

# Grassroots to Champions Seminar

Hosted by

**BFSC**  
**BIRMINGHAM**  
Figure Skating Club

**Audrey Weisiger**

**2 TIME  
OLYMPIC  
COACH ,  
1999 PSA  
COACH OF  
THE YEAR**



**SEMINAR:**

All skaters will be divided into ability groups so coaches can match techniques to skaters' levels.

Groups will

rotate from on-ice to off-ice stations to improve the quality of their skating and fitness training.

For a list of topics the seminar will cover, visit the Grassroots to Champions website at

[www.grassrootstochampions.com](http://www.grassrootstochampions.com)

**Only 75 athletes will be accepted so register early.**

All Participating Skaters and Coaches must be current USFS members.

**Coaches are encouraged to attend with their skaters.**

Seminar  
**Monday, August 12,  
2013**  
*8:00 am until 5:00 pm*

Private Lessons  
**Tuesday, August 13, 2013**  
*at*

**Pelham Civic Complex and  
Ice Arena**  
*500 Amphitheatre Rd  
Pelham, AL just south of  
Birmingham, AL*



**Doug Webster**



**Registration deadline June 24**

## Seminar Fees:

\$50 for coaches, free if you bring 4 or more skaters

Early Bird:	\$125 BFSC Skaters
<i>(postmark by June 1, 2013)</i>	\$150 Non-BFSC Skaters
Regular Rate:	\$135 BFSC
<i>(postmark by June 24, 2013)</i>	\$175 Non-BFSC Skaters



**Kristina Anderson**

Fees include classes and a t-shirt. Optional boxed lunch. Skaters should bring water and snacks. The concession stand will be open.

*Registration/Check-in begins at 7:30 am,  
Seminar from 8am till 5pm.  
Parent Chat at 4pm.*

Please make checks payable to BFSC and mail them with completed registration form to...

BFSC  
c/o Cindy Harper  
1527 Highland Gate Pointe  
Hoover, AL 35244

**Additional Fees for Private Lessons**

For more information, contact [Birminghamfsc1@gmail.com](mailto:Birminghamfsc1@gmail.com) or call Cindy Harper, 205-903-5385. [www.bhamfsc.com](http://www.bhamfsc.com)

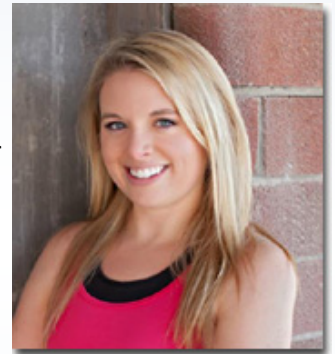


**Audrey Weisiger**

2-Time US Olympic Team Coach Audrey Weisiger was the 1999 PSA and USFSA Coach of the Year. She has her PSA World Coach Ranking and is Master Rated in Figures and Freestyle. Some of her former students include Michael Weiss (3 time U.S. Men's Champion, 2 time U.S. Olympic Team, 2 time World Bronze Medalist), Timothy Goebel (2002 Olympic Bronze Medalist), Lisa Kwon (National Novice and Intermediate Ladies Champion), and Christine Lee (World competitor). She is currently coaching Senior Men's competitor Tommy Steenberg (Estonia Junior Grand Prix Gold Medalist) and Anthony Dang (North American Challenge competitor). Audrey has coached at the Fairfax Ice Arena in Virginia since 1973. Before that, she herself was a USFSA Gold Medalist in Figures and Freestyle and a U.S. National Bronze Medalist at the Novice and Junior Levels.

**Kristina Anderson**

Kristina Anderson is a NSCA (National Strength and Conditioning Specialist) Certified Coach. She is a Certified Personal Trainer with the American Council on Exercise, and holds a Bachelor's Degree in Kinesiology (emphasis on Exercise Science) and Minors in Coaching and General Management from the University Of Minnesota. She is the Head Coach for the University Of Minnesota's Gopher Hockey Cheerleaders (high level figure skaters, performing at Division 1 Hockey Games with 15,000+ spectators). In addition, Mrs. Anderson has been the G2C Off Ice Trainer for the prestigious G2C Super Camp in 2010, 2011 & 2012. She works with all ages from Beginner - International Competitors.



**Douglas Webster**

Mr. Webster worked as a Choreographer with Stars On Ice, Disney On Ice, Holiday On Ice, and The Ice Theatre of New York, and is now joining the G2C Staff! Mr. Webster has coached at the National and World Professional Level and choreographed for individuals such as: World Champion Lu Chen, World Pro Champs Elena Leonova and Andrei Khvalko, and the amazing Lucinda Ruh - the World's fastest and most innovative spinner. He has performed alongside Olympic Champions: Scott Hamilton, John Curry, Dorothy Hamill, Oksana Baiul, Brian Boitano, Sarah Hughes, Katerina Witt, Torvill and Dean, and many other skating champions. Other highlights include choreographing for the Sun Valley Summer Skating Show, the 9/11 benefit *Stars, Stripes, and Skates* at Madison Square Gardens, and the A and E television special *Winter Solstice On Ice*.

**Private Lessons with G2C Instructors**

Private lessons will be available of Tuesday, August 13, 2013 at the Pelham Civic Complex and Ice Arena for G2C Seminar Participants. Lessons will be filled and you will be notified of your time.