena for the past 5 years. He specializes in jump technique and choreography, and recently received his Master rating in choreography. He is a graduate of George Mason University with a degree in business and dance. Tommy head coaches US National competitor Hannah Byers.



MEMBER REGISTRATION

Springbank Members:
Online through member account.



PRIVATE LESSON PROCESS

Private lessons will be Friday, June 8 from 2:00-3:40 and 4:00-5:40. If interested in a private lesson with either or both coaches, please register online. The cost for a 20 minute private/semi private lesson is \$42. Lesson schedules will be coordinated and communicated at least 2 weeks prior to the seminar. All private lessons must be approved by your primary coach prior to booking. Lessons must be approved by your primary coach to ensure that it is of benefit to your skater's training plan.