

To: All Director's/Teaching Professionals/Club President's

From: Patrick O'Neil  
Director of Skating

Re: Sports Psychology and Nutrition Seminar

Date: April 18, 2002

How many of us have skaters or teams, who train hard, do a clean program run through, get to competition and fall apart? If you have even one skater like this, you will want to attend this important seminar along with them.

The St. Clair Shores Figure Skating Club is excited to provide area skaters with the opportunity to strengthen themselves mentally and nutritionally this summer, two aspects of the sport often ignored. Gayle Davis is one of the premier Sports Psychologists in the country and works extensively with figure skaters in the Colorado Springs area and around the world. Gayle will focus on strengthening your skaters ability to stay calm under competitive pressure, as well as provide coaches and parents ways to help their skater. Melissa Knudson is a noted Nutritionist in the Detroit Metro area with extensive experience working with athletes at all level of competition. She will focus on teaching your skater the proper ways to fuel their bodies throughout the year, and will focus on pre competition, competition, and post competition foods.

There will be a separate parents/coaches track available on both days. I hope you will all attend this, as it is important for the support system to have knowledge of these skills as well.

In addition to Ms. Davis and Ms. Knudson, Karen Wolanchuck, International Synchronized Skating Judge and National Singles and Pairs Judge, will speak to parents on the judge's perspective. As well, we will have an accountant on hand to explain to parents how to read a result sheet at a competition.

We look forward to seeing you!