

Lausanne, December 20, 2018

ANNOUNCEMENT

To: ISU Members

to be distributed to Figure Skating coaches, especially those participating at the ISU World Junior Figure Skating Championships 2019, Zagreb (CRO)

Coaches' Seminar: Injury Prevention

Following the successful first seminar in the series focussing on the theme of 'The Healthy Skater' which took place during the 2018 World Figure Skating Championships in Milan (ITA), the ISU Development Commission and Medical Commission are pleased to announce that the second seminar of the series will take place on the occasion of the **ISU World Junior Figure Skating Championships 2019 in Zagreb, on March 9, 2019 from 9:00-11:00**. The venue will be the Draw and Press Conference room at the Dom Sportova Arena.

We hope that as many Coaches as possible will join the seminar and discussion or will follow it through a live webinar so that we can all continue to promote and develop healthy Skaters. ISU Members are asked to inform their Coaches about this seminar. To register Coaches, please complete the information on the attached form and return it to the ISU by email at medical@isu.ch and development@isu.ch by **February 22, 2019**.

With kind regards,

Susanna Rahkamo
Development Commission Coordinator

Jane Moran
Medical Commission, Chair

ISU COACHES' SEMINAR: THE HEALTHY SKATER

FIGURE SKATING PERFORMANCE DEMANDS - INJURY PREVENTION

- DATE:** March 9, 2019
- TIME:** 9:00-11:00 A.M.
- PLACE:** ISU WORLD JUNIOR FIGURE SKATING CHAMPIONSHIPS 2019, ZAGREB (CRO)
- LOCATION:** Draw and Press Conference room - Dom Sportova Arena
- GOAL:** The seminar will focus on the current physiological demands of Figure Skaters and occurrence of injuries
- FORMAT:** There will be presentations followed by a panel discussion to answer questions on the topics

To register, please complete the information below and return this form to medical@isu.ch and development@isu.ch by **February 22, 2019**.

ISU MEMBER:

NUMBER OF ATTENDEES:

CONTACT EMAIL ADDRESS:

A full agenda, including the names of the speakers will be sent to the above-mentioned email address in due time.

To be successful, this seminar needs you. Thank you for your participation!