



U.S. Figure Skating Seminar

U.S. figure skating is hosting a seminar over a two day period at the Liberty Summer Competition. This seminar is free of charge to all skaters, coaches and parents. You may attend as many of the topics as you wish, but only at the appropriate level. The presentations on Thursday are for novice, junior, and senior levels only. Presentations on Friday are open to all levels. The times and topics are listed below. Due to the size of the room, seating is limited. If you would like to attend, please fill out the form below by July 10th and send it to the attention of **Alli Speroff** via fax at 719-635-9548 email asperoff@usfigureskating.org or U.S. Mail. U.S. Figure Skating's address is: 20 First Street Colorado Springs, CO 80906



U.S. Figure Skating Seminars

Name:

Level:

Place the number of persons that you would like to attend? :

Thursday, July 16 For novice, juniors, and seniors

Start Time	End Time	Topic	Number attending
10:00 AM	10:45 AM	IJS Strategies	
11:00 AM	11:45 AM	Team Envelope Meeting for Team A, B, C and Reserve Team athletes, coaches and parents (invitational email will be sent out separately)	
1:00 PM	1:45 PM	NGB resources	
2:00 PM	2:45 PM	Basic Sports Science and Training Concepts	
3:00 PM	3:45 PM	Parents Education	

Friday, July 17 Open to all

Start Time	End Time	Topic	Number attending
10:00 AM	10:45 AM	IJS Strategies	
11:00 AM	11:45 AM	Team Envelope Meeting for Team A, B, C and Reserve Team athletes, coaches and parents (invitational email will be sent out separately)	
1:00 PM	1:45 PM	NGB Resources	
3:00 PM	3:45 PM	Basic Sports Science and Training Concepts	
4:00 PM	4:45 PM	Parents Education	

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U.S. Figure Skating Seminars

For Novice-Seniors Levels Only

Location: TBD

Agenda

Thursday, July 16

Start Time	End Time	Topic
10:00 AM	10:45 AM	IJS Strategies (just Juniors and Seniors)
		Team Envelope Meeting for Team A, B, C and Reserve Team athletes, coaches and parents (invitational email will be sent out separately)
11:00 AM	11:45 AM	
1:00 PM	1:45 PM	NGB resources
		Basic Sports Science and Training Concepts
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Open to all levels

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Agenda

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