



## ***International seminar for figure skating coaches***

***31<sup>st</sup> January 2018, 2 - 6 pm***

### ***Main contents and tentative presenters***

***Bio-readiness and motor skill learning testing***

*Markku Lappalainen  
Welfare Innovation Group (W.I.G.)*

***Skills training, coaching and testing with Taitoc concept***

*Olli Cajan  
Ski Sport Finland/Olympic Training Center Rovaniemi*

***Sport specific fitness training for figure skaters***

*Signe Ronka  
Flexafit (Canada)*

***Seminar is free of charge but registration is required.  
Registration link and seminar updates: [santasport.fi/seminar](http://santasport.fi/seminar)***

***Questions and further information: [milja.piittinen@santasport.fi](mailto:milja.piittinen@santasport.fi)***

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