



ISI Fall Instructors Seminar

Sunday, October 8, 2017

8:00 a.m. - 4:30 p.m.

Point Mallard Ice Complex

2901 Point Mallard Dr SE D, Decatur, AL 35601

AGENDA

- 8:00-8:30 a.m. Registration & Refreshments
- 8:30-9:00 a.m. Welcome, Introductions, ISI Updates
- Rule Revisions, New Member Benefits, etc.
- 9:00-9:45 a.m. Off-Ice Conditioning for All Ages
- Cardio, Balance, Stretching, etc.
- 9:45-10:00 a.m. Break
- 10:00-10:50 a.m. Marketing & Promotions for Rinks & Coaches
- 10:50-11:30 a.m. Using a Jump Harness With Your Skaters
- 11:30-12:30 p.m. LUNCH (Catered)
*Discussion About Integrating Special Needs Skaters
Into Classes - Different Types of Special Needs,
Descriptions, and Strategies*
- 12:30-1:15 p.m. Teaching Lower Level Jumps and Spins (On Ice)
- Working on fundamentals and variations of positions
- 1:15-1:30 p.m. Break
- 1:30-2:15 p.m. Choreography: Introducing Different Entrances & Exits
for the Lower Level Skater: Jumps & Spins,
Combining Moves (On Ice)
- 2:15-3:00 p.m. Gray Areas of Judging (Off Ice)
- Unusual Problems & How to Solve Them
- The Problem of 10s!
- 3:00-3:15 p.m. Break
- 3:15-4:00 p.m. Dance Steps - Edges, FS 1 and Sequences, FS 2-4 (On Ice)
- Turns In Isolation
- 4:00-4:30 p.m. How to Put An Ice Show Together
- 4:30 p.m. Adjourn

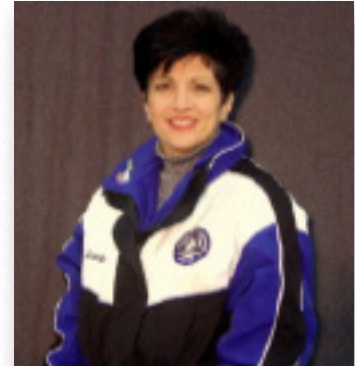
Seminar Is Free to Current ISI Professional Members!

\$ 85.00 for non-members (includes membership & manual)

7 PSA Credits Available

For more information, contact:

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|---------------|--------------|------------------------|
| Larry LaBorde | 865-386-6869 | llaborde@bellsouth.net |
| Heidi Stephan | 256-654-3330 | sk8pmfsc@gmail.com |
| Julia Hardin | 865-705-6796 | funtoicesk8@gmail.com |



Featured Speaker:

Janice Teodoro Forbes

- ◆ ISI Program Coordinator & ISI Competition Director
*Sprinker Recreation Center & Ice Arena,
Tacoma, Washington*
- ◆ USFSA Gold Medalist in Dance
- ◆ ISI 1st Vice President
- ◆ PSA-rated
- ◆ 28 years of teaching experience
- ◆ Coach of Northwest Champions,
U.S. National Competitors & Junior
Olympic Medalist

RESERVE YOUR SPOT!

Please register by September 1, 2017:

(1) Call us at 865-588-1858... OR

(2) E-mail us at icechalet@chaleticerinks.com

For non-members, please make your \$ 85 check payable to ISI & pay at registration.