



Louise Kapeikis Clinic
Sponsored by Wenatchee Figure Skating Club

Please join us to work with Louise and Paul Kapeikis. They bring us over 70 years of coaching, are Level V ranked and will be sharing new information and stories from recent international competitors.

The clinic will focus on Solid Basics and Great Skating Skills to Build Upon.

Date: June 17th 5:15pm-6:45pm

June 18th 7:15am-12

Place: Town Toyota Center Wenatchee, WA 98801

Cost: WFSC members \$75
non members \$100

Friday:

FS Sessions available 9:45am-12:45pm

Seminar:

5:15pm- On ice warm up - SKATING SKILLS FOR SUCCESS

5:45pm- Basic jumping technique to build on (waltz jump, salchow, toe loop, loop jump) All skaters

Saturday:

7:15am- off ice warm up to prepare for a great training day

7:45am - break to put skates on

8:00am-10:45 -On ice warm up - SKATING SKILLS FOR SUCCESS

Group 1 - Basic jumping technique to build on (flip, lutz, axel) Louise

Group 2 - Off ice harness with Paul

Group 2 - Basic jumping technique to build on (axel, double jumps) Louise

Group 1 - Off ice harness with Paul

11am Classroom - All skaters and parents. IJS, "You be the Judge!", PSA Summit information, The Parents Journey, Q&A

To Register go to WenatcheeFSC.org click on **Enteryeeze**
Questions contact NADEANR@gmail.com
<https://comp.entryeeze.com/Membership/Welcome.aspx?cid=406>