

Main Topics

Seminar Topics

- Jump Technique
- Correct take-off prints and landings
- New judging system
- Injury Prevention
- Video-jump analysis
- Parent Session
- Weight Management
- Nutrition/Body Image

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If you have any questions about the seminar, please contact Micki Freier at:

[mfreier@suburbanice.com](mailto:mfreier@suburbanice.com)

or

Call 248-347-1010

# SUBURBAN SPORTS GROUP

#### **Novi Ice Arena**

42400 Arena Drive

Novi MI 48375

248-347-1010

#### **Suburban Ice East Lansing**

2810 Hannah Blvd.

East Lansing, MI 48823

517-336-4272

#### **Suburban Ice Macomb**

54755 Broughton Rd.

Macomb, MI 48042

586-992-8600

#### **Onyx-Rochester Ice Arena**

52999 Dequindre

Rochester, MI 48037

248-601-6699

#### **Suburban Ice Farmington Hills**

23996 Freeway Park Dr.

Farmington Hills, MI 48335

248-888-1400



## SUBURBAN SPORTS GROUP PRESENTS MARIPOSA SEMINAR

With World and Olympic  
Coaches  
Doug Leigh and  
Robert Tebby  
And  
Presenters  
Jen Hancock,  
Jeannine Hurst and  
Erika Meltzer

Monday, August 18th, 2008  
8:00am—5:00pm  
Novi Ice Arena  
Novi, MI 48375

## SEMINAR STAFF

### Doug Leigh

- World and Olympic Coach  
Brian Orser/Elvis Stojko
- Coached 25 World Championships
- Coached 6 Winter Olympics
- Coached over 50 Canadian National Medallists
- Over 27 years of coaching

He is Canada's premier skating coach and is internationally acclaimed as a leader in the field.

### Robert Tebby

- International level coach for 10 years, including: 14 Canadian, Championships, 12 World championships, and 3 Olympic Games.
- Specializing in technical aspects for skating as well as Athlete management for new judging System.
- Over 24 years of coaching

### Jennifer Hancock

- 17years coaching experience
- 2007- Earned IJS Technical Specialist for Non-Qualifying Events
- 2008- Earned IJS Data/Video Operator for Regional Events

### Jeannine Hurst

- Certified Athletic Trainer with a Bachelors in Sports Medicine from Central Michigan
- Masters in Biomechanics/Exercise Science from The University of Tennessee.
- 18 years experience with college, high school events
- She covered U.S National Championship events including Tier One Amateur hockey and inline skating.
- She is the Program Coordinator for Providence Athletic Medicine in Novi.

### Erika Meltzer

- National/International competitor in in pairs and freestyle.
- Over 10 years coaching experience
- Graduate of University of Michigan specializing in sports nutrition, body image, weight management, and eating disorders.
- Lecturer for the Department of Psychology at the University of Michigan

## Mariposa Registration Form

Please Check One: Deadline is July 28th

—Skater Registration: \$150.00 before 7/28  
after deadline \$175.00

—Coach Registration: \$100.00 before 7/28  
after deadline \$125.00

—Coach with 3 or more students \$50.00

—Box Lunch \$7.00

Participants Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Gender \_\_\_\_\_

Skating Club \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# \_\_\_\_\_

Email Address \_\_\_\_\_

Highest FS Test passed \_\_\_\_\_

Most difficult jump attained \_\_\_\_\_

Full payment for seminar must accompany application. Make checks payable to:

Suburban Arena Management

And send to: Suburban Sports Group

Attn: Summit/Mariposa Seminar

23995 Freeway Park Drive

Farmington Hills, MI 48335

It is agreed that the participants and family holds the Suburban Sports Group, Novi Ice Arena and staff from any and all liability for damages or loss of property. I/we assume the risks of participating in the seminar and waive all claims for any personal injury. Seminar is subject to cancellation for low attendance.

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Skater/Parent or guardian if under 18      Date