

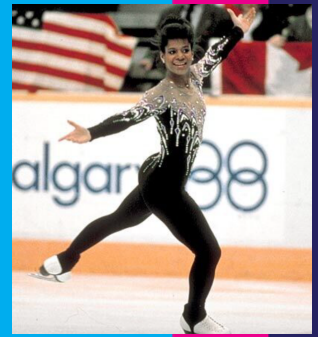
# Ultimate Experience

*Presented by Dr. Debi Thomas*

*Two-time US National Champion*

*World Champion*

*Olympic Bronze Medalist*



## Event Info:

### Two-day Seminar:

April 13, 2024

1 - 4 pm (Off-ice)

4:15 - 6:15 pm (On-ice)

April 14, 2024

8 - 10 am (Off-ice)

10 - 12 pm (On-ice)

12 - 1 pm (Off-ice)

Pettit National Ice Center

500 S 84th St

Milwaukee, WI 53214

Inquiries/Registration:

[csclausius@gmail.com](mailto:csclausius@gmail.com)

**Description:** "Ultimate Experience" is a seminar designed for skaters, skating coaches, and parents of skaters to break down what it takes to optimize one's experience in skating for a lifetime. The figure skating experience, though often challenging, should be an enjoyable experience.

### What's included?

- Analysis of goals and expectations
- Analysis of the many brands/types of skating available
- On-ice analysis and performance optimization/critique
  - Power and grace exercises
  - Performance simulation
- Off-ice performance optimization
  - Mental preparation
  - Nutrition and health; safe supplementation
- Analysis of future plan of action

### Cost:

Skater (non-WFSC member) \$150

Skater (WFSC member) \$85

Parent \$25

Coach \$50

(Coach registration FREE with at least 4 skaters registered)

Nine 20 minute private instruction slots with Dr. Thomas will be available on a first come first served basis for \$50 on April 14 from 1 - 3 pm.

Payments on Venmo @WisconsinFSC

### Benefits:

Learn from a skater who made cultural history how to get the most out of your skating experience and maximize your potential!

Scan QR Code for more info:

