



FALL SEMINAR AGENDA

Sunday October 6, 2024
Nashoba Valley Olympia
8:00am - 12:30pm



7:30am - 8:00am

REGISTRATION

8:00am - 9:00am

On Ice with 1980 Olympian Sheryl Franks
“Artistry and Choreography”



Sheryl & partner Michael Botticelli

4 time World and International team member
Disney on Ice Principal Skater
PSA nominated Choreographer of the Year
40 years coaching experience

Olympic, National, Recreational skaters
Former Ice Chips director (SC of Boston)
Former Ice Crystals director (Colonial FSC)



Sheryl Franks

9:00am - 10:00am

On Ice with Kathleen Rice & BU Synchro skaters
“Synchro Skills and Drills”



Kathleen Rice

Started in ISI freestyle and synchro at Sharper Edge
Hayden Synchronized Skating team member
Mini Mates (juvenile) through Haydenettes (senior)
3 time Team USA international competitor with Hayden
Boston University Synchro and Intercollegiate competitor
Esprit de Corps adult competitor (SC of Boston)
Boston University Synchro Team head coach



10:00am - 10:30am

BREAK (*refreshments served*)

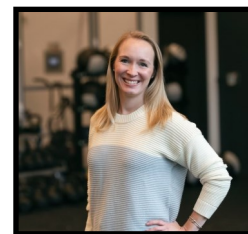
10:30am - 12:30pm

MEETING (NVO Green Room)

District 1 Business

- District 1 Competition Calendar
- District 1 Financial Report
- 2024 Rule Revisions
- 2025 District Champs
- Judging Workshop

GUEST SPEAKER: Kelsey Roberts
Keeping the “Human” in Student-Athlete
*Learning to Maintain
Balance & Optimal Performance*



Kelsey Roberts, Mental Skills Specialist
The Micheli Center for Sports Injury Prevention
Adjunct Professor, Sports Psychology
Southern Connecticut State University
Worked with performers of all ages and sports
1-on-1 sessions and team based workshops
Presented lectures and research nationally