



**COLORADO SPRINGS INVITATIONAL  
PRESENTS A UNIQUE OPPORTUNITY FOR  
BEGINNER – PRE-JUVENILE BOYS THROUGH  
THE ICEMEN’S SERIES!**

U.S. Figure Skating and Centennial 7k Skating Club are excited to announce a special IceMen’s Series Seminar at the upcoming Colorado Springs Invitational! Boys in the Beginner through Pre-Juvenile levels will get to experience an on and off-ice seminar with the Olympic staff from the 7k International Skating Academy! Each participant will experience a 45-minute session with Rohene Ward focusing on presentation followed by another 45-minute session with Kori Ade and Doug Ladret concentrating on Jump Theory. At the conclusion of the on-ice portion, skaters will partake in a Q & A session with elite, international competitors from 7k.

**Schedule of Events:**

- 4:30-4:45pm: Check-In
- 4:45-5:00pm: Stretch/Skates On
- 5:00-5:45pm: Power of the Performance
- 5:45-6:30pm: Jump Theory
- 6:30-6:45pm: Skates Off
- 6:45-7:30pm: Elite Athlete Q & A



**KORI ADE**

*National, International  
and Olympic Coach*



**ROHENE WARD**

*National, International  
and Olympic  
Choreographer*



**DOUG LADRET**

*2-Time Olympian, National  
and International  
Pairs/Singles Coach*

Coaches are highly encouraged to attend the full seminar with their student(s). Each participant and coach will have an integral role in learning and developing as a team. We look forward to a very positive experience for all of our young competitors!

Participants will receive information regarding 7k’s newest male-only focused seminar coming in May of 2018!

