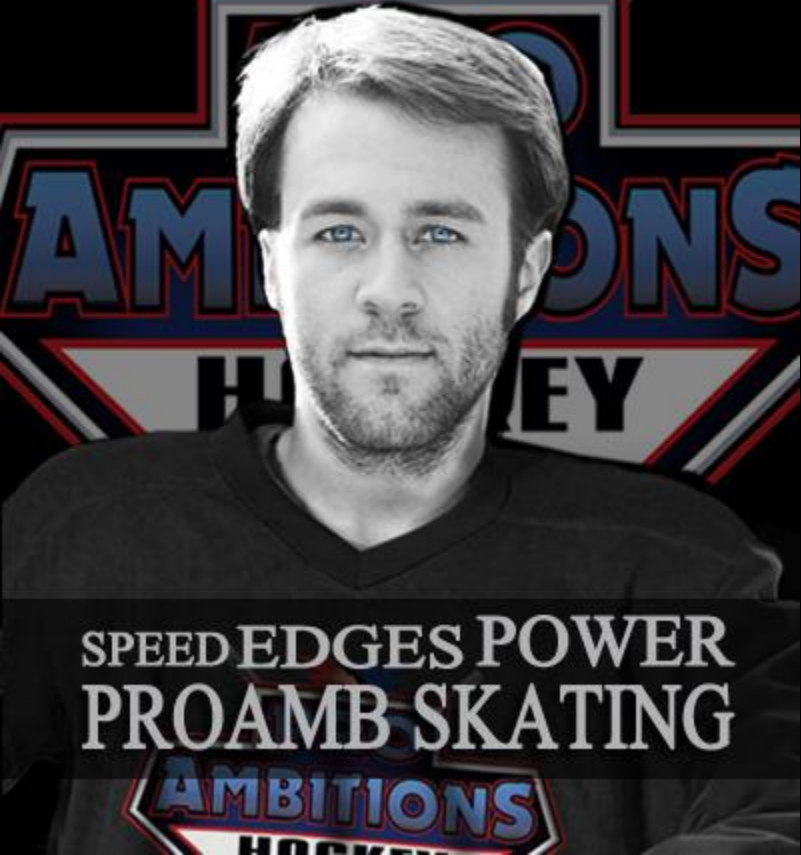


WE ARE
REVOLUTIONIZING
POWER SKATING



SPEED EDGES POWER
PROAMB SKATING

"What is it about figure skating that is so unique? It's the use of edges, it's how we use our body to change direction on the ice. It's something that makes all hockey players go 'oh'."

-- Four-time world champion Kurt Browning

Many NHL players have been finding their stride with experienced figure skaters over the years. One of them was me back in the 1990s while I was still playing. I trained personally with Laura Stamm in CT many summers, I paid to take privates with her, was worth every penny and the long drive from MA to CT. In the 1970s, figure skater Laura Stamm trained at the same practice rink as the New York Rangers before being called on to train Islanders forward Bob Nystrom. At that time, the notion of an NHL player training with a figure skater was considered so taboo that Stamm and Nystrom practiced in the early-morning hours so as to avoid his teammates. Before you knew it, Stamm was training the Rangers, Islanders and went on to train countless NHL players. Former and current NHL players, including Niedermayer, Paul Kariya, Dave Poulin, Colby Armstrong and 2011 draft pick Zachary Yuen (Winnipeg), started out in figure skating. That precedent, coupled with the impressive results yielded by Stamm, Underhill, and Andrade, is inspiring more NHL teams to keep a figure skating coach on call.

For the past five years I have been aggressively looking for a professional figure skater with knowledge, charisma and the key element "coaching ability" to hire to train my Pro Ambitions campers. It was easier said than done. The professional figure skaters I met with were lacking the desire to convert their teachings to benefit hockey players. I had not found the right person or persons until last year.

Meet Christian and Sarah Grunnah.

Christian grew up the son of an Olympic Speed skater. A nationally ranked skilled hockey player, Christian went on to play hockey at Shattuck St. Mary's School. In the past 20 years, Shattuck-St. Mary's School has been at the forefront of youth hockey graduating countless top NHL players namely Sydney Crosby. Christian continued his hockey career at Skidmore and went on to earn a masters degree in fine and performing arts at Harvard University. Christian trained with his father since childhood to learn how to be the fastest player on the ice.

Christian's father taught him how to figure skate in order to become the fastest and most proficient ice skater. Christian married Sarah, a life long trained figure skater. I have found the most innovative power skating coaches in the nation. Christian and Sarah spent summer of 2014 training the youth of the nation in how to improve their speed, agility , edge work, power, explosive starts and stops, direction changes, and backwards skating skills. Pro Ambitions campers learned to improve their skating at prodigious rates. The teachings of Christian are anthropological. The charisma, hockey knowledge, skill, speed, technique, training in the performing arts and dance make him the most remarkable SKATING coach I have ever seen. Christian and Sarah will be at all boarding camps next summer, namely our flagship location, Boston University where we hail for six weeks every summer. Please watch Christian and Sarah in action on October 26th in the new video essay 2015 site and schedule launch.

The Pro Ambitions 2015 video essay/site launch and annual **15% SALE** begins on October 26th. The **sale** ends the same time every year, midnight on Halloween. This is the best time to reserve the camp you want without disappointment, and **save 15%** while only leaving a deposit will reserve your space.

WWW.PROAMBITIONS.COM

