

Strong Mind/Strong Skate



April 28, 2018

4:00pm – 8:00pm

Westchester Skating Academy

91 Fairview Park Drive, Elmsford, NY 10523

Presented by nationally renowned Sports Psychologist Dr. Caroline Silby and Olympic Silver Medalist & World Champion, Paul Wylie. **Strong Mind/Strong Skate** is a 4 hour on and off-ice clinic offered by the Rye Figure Skating Club.

Open to skaters age 8 & up who have passed pre preliminary MIF and above.
First come, first served basis until clinic reaches full capacity.

ACCEPTING REGISTRATION NOW Via entryeeze until April 13, 2018

Opens March 28, 2018 for Rye FSC Members & Associate Members

Opens April 4, 2018 for Non-Club Members

COST:

2017-18 Rye FSC Members: \$135 per skater

2017-18 Rye FSC Associate Members: \$150 per skater

Non-Club Member: \$175 per skater

The off-ice portion of the clinic will be led by Dr. Caroline Silby, who will present a comprehensive workshop providing skaters with the opportunity to develop mental agility to support and enhance their physical capabilities. Skaters will be offered strategies to create empowering sport experiences and perform their best when it counts the most.

On-ice, Paul Wylie will work with skaters to improve their body positions, transitions, deep edges, as well as musical interpretation, presentation and performance training. For those skaters competing at the IJS level, Paul may also work with skaters on how to earn more points in your components score.

Skaters will be divided by skill level into groups that will alternate on & off the ice.

Olympic Medalist & World Pro Champion



Paul Wylie BA (1991) Harvard College, MBA (2000) Harvard Business School, Former Disney Studios Executive (Director, Marketing and Synergy, is an Olympic and World Champion figure skater. In addition to his extensive list of credentials and medals, he is a PSA Master Rated Coach known for his exquisite artistry, sharp and controlled footwork and proven jump and spin technique.

- 1992 Olympic Silver Medalist, Men's Singles
- PSA Master rated coach
- Coach of Regional, Sectional & National medalist World Professional Champion
- US Figure Skating Hall of Fame Inductee (2007)
- 3 time US Nationals Silver Medalist
- US National Champion (Nov Men, Jr. Men, Jr. Pair)
- US Figure Skating Triple Gold Medalist: Figures, Freestyle, Pairs
- Wellness and Motivational Speaker for Fortune 500 Executives and High Performance Teams
- Performance Coach for the Johnson and Johnson Human Performance Institute
- ISU Series, World and Olympic Broadcaster with NBC, ESPN, CBS, ABC and Westwood One Radio
- Six Years as Headliner of Stars on Ice Tour (1992-1998)



Dr. Caroline Silby is a nationally renowned Sports Psychologist, published author and faculty member at American University. She has worked on an individual basis with two Olympic Gold Medalists, twelve Olympians, three World Champions, eleven National Champions and over fifty National Competitors, including her role as **Sports Psychologist for the US Figure Skating Team at the PyeongChang 2018 Winter Games.**

She is qualified to help meet the needs of athletes not only because of her years of academic training through which she earned a Ph.D. in sports psychology but because of the fourteen years she spent training to make the National Figure Skating Team. Her skating career culminated in competing in the 1984

Olympic Trials. While she did not make the Olympic Team, Dr. Silby did find a way to combine her passion for sports with her interest in psychology and the mental aspects influencing performance.

For more information, please contact Julie McGuire at mcguire1999@optonline.net