

Spin Clinic and Nutrition Seminar!!

With Spin Specialist Kim Ryan and Nutritionist Val Schonberg

Monday, January 19th, 2015 (Martin Luther King Jr. Holiday)

8:30am-2:45pm skaters will need to bring a lunch

Parade Ice Garden

600 Kenwood Parkway

Minneapolis, MN 55403

\$90.00 payable to SQSA Parade

\$45.00 for SQSA Parade Members. Sponsored by Parade Figure Skating Club.

Registration Deadline (must be received by) January 5th, 2015

Kim Ryan is the Pacific Northwest's premier Spin Specialist. With 35+ years coaching experience, Kim's Clinic will focus on perfecting spins in all basic spin positions as well as introducing skaters to unique and challenging spin variations to maximize GOE and increase levels of spin difficulty.

Val Schonberg (MS, RD, CSSD, LD) is board certified as a specialist in sports dietetics. Her special interests include weight management, women's health, and sports nutrition (including performance nutrition for dancers). Val enjoys speaking to sports teams and groups about nutrition for optimizing athletic performance as well as weight management, why diets don't work, food and mood to name a few.

Questions? Please contact Page Lipe at pagelipe@aol.com

**Registration Deadline (must be received by) Jan. 5, 2015
However, registration is limited!**

Skater Information:

Name: _____

E-mail Address: _____

Primary Phone: _____

Additional Phone: _____

Age: ____ **ISI Test Level:** _____ **USFS Test Level:** _____

Club/Rink Affiliation (if not SQSA Parade Member):

Primary Coach: _____

Coach Phone: _____

Coach Email: _____

Enclosed \$90.00 payable to SQSA Parade.

(\$45.00 for SQSA Parade Members sponsored by PFSC)

Parent/Skater Verification~ MUST BE COMPLETED~

I skate at my own risk and release SQSA Parade, Parade Ice Garden and its personnel from all liability.

Signature of Skater

Signature of Parent/Guardian

Date

Please mail to:

Page Lipe

SQSA Parade

600 Kenwood Parkway

Minneapolis, MN 55403