

## 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 email [medical@isu.ch](mailto:medical@isu.ch) and [development@isu.ch](mailto:development@isu.ch) with the following information:

**ISU MEMBER:** .....

**NAMES OF ATTENDEES:** .....

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**CONTACT EMAIL ADDRESS:** .....

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