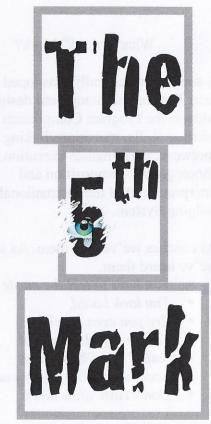
"Whether you think you can or can't, either way you're right."

Henry Ford



Seminar

Saturday, May 26th, 2012 10:00am- 4:00pm THE RINK/ THE FIELD Ithaca, NY

Developed by: Erin Tongue & Stacy Petri

What is the 5th Mark?

A seminar specifically developed by Erin Tongue and Stacy Petri designed to address the Program Components (skating skills, transitions/linking footwork, performance execution, choreography/composition and interpretation) of the International Judging System.

As coaches we've said them. As skaters we've heard them.

- You have to feel the music.
- You look bored.
- Are you even here?
- You're stiff. Loosen up!
- Smile! You like skating.
- · Look happy. It's happy music.
- · Don't rush. Slow down.

BUT HOW?

WE'RE NOT ACTING! WE'RE BEING!

Erin and Stacy have given language to an otherwise abstract topic in figure skating. This seminar will give skaters and coaches the tools on how to "plug in" and connect to truthful emotion on the ice, off ice and in life.

WHAT CAN I EXPECT?

The unexpected.

This seminar is **NOT**:

- Jump/spin/footwork technique
- Choreography
- Stroking
- Off-ice ballet/yoga
- Strength training
- Theatre on ice

WHAT SHOULD I BRING?

- 1 pillow
- 1 bottle of bubbles
- 1 blindfold
- Skates
- Yoga mat
- Lunch/ snack

WHO CAN PARTICIPATE?

- Skaters
- Coaches
- Parents
- Family
- Friends

Please return this portion with your payment.

Saturday, May 26th, 2012 10:00am- 4:00pm THE RINK/ THE FIELD 1767 East Shore Drive Ithaca, NY 14850

Cost- \$95 per participant

Make checks payable to:

IF SA (Ithaca Figure Skating Association)

Mail to: 5th Mark Care of Stacy Petri 146 Groton Ave Cortland NY 13045

| Name: | HIBIT. |
|----------|--|
| Level: | |
| Coach: | |
| (Free wi | th 5 skaters or more, otherwise \$50.) |
| Particip | pant's guilty candy pleasure: |
| ranticip | bant's gunty candy pleasure: |
| F-mail: | |