



Friday, July 14

## “How to work through the tough times as a competitor.”

Moderator: Gale Tanger

Panelists: U.S. Senior Men Competitors

Jason Brown

Tomoki Hiwatashi

Jordan Moeller

Getting to the podium takes years of hard work, determination and perseverance. Each of these three competitors will share experiences that will inspire skaters to gain and regain the inner strength and commitment to compete.