

# *Skate Like an Olympian!*

## *Workshop by*

### *Olympic Medalist, Jim Millns*

**In this one hour On-Ice workshop, you'll learn techniques to:**

- **Improve speed**
- **Increase power**
- **Advance your athleticism**

**Additionally, you will learn 3 key concepts:**

- **How to use SOAP to clean up your skating**
- **Exceptional Edges**
- **What is Better**

Whether you are new to skating, a serious skater or just someone who wants to enjoy the thrill of gliding on ice, this workshop will have something for you.

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**>> Bonus <<**

**This workshop will include an Off-Ice Training session**

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Jim Millns has trained and coached in some of the top training centers of the World. He has coached several skaters to the National Championships in Singles, Pairs and Dance and has worked with international competitors.

Jim began his skating career at the age of 13 and, just 13 years later, was an Olympic Medalist, as well as winning both the initial round and the Free Dance at a World Championship.

Turning professional after the 1976 Olympic year, Jim toured throughout the world in ice shows. He starred in a Broadway production, made several commercials, and even had a key part in a made-for-TV movie, "Champions".

Jim Millns' accomplishments include:

- Olympic Bronze Medalist
- World Silver and World Bronze Medalist
- 3-time US National Champion
- Inducted into Figure Skating Hall of Fame
- Inducted into the Sport Hall of Fame
- Olympic Record holder
- International Ice Dance Judge
- Technical Specialist – Ice Dance