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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. A complete and final list will be posted and emailed to competitors and coaches once the schedule is finalized.

- "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 - Geffrey Colon, Ph.D.)
- Understanding 6.0/IJS - Barry Doren (Chief Referee)
- 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)