



International seminar for figure skating coaches

31st 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***

Questions and further information: milja.piittinen@santasport.fi

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