

“Whether
you think
you can or
can’t,
either way
you’re
right.”

Henry Ford

The

5th

Mark

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.

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1767 East Shore Drive Ithaca, NY 14850

Cost- **\$95** per participant

Make checks payable to:

IFSA

(Ithaca Figure Skating Association)

Mail to:

5th Mark

Care of Stacy Petri

146 Groton Ave

Cortland NY 13045

Name: _____

Level: _____

Coach: _____

(Free with 5 skaters or more, otherwise \$50.)

Participant's guilty candy pleasure: _____

E-mail: _____