
Seminar with Peter Zapalo

CHAMPIONS ARE MADE IN THE OFF-SEASON:

Understanding The Short And Long Term
Seasonal Plan For Developmental Athletes

10:00 - 2:00

*including filming on public session from 1:00 - 2:00
(public session is not included, must pay separate fee at
front desk before skating)*

This seminar is intended for any skater entering the competitive pipeline or already competing who plans to compete in 2020. Programming is intended for athletes, parents and coaches. Topics include performance nutrition during growth and development, development of mental skills for training and competition, on-ice high speed filming of jumps, creating an appropriate off-ice routine for mobility, stability and symmetry, and a discussion of athlete and parent roles and responsibilities in creating a seasonal plan for optimizing skills development.



ABOUT PETER ZAPALO

Peter Zapalo (IG: @pz3_skating) is an exercise physiologist specializing in athlete high performance with extensive experience in sports medicine and return to sport following injury. He served as the Sports Science and Medicine Director of U.S. Figure Skating for nearly 10 years. When he is not working with athletes, he is out photographing the world (IG: @pz3photography), whipping up Chinese noodles in the kitchen or cuddling with his ancient Bouvier des Flanders, Simone.

\$95*

**before November 16,
\$125 walk on Nov. 17**

***Limited to 20 skaters**

Coaches are welcome and encouraged to attend with skaters. There will be no charge for coaches bringing skaters. There will be a test session before seminar, contact Central Florida figure skating club for more information regarding the test session.

*For any questions about this seminar, please contact Paula Wagener, Director of Figure Skating,
at paulawagener58@gmail.com.*



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