

# North Star Figure Skating Club

*Proudly presents*

## Grassroots 2 Champions

*Featuring: Audrey Weisiger, Nick Perna, and Charyl Bruschi\**

Coaches can receive up to 6 PSA credits for attending the seminar on Wednesday February 20

WHEN: Wednesday, February 20, 2019 7:00 am – 3:30 pm (seminar)  
Thursday, February 21, 2019 8:00 am – 2:00 pm (private lessons)

WHERE: NorthStar Ice Sports  
15 Bridle Lane  
Westborough, MA 01581

REQUIREMENT: Skaters must pass FS4 by January 15, 2019

ADDT'L INFO: Danielle David (DDavid@northstaricesports.com)

COST: \$75.00

DEADLINE: January 15, 2019

REGISTER: [northstar.assn.la](http://northstar.assn.la) (click on "Register Now")

AGENDA: Wednesday Seminar tentatively Includes:  
On Ice Instruction including edge exercises, jumps and spins  
Off Ice Instruction including off ice harness and psychology  
Classroom instruction including boots and blades  
Final schedule will be available after skater registration closes

OPTIONAL: Thursday reserved for private and semi-private lessons\*  
\*skaters who have not landed their axels are encouraged to book semi-private lessons  
Coaches who attend the seminar are invited to watch the private/semi-private lessons that their skaters participate in.

**Audrey Weisiger** is the founder and president of Grassroots 2 Champions. She was named PSA and USFS coach of the year in 1999. Some of her students have included 2002 Olympic Bronze Medalist Tim Goebel and two time Olympian Michael Weiss.

**Nick Perna** is a master rated PSA freestyle coach and a jumping pole expert. His former students include World Competitor Christine Lee.

**Charyl Bruschi** is a spin specialist and an IJS technical specialist who helps skaters maximize their spin points.

\*Number of Presenters dependent on number of skaters