

Rochester Figure Skating Club – Banquet/Annual Meeting/Skaters Seminar

Friday | May 1

6:30 – 9 p.m.

Zumbro Lutheran Church

624 Third Avenue Southwest | Rochester

The Rochester Figure Skating Club Banquet and Annual Meeting will be held Friday, May 1 at Zumbro Lutheran Church. Here's our lineup for the evening:

- 6:30 p.m. Reception and Skater/Coaches Pictures
- 6:45 p.m. Meal (please bring a dish to pass | A-L, dessert; M-Z main dish)
- 7:15 p.m. Program and Skater/Coach/Board Member Recognition
- 8 p.m. *For parents/coaches*
Annual Meeting, including election of new RFSC Board members

For skaters

Mindset, Nutrition, Movement and Recovery
Seminar by Mayo Clinic Sports Medicine/EXOS

Figure skating is epitomized by grace, elegance and sophisticated performance routines. But, it is also a showcase of movement, power and skill. For as much work that goes into skating development on the ice, there needs to be an equal or greater dedication to off-ice training. Developing the right *Performance Game Plan* is especially important for the youth and high school athlete. Together, EXOS and Mayo Clinic Sports Medicine offer the tools, training and medical services necessary to support these on-ice performances.

The EXOS team, consisting of Performance Specialists and a Performance Dietitian, provide guidance and coaching in the areas of **Mindset, Nutrition, Movement and Recovery**. The goal – help athletes develop a solid foundation from which great performances can be achieved on a consistent basis. The EXOS team works with the athletes to help them mentally prepare for, fuel for and train for competition, while teaching recovery strategies dedicated to repairing the body and mind for the next training session or competition.

RSVP: Please RSVP your attendance plans, including total number of people attending to rfsctanquet2015@gmail.com before noon CDT on Thursday, April 30.

Mindset, Nutrition, Movement and Recovery Seminar Leaders:



Jennifer Noiles, *EXOS Director of Performance, BSc., BAH, BPHE, CSCS*
Jennifer is a Performance Specialist. As the EXOS Director of Performance at Mayo Clinic, she oversees EXOS performance at the Sports Medicine Centers' in Rochester and Minneapolis, Minnesota



Luke Corey, *EXOS Performance Nutritionist, BAH, BScAHN, RD, LDN*
Luke is a Registered Dietitian and Performance Nutritionist with EXOS at Mayo Clinic Sports Medicine Center in Rochester, Minnesota.



Casey Clark, *EXOS Performance Specialist, BSc., MHR, CSCS*
Casey is a Performance Specialist with EXOS at Mayo Clinic Sports Medicine Center in Rochester, Minnesota.