



Come Train with the best!
Sunday, March 10
1:00 pm - 6 pm

Meet Gracie, Geoffrey, and Max at the Houston Invitational Weekend Experience Party from 12-1:

Join us for a unique training opportunity for figure skaters featuring:



GRACIE GOLD

2 Time U.S. National Champion
Olympic Medalist
US Figure Skating Get Up
Ambassador
2020 Recipient of the PSA Sonja
Henie Award



GEOFFRY VARNER

National and International Medalist
2005 ISU Junior Grand Prix Final
Bronze Medalist
Jr World Competitor



MAX AARON

2013 US National Champion
2015 Skate America Champion
3 Time International Classic
Champion

We are thrilled to announce The Road2 Gold Training Camp! This exclusive camp will take place on Sunday, March 10th, from 1 p.m. to 6 p.m. and will have limited space available. Competitors of the Houston Invitational will have priority registration for this exciting event, so you will want to register early for the competition.

Attendees can choose to participate in one or all of the classes, depending on their preference. Collaborate with your coach to create the ultimate training experience for you!

See next page for classes and schedule available!



Road2 Gold Schedule

Be sure to first sign up for the Houston Invitational Competitor Party from 11:45 a.m. to 12:45 p.m. where you will be able to meet and get autographs from our Three Amazing Road2 Gold Coaches/Champions! Cost is \$20 and open to any competitors or Road2 Gold Attendees! (Must be a competitor of the competition OR sign up for at least one other class in order to participate. Limited Space Available.

Each class is \$35 each. It is suggested that all start with the OFF ICE WARM UP. You can sign up for one class or all 7! Classes are designed for Low, Mid, and High. All classes have a maximum of 18 skaters each.

Low: Scratch and back spin, loop jump, off ice basic jump technique, basic stroking and power, combo spins, parent training

Medium: 1A on ice, 2S & 2T, difficult spin variations, off ice 1A, single and double combo, choreo sequence, basic fly spins

High: 2F and 2Lz, 2A on ice, Off ice 2A and dbl rotation, advanced flying spins, beginning triples, transitions, 2 lo 2lo

11:45 - 12:15: Meet and Greet with Gracie/Geoffry/Max for Competitor Party Attendees

12:20 - 12:45: Paren Meeting with the Road2 Gold Team

GRACIE

GEOFFRY

MAX

1:00 - 1:30: OFF ICE WARM UP

OFF ICE WARM UP

OFF ICE WARM UP

1:30 - 2:20: 2S & 2T

Off Ice Basic Jmp Technique Low

2F & 2Lz

2:20 - 3:00: Scratch & Back Spins

Advanced Flying Spins

Basic Flying Spins/Difficult Variations

3:00 - 3:15: Ice Cut

Ice Cut

Ice Cut

3:20 - 4:00: Off Ice 2A & Triple Rotation

Choreo Sequences

Basic Stroking and Power

4:00 - 4:40: On ice 1A

Basic Spin Positions & Spin Combo

On Ice 2A

4:40 - 5:20: 1Lo/1F/1Lz

2Lo & 2Lo Combos

Single + Double combos

5:20 - 6:00: Beginning Triples

Off Ice 1A & Double Rotation

Off Ice - Developing Mental Strategies for Competition

Class Descriptions on next page

Pre-Order your Road2 Gold T-shirt for \$28 each!



Order your copy of Gracie Gold's new Memoir to have autographed by her at the Meet and Greet! \$27



Road2 Gold Class Descriptions

1:00-1:30pm	1X	Off Ice Warm Up	Strongly recommended for all skaters. This class will prepare the body for the day
1:40-2:20pm	2A	Dbl Flip & Dbl Lutz	Participants must land double loop a minimum 5 out of 10 attempts and should be attempting 2F &/or 2Lz on ice
1:40-2:20pm	2B	Dbl Salchow & Dbl Toe Loop	Participants must land single axel a minimum 5 out of 10 attempts and should be attempting 2S &/or 2T on ice
1:40-2:10pm	2C	Off Ice Jumps all singles	Participants must be attempting single jumps Salchow and above on the ice. Class is appropriate for beginning jumpers through those beginning to work on single axel
2:20-3:00pm	3A	Advanced Flying Spins	Participants must be able to complete 4 or more revs on a flying camel and flying sit spin. This class will work on deathdrop and butterfly
2:20-3:00pm	3B	Basic Flying Spins	Participants must be able to perform camel spin, back camel, sit spin and back scratch
2:20-3:00pm	3C	Scratch & Back Scratch Spin	Participants must be able to do a minimum of a 1 foot spin and should be attempting scratch and back spins
3:20-3:50pm	4A	Off Ice 2A and triple rotation	Participants should be attempting all double jumps through double flip &/or double lutz or above
3:20-4:00pm	4B	Choreo Sequences	This class is intended for skaters in the PrePre-PreJuv levels
3:20-4:00pm	4C	Basic Power and Stroking	This class is intended for skaters in the Aspire levels or those working on PrePre-Prelim Skating Skills
4:00-4:40pm	5A	On Ice Dbl Axel	Participants must land double loop a minimum of 7 out of 10 times and double flip &/or double lutz 5 out of 10 attempts. Skaters should be attempting double axel on the ice
4:00-4:40pm	5B	On Ice Single Axel	Participants must be attempting single axel on the ice. This is a class for those working on single axel
4:00-4:40pm	5C	Basic Spin Positions/ beg spin combos	Participants must be able to do a minimum of scratch spin & back spin & should be attempting sit and camel
4:40-5:20pm	6A	2Lo & Lo combos	Participants must land a dbl salchow &/or dbl toe loop 7 out of 10 attempts and should be attempting dbl loop
4:40-5:20pm	6B	Single + Dbl Combos with dbl toe	Participants must be able to land all single jumps and bdl toe loop 5 out of 10 attempts
4:40-5:20pm	6C	1Lo + 1F + 1Lz	Participants must be attempting single loop jump or landing loop and attempting flip and lutz
5:20-6:00pm	7A	Beginning Triples	Participants must be landing dbl flip &/or dbl lutz 7 out of 10 attempts and dbl axel 5 out of 10 attempts
5:30-6:00pm	7B	Off Ice 1A & Double rotation	Participants must be landing single loop and attempting flip and lutz on the ice.
5:30-6:00pm	7X	Off ice Mental strategies for competition	This class is appropriate for all competitive levels