Sating C

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 248.347.1010

Registration Form

Registration forms with payment must be received no later than April 25, 2007. Forms can be dropped off to the Novi Ice Arena front desk or mail to: Lynne Meyer/Kathy Casey Seminar

47506 Greenwich Drive • Novi, MI 48374

A late fee of \$15.00 per applicant will be accepted if opening is available. Make checks payable to the **Skating Club of Novi.** No refunds. \$25.00 fee for all returned checks.

(ing	\$100	SCN Members/LSC Members	
ating C	\$115	Non-SCN Members	Lakeland
	\$5.00	Parent/Guardian/Coach Lunch	Skating Club
OCNES		Late Fee (if space is available)	
NO		TO	TAL
Name			Age
			np(must be landed clean & consistent)
,			(must be landed clean & consistent)
Jump Currently Working	g On	Pro Signatu	ire
Р	lease bring s	kates, tennis shoes and work out mat (if ava	ilable) for off-ice work outs.
	Questic	ons may be directed to Lynne Meyer - Imgr	aphics@twmi.rr.com
Dataia MaCamaiala I	ADT OAADT		
Betsie McCormick, I		lth	the last transfer of the second
1	,	like more information or would like to sched with Betsie McCormick from Physiotherapy	Jie
Associates. There	e will be a fe	ew appointments available after the seminar	for
an additional fee	ê. 		THE RESERVE OF THE PERSON NAMED IN COLUMN TO SERVE OF THE
		HABILITY MAINTED	
As a student of the Skat	tina Club of N	LIABILITY WAIVER lovi's Seminar I/we, the undersigned student/pa	rent/guardian agree to assume all risks attendant to
observering and partic	ipating in the s	seminar and waive all claims for any personal inj	ury and/or loss or damage to property and hereby
			Club of Novi, its board of directors, members, instruc- a result of participation in the clinic. The release shall
extend to all further dama	ges and injurie	es of every nature, however sustained, even if du	e to the negligence or alleged negligence of the semi-
		attendance to observe and/or participating in the his assumption and release are acknowledged a	e seminar are hereby assumed the student and his/her nd approved by their signature hereto.
	,	CONSENT FOR MEDICAL ATTEN	
		an of said participant, I give my consent to the ${\sf N}$	ovi Ice Arena and its staff to obtain medical care
		sysician, hospital or clinic, including transportation any injury that could arise from participation in the	
101 3010	pamerpam for	any meny man coola and nom pameipanon in ii	is simile delivines at 1 year fee 7 years.
Signature of	Parent or Guardia	in Date S	ignature of Student Participating Date
Ü			· -

Emergency Contact

Emergency Phone Number