

Sports Psychology-Nutrition Seminar

A limited number of applications will be accepted.

Deadline is Monday, June 3rd, 2002

Name: _____ Phone: _____

Address: _____

Club: _____ Email Address: _____

Coach(es): _____

Last FS test passed: _____

Please check the line if you land the jump 8 of 10 times:

Waltz _____	Flip _____	Dbl. Toe _____	Dbl. Axel _____
Salcow _____	Lutz _____	Dbl. Loop _____	Triple _____
Toe Loop _____	Axel _____	Dbl. Flip _____	
Loop _____	Dbl. Sal _____	Dbl. Lutz _____	

Pricing:

SCSFSC Member	\$30.00
Non-Member	\$60.00
Coach	\$15.00
Parent	\$15.00

(Please make checks payable to the St. Clair Shores FSC)

Seminar Hours

Friday, June 21st, 3:00 p.m. to 7:00 p.m.

Saturday, June 22nd, 9:00 a.m.-1:00 p.m.

Schedules will be emailed/mailed out by Monday, June 10th, 2002.

Location

St. Clair Shores Figure Skating Club

We encourage out of club skaters to come to the Shores and take advantage of our training program. If you wish to skate prior to the Seminar or after, please call the club at 586-774-7530 or the Director at 586-774-3458 for a schedule.

Skaters will be grouped according to test level first, then by jumps consistently landed.