

## **Calling all Coaches and Parents!** *You're Invited...*

The Ice Chalet is excited to host a unique workshop for coaches and parents of figure skaters!

Jean Francois Menard is a world-renowned mental performance specialist and speaker. He is coming to Knoxville to work with students in the Sport Psychology graduate programs at UT, and we have the opportunity to welcome him to the Ice Chalet for a specifically tailored workshop for coaches and parents. We can focus this workshop on the things that *you* want to learn regarding the mental aspect of performance and skill mastery, tactics for mental training, and promoting positive growth and development in sport.

Jean Francois emphasizes thinking “outside the box” and the importance of creativity in coaching and performance enhancement.

*Jean Francois Menard studied Applied Sport Psychology at the University of Ottawa. He has worked full-time as a mental performance specialist for Cirque De Soleil performers, and now works with a wide range of athletes and business leaders, including Olympic and Paralympic competitors. For more information about his background and work, please visit his website: [www.kambioperformance.com](http://www.kambioperformance.com)*



**WHEN: Saturday November 21<sup>st</sup>, 1:30pm – 3pm**

**WHERE: The Ice Chalet, Knoxville, TN**

**COST: \$25 per attendee – pay in advance or upon arrival via cash/check.**

Option for LUNCH: We will be taking lunch orders for those interested, and will provide you with a Panera Bread menu. If you would like to have lunch during the workshop, we will ask for your order by Friday, Nov. 21, and payment via cash/check upon arrival to workshop.

**IF INTERESTED: Please email Lauren McHenry at [mchenry.lk@gmail.com](mailto:mchenry.lk@gmail.com) by Monday, November 9, and you will receive further information. Limited space available, so please respond as soon as possible!**