



Compete with Yourself

Get the most out of your ice time &
be **YOUR** best athlete on the ice!



Off-Ice Seminar • January 29, 2017 • 8:45 am-11:30 am

@ North Shore Community Centre {452 – 730 Cottonwood Avenue}

For Jr. Academy, Jr. Star and StarSkate Figure Skaters

Competitive & Non-Competitive Skater's

\$45 per Skater. Coaches free with 5+ Participants.

Wear work out clothing, bring a yoga mat (if you have one), a water bottle & Snack

Register Online @ www.kamloopsskatingclub.com

**Parents are
welcome to come
listen with their
registered skater**

Positive Approach Fitness- Tara Sales - (Dynamic Warm-up, strength & mobility)

Ripple Rock Consulting - Dave Freeze (Sport psychology- visualization)

Leslie Rose -Yoga Therapist (Flexibility, Mental preparedness & Injury prevention)

Dancy Pants- Margo Larose (Importance of Proper Foot Care)