

## Featured Coaches

### Kelley Morris-Adair

- President Professional Skaters Association
- Masters Rated Coach, 30 years of experience
- Level V Coaches Ranking

Kelley has been a pioneer with the moves in the field structure. She was a member of the original task force 15 years ago and was asked by USFS Past President Ron Hershberger to create a team of coaches of the new moves in the field task force.

### Christy Krall

- Olympic and World Team Member
- Master Rated Coach, 27 years experience
- Chair, Moves in the Field Development for PSA
- 2010 Olympic Figure Skating Coach

Christy specializes in the DartTrainer by DartFish Technology where she analyzes the skaters jumps and spins to help skaters understand through visual means, how principles of biomechanics and spin rate are achieved through integrated and coordinated muscle movement.

### Scott Brown

- National, World, Olympic Choreographer
- Worked with athletes from more than 19 different countries
- Master Rated Choreographer
- Served on PSA Board of Governors 9 years
- US Figure Skating Technical Panel Committee
- US Figure Skating Coaches Committee

Scott also serves as a US Figure Skating National Technical Specialist for Singles and is an educator for training and certification of the US Figure Skating Technical Panel of Officials.

Questions:

Kendra Bell

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[www.rmfs.org](http://www.rmfs.org)



*Rocky Mountain  
Figure Skating Club*

*2<sup>nd</sup> Annual Athlete  
Development Seminar*

*“Train with the  
Masters”  
featuring*

*Kelley Morris-Adair  
Christy Krall  
Scott Brown*

**Friday, July 23rd  
Saturday, July 24th**

**Ice Centre at the Promenade  
10710 Westminster Blvd.  
Westminster, CO 80020**

## Seminar Topics

- ❖ On & Off Ice Presentations
- ❖ “New” Moves In The Field
  - Learn Steps & Patterns
  - Exercises for Moves
  - Expectations of Test
  - Fundamentals of Turns
- ❖ IJS Strategy and GOE
- ❖ Skating Skills, Transitions & Spins
- ❖ Review ALL current changes from USFS/ISU
- ❖ Science Behind Jumping
- ❖ All Jumps w/ Dartfish Analysis
- ❖ IJS for Parents Workshop

## Seminar Times

Friday, July 23<sup>rd</sup>

Check-in at 7:30am

Seminar 8:00am – 2:00pm

Saturday July 24<sup>th</sup>

Seminar 9:00am – 3:00pm

**A detailed schedule and list of items to bring will be sent after your registration is accepted**

Skaters will be grouped according to their jumping ability and moves level. Space will be limited to the first 60 registrants. The deadline for registration is July 15, 2010. Full members of RMFSC will receive enrollment priority until July 5<sup>th</sup>.

**\*\* Skaters must have passed PrePreliminary Moves to participate**

## Registration Form

### Fees:

Full Members of RMFSC - \$125.00

Associate Members of RMFSC - \$135.00

Non-Members of RMFSC - \$150.00

Coaches - \$50.00 (Free if 3 or more skaters attend)

Optional Lunch will be available each day - \$10/day

Skater Fee \$ \_\_\_\_\_

Lunch \$10/day \$ \_\_\_\_\_

Total Payment \$ \_\_\_\_\_

Make Check Payable to RMFSC

**Registration Deadline: Must be received by July 15, 2010**

Participant's Name \_\_\_\_\_

Parent's Name (if under 18) \_\_\_\_\_

Home Skating Club \_\_\_\_\_

Coach's Name \_\_\_\_\_ Coach Attending? Yes No (circle one)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ email \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Male Female (Please circle one)

USFS FS Level \_\_\_\_\_ USFS Moves Level\*\* \_\_\_\_\_

Highest Jump landed consistently (7 out of 10 times) \_\_\_\_\_

RMFSC, The Ice Centre at the Promenade and the organizers of this seminar undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of the acceptance of their registration therein, all participants, and their parents and guardians, shall be deemed to assume all risks and injury to their person or property resulting, caused by, or connected with the conduct and management of the seminar, and to waive and be accepted only under such condition.

Signature of Skater (parent if under 18) \_\_\_\_\_

Use RMFSC Drop Box or Mail Registration and Payment to:  
Kendra Bell, 7895 West 101<sup>st</sup> Ave., Westminster, CO 80021