

**Ice Skating Club of Fort Collins
is Proud to Present**

**HOW TO
'USE YOUR HEAD'
IMPROVE YOUR PRACTICES &
PERFORMANCE**



Gayle A. Davis, Ph.D.

**Saturday morning, September 19th, 2009 at EPIC
This workshop will include sessions for skaters and their
parents.**

8:30 am	Session 1	for parents
9:45 am	Session 2	skaters up to Juv. level
11:00 am	Session 3	intermediate skaters & above

**Cost: \$15.00 / ISCFC skater + parent
\$30.00 / non-member skater + parent**

Dr. Davis will also have copies of her book, “*High Performance Thinking*” available for purchase during the workshops.

Private 45 minute sessions will also be available with Dr. Davis on a first come basis. Look for appointment fees and sign up sheets to be posted soon, or by contacting Stephanie Goel with the ISCFC at (970) 221-5381 or stephanie_goel@comcast.net

About Gayle Davis:

Gayle Davis of Colorado Springs received her Ph.D. from Ohio State University, and has worked with a variety of athletes including with World and Olympic contenders and with coaches as a clinical and sports psychologist for over 20 years. She is a staff member of the USFSA Elite Sports Science and Medicine Camps, Team USA Camps, Team 2002 Seminars and has presented material at USA Regional Training Camps and internationally at ISU training camps. She is a member of the USFSA Sports Medicine Committee, the Sports Medicine Society Board and Professional Skating Association. Her new book, *High Performance Thinking for Business, Sports and Life*, is available nationwide in bookstores and on the web.



Dr. Davis offers empowering and engaging guidance, understanding, and down-to-earth how-tos, and explains why and how ‘what we think’ is as important as ‘what we do’. She addresses how our goals, fears, stress, change and self-image influence our everyday activities. Gayle has distilled and simplified her most proven and useful concepts for enhancing performance into clear, concise tools and techniques. Her straightforward style is sensible, relaxing, rejuvenating, funny and fact filled.