



The Skating Club of Novi Presents a One Day Figure Skating Seminar with

Kathy Casey

World and Olympic Coach With Over 30 Years of Coaching Experience - Master Rated Coach

May 12, 2007

Pre-Preliminary - Senior Freestyle
8:00 am - 4:30 pm • Check-in 7:45 am
Novi Ice Arena



Seminar Includes

The seminar will consist of on-ice and off-ice instruction by Kathy Casey. Professional instructors for off-ice dance, plyometrics, physical therapist, technical specialist, gold level judge as well as the parents track. A great way for parents to better understand figure skating.

Please bring tennis shoes, for off-ice work outs. **Lunch will be provided to the skaters.** Coaches, parents/ guardians can join their skaters for lunch for an additional \$5.00 fee and can attend some of the presentations at no additional fees.

Kathy Casey

Kathy Casey has over 30 years coaching experience. She is a Master Rated coach with the PSA and has taught numerous National and International Champions including Scott Davis, Scott Williams, Nicole Bobek, Scott Hamilton, Lily Lee, Rosalyn Sumners, Shelby Lyons, Steven Rice, Sydne Vogel, and Damon Allen. Kathy has served on the U.S. Olympic Coaches Committee as well as the Board of Directors and numerous other committees of the US Figure Skating Association.

Kathy has lectured and conducted seminars throughout the world including, Canada, Sweden, Great Britain, Norway, Scotland and the United States.

Off-ice Conditioning Plyometrics with Julie Nikolovski - Athletic Dimensions owner, Julie Nikolovski, is a former competitive figure skater of 20 years, and is an ACE certified in Personal Training as well as former founder and Executive Editor of the Go Figure Skating Magazine.

Dance and Hip Hop with Sheryl Sulek - Sheryl has owned and operated her dance studio "Sheryl's School of Dance" in the Metro Detroit area for 47 years. She will be accompanied by Fred Diaz the current Mr. Dance of Michigan.

International Judging System Presentation by Ann Barr - Technical specialist

Questions and Answers with Gold Level Judge Kristy Kasapis Panos

Injury Prevention and Safe Exercise with Betsie McCormick, MPT, OMPT - Director of Physiotherapy Associates Novi Clinic - Betsie has a Bachelors degree in Health Science, Masters in Physical Therapy and is a Certified Specialist in Orthopedic Manual Physical Therapy.

Betsie will be available after the seminar for individual assessment to test strength, flexibility and agility for an additional fee. Individual assessments will take 10-15 minutes. Cost \$20.00 to be paid directly to Betsie at time of assessment.



**Secure your spot by
April 25, 2007
Seminar space is limited to
the first 45 skaters.**



42400 Arena Dr.
Novi, MI 48375
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