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2018 Van Camp Invitational Seminars

Exact times will be announced AFTER the competition and testing schedule has been posted. Our goal is to run the seminars when the most skaters and parents will be able to attend.

- **"Raising a Skater" - Jacqui White**
Mother of Charlie White (2014 Olympic Champion)
~Balance, Perspective, and Creating a Better Chance for Success~
- **PSYCH-UP (Powering the Mind for Peak Performance - Geoffrey Colon, Ph.D.)**
- **Dance Seminars with John Millier, International ISU dance judge and member of the US Dance Committee**
- **Understanding 6.0/IJS - Barry Doren (Chief Referee)**
- **Nutrition for Skaters**
- **Various Technical Specialists will address the following topics...**
Technical Scoring, Improving your Component Score, Testing, Q & A from the Specialists, Ice Dance topics
- **Stretching and Injury Prevention - Cassidy Isaacson (Grand Rapids Ballet)**