

# MISSION

**The Mission of The Ice Revolution:** is to fundamentally change the way skaters are trained in America, as well as to change the way skating programs are managed and directed, which will benefit everyone.

**The Ice Revolution's goal:** is to increase participation, interest, enthusiasm, and the popularity of the sport of figure skating, which matches or exceeds levels of participation and interest in other sports like gymnastics, dance, tennis, and martial arts.

**This unique approach:** trains skaters' basic skating skills and physical potential in a group format, developing stroking, edges, endurance, flexibility, strength, power, style and musicality, in order to reduce costs, while stimulating skaters' interest and enthusiasm, and heightening their level of commitment and performance.

**The Ice Revolution's results:** will be reduced expenses to parents, greater revenues for clubs, greater participation and enthusiasm of skaters, better trained skaters, greater cooperation among coaches, a more cooperative skating club atmosphere, an increase in club membership and member longevity, a more successful and satisfied skating body, and skaters who have more fun training.

# THE ICE

# REVOLUTION

is here

*Train like a Champion!*

following our unique

**'100 Minute Workout'**

*Enlist Today*

**484-832-8598**

**WWW.ICEREV.COM**



**INNOVATE CREATE EVOLVE**

# THE ICE

# REVOLUTION



**Figure Skating Seminar**

**The Ice Revolution is an...**

**Innovative Creative & Evolutionary** approach to encourage, inspire, and motivate skaters to dedicate themselves to achieving goals in a group environment. This is a revolutionary team approach to training future champions, known as the...

**'100 Minute Workout.'**



# THE ICE REVOLUTION SEMINAR

## OLYMPIAN

SCOTT GREGORY



## GOLD MEDALIST

ALEX DRUAR



& ICE REVOLUTION

484-832-8598

[WWW.ICEREV.COM](http://WWW.ICEREV.COM)

## ACTIVITIES

\***BOOTS ON THE GROUND** - An off-ice jump & spin class designed to: improve jump and spin technique & rotation control

\***SABRES RATTLING** - An on-ice edge class designed to: develop proper warm-up practice, turn & edge quality & control

\***THE NEW REVOLUTION** - An on-ice jump & spin class designed to: improve spins & analyze jump technique (*Dartfish*)

\***ENFORCE YOUR CORPS** - An off-ice physical strength & conditioning class designed to: strengthen core muscles for figure skating

\***BALLET REVOLUTION** - An off-ice ballet class designed to: develop style, musicality, coordination and grace

\***REVEILLE** - An on-ice stroking class designed to: develop endurance & power

\***VICTORY** - A real life success story presentation: how to have a 'Champion Mindset,' and being committed to realizing your own dreams

## DETAILS

\***Student cost:** (early registration) TBA

\***Coach cost:** (early registration) TBA

\***Board members:** Free

\***Late fee** add \$25 - if payment is received 15 days or less before the seminar

\***Company Contact:** **Ice Revolution LLC**  
528 Williamson Circle, Media, Pa 19063  
484-832-8598

\***Space is limited:** Sign up early!

\***The seminar is:** for skaters past pre-preliminary-senior level coaches and board members

\***Date, Time** TBA

\***Host Rink** TBA

\***Registration:** will be 30 minutes only  
Don't be late!

\***After registering:** There will be a brief introduction of **The Ice Revolution** team and an explanation of the goals of the seminar

\***Wrap up period:** There will be a brief presentation of Scott's life story, designed to inspire skaters to have a 'Champion Mindset'