



## Seattle Skating Club

Is proud to host:

**Phillip Mills** (World & Olympic Choreographer)

[About Phillip Mills](#)

**Michelle Mills** (Ballet Instructor to World & Olympic Skaters)

**Daniel Heller** (Exercise & Sport Science Consultant, Strength & Conditioning Coach)

[About Daniel Heller](#)

**Pomai Miyata** (Certified Mental Game Coach)

[About Pomai Miyata](#)

**Stephanie Stiegler** (Holistic Health Coaching)

[About Stephanie Stiegler](#)

**Seminar: Sunday March 3, 2019. 4:30 PM – 6:00 PM**

**Venue: Olympicview Ice Arena**

### Costs:

Early Bird Special	After February 17, 2019 cut-off date
\$60 - SSC club members	\$75 - SSC club members
\$75 - Non-SSC club members	\$90 - Non-SSC members
\$20 - SSC Coaches & all Judges	
\$25 - Non-SSC Coaches	

- **Private Lessons with Phillip and Michelle will be available on Monday, March 4 & Tuesday, March 5.**
- **Seminar attendees will have first priority for private lessons.**
  - **Fees:**
    - Phillip \$140/hour
    - Michelle \$70/hour
- **Ice fees are paid separate from private lessons; please pay each coach before your lesson.**
- **Please choose who you are interested in having private lessons with and length of time**

# **Seminar Guidelines**

## **Olympicview Arena**

- No skates without guards in lobby
- Skaters should keep their skates and other personal items in Locker Room throughout the seminar. Locker rooms will be posted on the day of seminar.
- Dress warm; bring water and a light snack
- Skaters skating on Monday with Phillip, please sign in at rink side, there is a book and a payment envelope for ice fees.
- Coaches, you may bring an IPad, etc. to record your students' lesson with Phillip and Michelle.
- Parents are only allowed to record their skaters while they are in lesson with Phillip and Michelle.
- Parents if you are dropping your skater off, please be prompt in picking them up, please be at the rink by 5:45 pm, the seminar is over at 6:00 pm.



## Registration Form

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent Name & Phone Number: \_\_\_\_\_

Competition Level (this year): \_\_\_\_\_

Primary Coach Name & Email: \_\_\_\_\_

Private lessons are available. If you are interested, please check:

Phillip: \$140.00/hr \_\_\_\_\_ Michelle: 70.00/hr \_\_\_\_\_

**Email will be sent with additional information.**

Please mail your registration forms with payment to  
Seattle Skating Club  
22202, 70<sup>th</sup> Ave W  
Mountlake Terrace  
WA 98043.

Or

Drop off at Olympicview Arena Front Desk.

**Please email all questions to: [ArleneMcSorley@aol.com](mailto:ArleneMcSorley@aol.com)**

**Thank you for your participation**

**Seattle Skating Club**