

2018 Van Camp Invitational Seminars

Friday, March 16th in the Seminar Room

11:00 am Understanding 6.0 and IJS Scoring
Barry Doren (Chief Referee)

1:30 pm and 3:30 pm
"Balance, Perspective, and Creating a Better Chance for Success"
Jacqui White (mother of 2014 Olympic Champion, Charlie White)

4:45 pm Improving your Technical and Component Score
Paula Trujillo, Danielle Minnis, Steve Hartsell

Saturday, March 17th

Ballet Studio

9:00 - 10:00 am and 10:30 - 11:30 am
Core, Stretching, and Injury Prevention for Skaters
Cassidy Isaacson (Professional Dancer -Grand Rapids Ballet)

Seminar Room

12:00 pm Dance Seminar with John Millier (International ISU dance judge and member of the US Dance Committee) and panel of experts

(Ask questions!)

2:30 pm

PSYCH-UP (Powering the Mind for Peak Performance - Geoffrey Colon, Ph.D.)

Critique Schedule

Friday: Events #109 & 110: after 3:30 pm

Saturday: Event #131, after 1:30 pm

Event #132, after 2:00 pm

Event #135, after 4:45 pm

Event #139 , after 7:30 pm

SUNDAY SCHEDULE

8:00 - 9:20 am ON ICE SEMINAR (\$20 ice fee)

9:30 - 9:50 am PRACTICE ICE

10:00 am - 12:45 pm TEST SESSION