



September 7, 2008 ~ Fairview Heights, IL

Agenda

7:30-8:00 a.m.	Registration		
8:00 – 8:10 am.	Welcome / Intro / Announcements		<i>Shauna Hamby</i>
8:10 - 8:35 am	Mock Oral Exam	(1 credit)	<i>Examiners</i>
8:40 - 9:10 am.	Free Skating Theory	(1 credit)	<i>Tracey Poletis</i>
9:10 – 9:40 am	CER Update & Information	(1 credit)	<i>Tracey Poletis</i>
9:45 - 10:20 a.m.	Ethics 101 - CER	(1 credit)	<i>Tracey Poletis</i>
10:20 - 10:35 am	<i>Break / Skates On / Ice Rink</i>		
<u>ON-ICE:</u>			
10:35 – 11:20 a.m.	Moves in the Field	(1 credit)	<i>Madalyn Brook</i>
11:20 – 11:50 am	Spins	(1 credit)	<i>Tracey Poletis</i>
12:00 - 12:45 pm	<i>LUNCH</i>		
<u>ON-ICE:</u>			
12:45 - 1:45 pm	Jumps	(1 credit)	<i>Tracey Poletis</i>
1:45 - 2:00 pm	<i>Break / Skates Off</i>		
<u>OFF ICE:</u>			
2:00 - 3:00p.m.	<i>Choose One:</i>		
	IJS 201 OR Sports Psychology 101	(2 credits) (2 credits)	<i>Tracey Poletis</i> <i>Joe Lenac</i>
3:00-3:10 p.m.	<i>Break</i>		
3:10 - 4:10 pm	<i>Choose One:</i>		
	IJS 101 OR Sport Psychology 201	(2 credits) (2 credits)	<i>Tracey Poletis</i> <i>Joe Lenac</i>
4:15 - 4:55 pm	Growing Your Skating Program	(1 credit)	<i>Paula Wagener</i>
4:55 - 5:00 p.m.	Wrap Up		<i>Shauna Hamby</i>
5:15 - 6:15 p.m.	PSA Written Exams (must be pre-registered)		

Thank you for attending. Happy Coaching!

*You may claim a total of 12 credits if you attend the entire day.
Remember to send your affidavit to the PSA Office within two weeks of the seminar.*