



## SPECIALIZED HIGH APTITUDE RESOURCE PROGRAM

### 7k International Skating Academy

**Event:** S.H.A.R.P. Tryout Session

**Date:** Saturday, March 10, 2018

**Time:** 11:00-12:00pm

**Levels:** Snowplow Sam 1 to Juvenile

**Registration Link:** [Skate7k.com/Sharp](http://Skate7k.com/Sharp)

**Fee:** Free!

The Specialized High Aptitude Resource Program was designed to meet the needs of young athletes who are identified as having physical, emotional and athletic potential and who show interest in developing as elite athletes. The goal of S.H.A.R.P. is to build elite competitive skaters who represent their skating club with the highest athletic integrity while also creating a team camaraderie and providing a supportive and positive training environment.

**Program Procedures:** Skaters are monitored closely by coaches and with a dynamic program structure are able to be placed in appropriate levels in “real time” so that their needs can be best met by the program classes, seminars, semi-private lessons, and when necessary, private instruction as well. Throughout the athlete’s participation in S.H.A.R.P., benchmarks must be met and maintained based on the athlete’s “competition age” in all areas of development for the athlete to remain in or move to a more advanced S.H.A.R.P. group or team.

**Opportunities:** The off-ice program provides opportunities for development in the areas of sports psychology, strength and conditioning, dance and dry land sport specific skill mastery. The purpose of the on-ice program is to build a foundation of unmatched basic skating skills, spins and technically superior jumps.

**Coaching Staff:** The coaching staff is made up of World and Olympic coaches, developmental coaches, regional through national coaches and is supported as well by current athletes who are involved in a junior coach apprentice program.

**Why S.H.A.R.P.?** Developed by Olympic coach, Kori Ade, this program is unlike any other learning environment in the US. S.H.A.R.P. is a unique opportunity for building champions in life, as well as on the ice. This program epitomizes Kori’s desire to provide athletes better opportunities to skate by making excellent coaching more affordable and accessible to skaters who demonstrate the talent and desire to achieve their potential. Along with over 20 years of competitive coaching, Kori has done extensive research in child development and sport science and is excited to bring experience and evidence based knowledge together through the Specialized High Aptitude Resource Program for figure skaters.

Skate7k.com/SHARP Questions? Please contact [Ascend@skate7k.com](mailto:Ascend@skate7k.com)

Monument Ice Rinks: 16240 Old Denver Road, Monument, CO 80132

