

# Fall Seminar Agenda

**8:00-8:30am – Check in**

**8:30-10am – ISI Updates and 2018 Competition Rule Revisions**

**10:20-11:20am – On Ice Jump Technique by Manol Atanassov**

**11:20-12pm – On Ice Spin Technique by Nicolas Osseland**

**12-12:20pm – On Ice Power Skating by Nicolas Osseland**

**12:30-1pm – Lunch (provided)**

**1:15-2pm – Hockey vs Figure Skating by Nicolas Osseland**

**2-2:45pm – Off Ice Conditioning by Manol Atanassov**

**2:45-3:30pm – Panel Discussion**

**3:45pm – *Mandatory* Competition Director/Referee meeting**

**5 PSA credits available for members**

*\*You will be expected to present your current ISI Membership Card when you check-in*

# Fall Seminar Presenters

## Manol Atanasov

As the 2018 US National Collegiate Men's Champion, Manol recently achieved the US Senior MIF and Freeskating Tests, and is currently working towards a B.S in Kinesiology from University of Illinois Chicago. His primary focus in coaching is to apply biomechanical principles and the latest advancements in sports science to slow motion video analysis and pole harness training. He is an active member of the PSA (CER-A) and USFS with certifications in First Aid. His coaching also benefits from competitive experience in Worlds, Europeans and Junior Worlds as the four time Bulgarian Senior National Champion, as well as professional touring with Royal Caribbean ice shows.

## Nicolas Osseland

As a skater, Nico was the 2001 French National Bronze medalist in Pairs, and competed in many international events including the Junior and Senior Grand Prix, Junior Worlds, Europeans, and the 1998 Winter Olympics. Following his skating career, he graduated from the French National Institute of Sport with a degree in Instruction of Sports and became Skating Director and Head Coach with the Luxembourgish Skating Federation. His students competed in National and International events including the Singapore and Luxembourg Nationals, Junior Grand Prix, Europeans, Junior Worlds, and Worlds. During his time as Skating Director he also took an interest in hockey, beginning as a goalie and then continuing on to teach power and skating skills to the hockey teams within the federation. As a hobby, Nico started learning martial arts, and is now a black belt and certified teacher of Lapunti Arnis de Abanico, a Philipino Martial Art. He is currently working at Franklin Park, Center Ice of DuPage, and Addison Ice Arenas.

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