



SEASONS OF SKATING



Spring Seminar

**Wisconsin Rapids, WI
April 1, 2023**

Special Guest
Tom Zakrajsek

Tom Zakrajsek has been coaching figure skating in the United States since 1990. He has coached many regional, sectional, national and international champions, including US Champions Bradie Tennell-2021, Max Aaron-2013, Rachael Flatt-2010 (for 11 years), Ryan Bradley-2011 (for 22 years) and Jeremy Abbott-2009 (for 10 years). World Junior Bronze Medalist Ting Cui and Vincent Zhou

His primary emphasis in coaching is jump technique and training his athletes for competition performance. He takes a great deal of pride in having developed skaters from the learn-to-skate to the national and international level. His coaching philosophy emphasizes goal setting, hard work, discipline and the acquisition of life skills.



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seasonsofskating@gmail.com

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