

2025

POWER & PRECISION LCSC SUMMER SEMINAR WITH SURYA BONALY



GUEST COACHES:



SURYA BONALY

Three-time Olympian, a 10-time French figure skating champion, a five-time European figure skating champion, & a three-time World Figure Skating silver medalist.



PETER BIVER

Head Coach at Shattuck St. Mary's, six-time US Figure Skating Gold Medalist & a former US National competitor in Senior Pairs



PETER ZAPALO

Exercise physiologist specializing in athlete high performance. A veteran of five Olympic Games, he attended the past two Olympics with U.S. Figure Skating as a part of Team USA.

On-Ice Highlights:

Axel Class – Master the technique behind the 1A & 2A through focused on-and off-ice components

Skating Skills for Jumps – Edge drills that elevate your jump quality

Power Class – Go fast, stay fast! Build speed & stamina

Spin Class – Spin to win! Unlock the secrets to Level 4 spins

Off-Ice Training:

Jump Class – Build jump technique & air awareness from the ground up

Flexibility for Spins – Improve your spin positions through targeted flexibility work

Parent & Skater Enrichment:

Top 10 Nutrition Recommendations – Fuel for performance

Intro to Emotional Regulation – Mental strategies for skaters

Your Skater's Journey: Insightful discussion with all coaches

Injury Prevention – Keep your skater healthy & strong

Private lessons available at an additional cost on July 22 & 23!

JULY 24 - 25, 2025

HAMILTON CENTER ICE ARENA
COLUMBUS, IN

REGISTRATION & MORE INFORMATION:

WWW.LCSCCOLUMBUS.ORG