

SAVE THE DATE SAVE THE DATE SAVE

Sports Psychology/Nutrition Seminar

June 21st and 22nd

(Late afternoon on Friday and Saturday morning not past 1:00)

Gayle Davis, a psychologist, is nationally recognized for her seminars on personal growth and performance in life, sports and business. She is well respected for her work with all levels of athletes and coaches, including World-Class and Olympic contenders. Ms. Davies predominant experience is in the sport of Figure Skating. She is a frequent Staff Member of the USFSA Team USA Camps, National Novice Seminars, and Junior Seminars. Ms. Davies is a member of the USFSA Sports Medicine Committee, and the Skating Association Sports Science Committee. Ms. Davies received her Ph.D in Counseling Psychology from Ohio State University.

Melissa Knudson received her BA in Dietetics from MSU in 1997 and successfully passed the Michigan Department of Public Health registration exam in 1998 to become a fully Registered Dietitian. She is a member of the American Dietetic Association, which require ongoing continuing education to maintain registration status. Additional training includes advanced courses in the Treatment of Eating Disorders, completed in 1994 and 1997. Ms. Knudson has extensive experience working with adolescents in the area of nutrition and eating disorders with local high school athletics.

Application and information to follow. All levels of skating are encouraged to attend.