



CIC Seminars

Presented by Mark Noble

- What is Core Strength & Why it is so important
Saturday, March 13 11am -12:15pm

Cavalry Room

- Biomechanics of Jumping on Ice
Sunday, March 14 9:45am – 11am

Cavalry Room

1st seminar \$15 / family \$5 for additional seminar
Families of person being evaluated by Mark
attend free of charge

Seminars could be canceled if there is a lack of participation in the formal evaluations being offered by Mr. Noble