



Experience how successful athletes train on and off the ice
at the **ACHIEVE Seminar**.

Featuring World and Olympic coach **Ravi Walia**.

Join World and Olympic coach Ravi Walia for a technical and fun-filled start to the summer training season in Bloomington, Minnesota. The **ACHIEVE Seminar** will feature Ravi Walia - coach of 2018 Olympic Bronze medalist, 2018 Olympic Team Gold Medalist, 2018 World Ladies Champion Kaetlyn Osmond and 2018 Olympic Team Gold medalist Patrick Chan. Ravi will be joined by the International and National FSC of Bloomington Professional staff to provide a well-rounded figure skating training experience for the serious skater! Visit <http://icepalace.ca> to learn more about Ravi's amazing Grassroots to Champion training approach.

Friday, June 12th – Sunday, June 14th, 2020

Bloomington Ice Garden

3600 West 98th Street

Bloomington, MN

The Achieve Seminar will provide:

- Innovative, energetic figure skating training techniques
- Fluid, creative and challenging edge and cardio classes
- State-of-the-art on & off ice training approaches
- In-depth discussions with judges and technical specialists on IJS, GOEs, EXCEL and Testing techniques

New Electric Spinner sessions with Sheila Theilen will provide athletes with an opportunity to:

- Experience a high-tech approach to jump training
- Improve rotational speeds
- Reinforce proper jump techniques

New Parent Track in 2020 – Parents can enjoy 4 hours of topics oriented to supporting and developing Figure Skaters. Sessions will include:

- International Judging System (IJS) Overview for Parents
- Dress design and stoning strategies
- Athlete body care
- Coaches Q&A

New Early Bird Registration Discounts

- Register by April 15th and receive an early Bird Discount! See details in Fees section below.

New Single day Registration options available

- Join us for any individual day of the seminar to experience Ravi's training techniques.

US Figure Skating, ISI registered coaches and skaters of all ages above 3 and all experience levels are welcome to attend the FSC of Bloomington ACHIEVE Seminar this summer with Ravi Walia. Skaters will be placed in groups according to Jump skill level to maximize training techniques offered during the seminar. ACHIEVE Seminar training groups will be:

1. Skaters focusing on double axel and any triple jumps
2. Skaters focusing on all doubles, double doubles, and double axel jumps
3. Skaters focusing on axel and all double jumps
4. Skaters focusing on singles and single axel jumps (Saturday only)
5. Skaters focusing on basic skating jumps (Saturday only)

Daily program includes:

- 3 – 4 hours of on-ice instruction covering:
 - Jumps
 - Spins
 - Edges
- 3 – 4 hours of off-ice instruction including:
 - Strength training
 - Jump technique
 - IJS and GOE discussions
 - Dress design and stoning lessons

Skaters should bring:

- ❖ Water bottle
- ❖ Snacks
- ❖ Lunch
- ❖ Warm training clothes
- ❖ Skates
- ❖ Tennis Shoes
- ❖ Yoga Mat

Early Bird Seminar Fees (Register by April 15th):

\$375	3 days for FSC of Bloomington members over the age of 9
\$425	3 days for guests (Non- FSC of Bloomington skaters) over the age of 9

\$143	Daily rate for FSC of Bloomington members over the age of 9
\$158	Daily rate for guests (Non FSC of Bloomington skaters) over the age of 9
\$70	Saturday 4-hour Seminar attendance for skaters under the age of 9
\$50	Parent Track fee (per parent)
\$45	Coaches with less than 5 skaters
FREE	Coaches with more than 5 skaters

Standard Seminar Fees (Register between April 16th and June 1st):

\$400	3 days for FSC of Bloomington members over the age of 9
\$450	3 days for guests (Non- FSC of Bloomington skaters) over the age of 9
\$150	Daily rate for FSC of Bloomington members over the age of 9
\$165	Daily rate for guests (Non FSC of Bloomington skaters) over the age of 9
\$75	Saturday 4-hour Seminar attendance for skaters under the age of 9
\$60	Parent Track fee (per parent)
\$50	Coaches with less than 5 skaters
FREE	Coaches with more than 5 skaters

Register [here](#) for the ACHIEVE Seminar with the skaters' current jump level. Coaches are encouraged to attend with their skaters to continue these practices throughout the training season and can register [here](#) as well! Parents are also encouraged to attend the Parent Track to explore Figure Skating topics in depth and can register [here](#). Step-by-step registration directions are available on the Figure Skating Club of Bloomington [Website](#).

Seminar Reminders:

- Registration fees are payable by Credit Card via the EntryEeze system and will be assessed a small processing fee
- Registration fees are non-refundable
- Registration closes June 1, 2020
- Rental skates are available at the Bloomington Ice Garden
- All Seminar topics are conducted within a group setting

- The Figure Skating Club of Bloomington reserves the right to limit registrations for any level and may close registration if the seminar reaches capacity
- A current email address for each skater is required as all ACHIEVE Seminar correspondence will be distributed via Entryeeze email
- Daily seminar schedules will be distributed by June 5th
- All registrations will require an indication of skater jump level to be placed in the proper seminar groups. Please clarify any jump information with your skaters' head coach to ensure proper seminar registration
 1. Skaters focusing on double axel and all triple jumps
 2. Skaters focusing on all doubles, double doubles, and double axel jumps
 3. Skaters focusing on axel and all double jumps
 4. Skaters focusing on singles and single axel jumps (Saturday only)
 5. Skaters focusing on basic skating jumps (Saturday only)

Contact Kate Shurts at sk8coach@gmail.com or Elizabeth Robeck at robeckfamily@gmail.com with any questions.