

Olympic Coach

Tom Zakrajsek

Coach Tom Z is from the Broadmoor Skating Club in Colorado Springs, Colorado

His current and former students include:

- Mirai Nagasu, 2018 Bronze Olympian, 2018 U.S. silver medalist
- Vincent Zhou, 2018 Olympian, 2018 U.S. bronze medalist
- Max Aaron, 2013 U.S. champion
- Ryan Bradley, 2011 U.S. champion, coached Bradley for 22 years
- Rachael Flatt, 2010 Olympian, 2010 U.S. champion and 2008 World Junior champion
- Jeremy Abbott, 2009 and 2010 Olympian
- Agnes Zawadzki, 2010 World Jr. silver medalist
- Brandon Mroz, 2009 U.S. silver medalist
- Alexe Gilles, 2008 U.S. Jr. champion
- Austin Kanallakan, 2007 U.S. Jr. bronze medalist
- Ann Patrice McDonough, 2002 World Jr. champion

Coach Tom was named the 2009 PSA Coach of the Year.



Experience Team USA Training

High-Performance Jump Clinic

When: July 27th and 28th, 2018.

July 29th (Privates Only)

Where: Polar IcePlex in Raleigh

Who: Open to all skaters Pre-Preliminary and higher

Cost: Through the support of TFSC we are able to offer this clinic at a reduced rates.

Current TSFC club members: **\$250**

Non-club members: **\$300**

Coaches: \$100 (Observing, waived with 5 students)

Registration: Via [EntryEeze](#) (limited seats)

Opens May 30, 2018 for members

Opens June 15, 2018 for non-members

Contact Information:

Tami Bell - belltami332@gmail.com



Seminar Description

High Performance Jump clinic is 16 hours on and off ice clinic led by Olympic Coach Tom Zakrajsek. This clinic provides the tools to help skaters maximize their training and athletic development process. Fast forward your training with access to tips for improving your jump technique. Tom is steadfast in his beliefs to use sports science to educate and train his skaters, Tom is a passionate and committed coach. He loves being on the ice teaching and demonstrating figure skating jump techniques, exercises and mental focus. This clinic will focus on making you a stronger technical athlete.

Janet Ford is a Nationally appointed Technical Specialist. She has called the 2013 US Collegiate Championships and the 2016 US National Championships along with multiple regional and sectional championships. Janet has been coaching in the Triangle for over 20 years.

Jason Wong is a two time national silver medalist, two time collegiate champion, and former member of team USA. He has coached national, regional and sectional medalists.

Amy Mutarelli Taylor is the Director of Dance at Louisburg College. She trained at the Orlando Ballet School, The Washington School of Ballet, and the Nederlands Dans Theatre. She teaches dance to figure skaters.

Ronnie West is a primary dancer for the Black Irish Dance Company and is one of the most sought after choreographers in the country. He's worked with skaters off-ice for choreography.

High-Performance Jump Clinic

- Off Ice Jumps and Agility training
- Axels + More Axels (doubles and triples)
- Salchow and Toe Loop
- Loop, Flip, and Lutz
- Jump Combinations
- General skating skills
- Stroking
- Crossovers
- Power
- Use of Edge
- Spin techniques
- Periodization

Private Lessons:

A limited number of 20-minute private lessons will be available at an additional cost. Details to follow