



Fall Instructors Seminar
Sunday, September 29, 2019
8:00 a.m. - 4:00 p.m.



Ice Chalet
 100 Lebanon Street, Knoxville Tennessee 37919
 865-588-1858 www.chaleticerinks.com

AGENDA

- 8:00-8:30 a.m. Registration & Refreshments
- 8:30-8:45 a.m. Welcome, Rule Revisions, District News
Debbie & Gerry Lane
- 8:45-9:00 a.m. Break (Skates On)
- 9:00-9:45 a.m. Spin Technique (On Ice) *Debbie & Gerry Lane*
- Focus on change-foot, sit spin, camel, fast backscratch, flying camel
- 9:45-10:30 a.m. Jump Technique (On Ice) *Debbie & Gerry Lane*
- Focus on lutz, axel, one-foot axel, double salchow, toe walley
- 10:30-10:45 a.m. Break
- 10:45-11:30 a.m. Turns & Edges (On Ice) *Debbie & Gerry Lane w/ Elin Schran*
- Innovative ways to connect moves, stretching, and breathing
- 11:30-12:15 p.m. Ice Dance (On Ice) *Debbie & Gerry Lane*
- Track 1: Beginner/Intermediate Ice Dance
- Track 2: Advanced/Free Dance
- 12:15-1:00 p.m. LUNCH *Debbie & Gerry Lane*
Discussion About the Use/Misuse of Social Media
Lunch order form will be available at registration (Catered by Panera Bread)
- 1:00-1:30 p.m. Choreography -- Inspiring the Skater to Excel (On Ice)
Debbie & Gerry Lane w/ Elin Schran
- How to make a great impression between the required skills
- 1:30-2:00 p.m. Using ISI & USFS Programs Together (Off Ice)
Debbie & Gerry Lane
- Progression of the levels and crossovers between programs
- 2:00-2:30 a.m. Off-Ice Training (Off Ice)
Debbie & Gerry Lane w/ Elin Schran
- 2:30-3:00 p.m. Getting Back to Basics (Off Ice)
Debbie & Gerry Lane
- Teaching Figures & the Fundamentals of "Pure" Skating
- 3:00-3:15 p.m. Break
- 3:15-4:00 p.m. Synchro & Group Training and Coordination (Off Ice)
Debbie & Gerry Lane w/ Elin Schran
- Finding enough on-ice and off-ice time, fundraising
- Team-building and training
- Strategies to encourage skaters to participate

Featured Presenters:

Debbie Lane
Gerry Lane
Elin Schran

DEBBIE LANE
Professional Instructor, Colorado Skating Club
 A teacher since 1976, Debbie is PSA Master-Rated in Freestyle, Figures, Dance, Free Dance, and Moves-in-the-Field. She is a former World Team Member and International Medalist, and has coached international, national, sectional, and regional champions. Debbie is a Level V Ranked PSA Coach and an ISI Board Member.

GERRY LANE
Professional Instructor, Colorado Skating Club
 Director of Skating for South Suburban Parks & Recreation, Gerry has been teaching since 1976. He is PSA Master-Rated in Figures, Freestyle, Dance, Free Dance, and Moves-in-the-Field. Gerry is an international coach and is a former national competitor and champion. He is a Level V Ranked PSA Coach and Past President of the Professional Skaters Association.

ELIN SCHRAN
Founder, IceFlow & Frozen Frog Productions
 Elin started the Boston Ice Theater, a professional ensemble company. In 2004, she founded Frozen Frog Productions, specializing in high energy shows. She was a coach for Dorothy Hamill's Fantasy Skating Camp for 5 years. IceFlow is a gentle, yoga-inspired edge class for skaters of all ages and skill levels.

For more information, contact:
 Larry LaBorde 865-386-6869
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 Julia Hardin 865-705-6796
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Seminar Is Free to Current ISI Professional Members!
 \$ 85.00 for non-members (includes membership & manual)
 For non-members, please make your \$ 85 check payable to ISI & pay at registration.

6 PSA Credits Available

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Register by September 24, 2019
 Call us at 865-588-1858... or Register online:
<https://form.jotform.com/Fleury/isi-instructors-seminar>

Recommended Hotel:
 Courtyard by Marriott (West/Bearden) 865-690-7680