

ATTENTION !!

SKATERS, COACHES, PARENTS

Skate Canada – Saskatchewan presents:

SASKENERGY
PRE-COMPETITIVE
STARSkate SEMINAR

MONDAY DECEMBER 28th, 2009

IN

NORTH BATTLEFORD, SK

AT THE

NORTH BATTLEFORD CIVIC CENTRE

The Seminar is organized to provide an excellent learning opportunity to prepare skaters for the STARSkate Championships, Jean Norman Competition & Regional Competitions

****For Skaters who are working on or who have passed the Preliminary, Jr. Bronze or Sr. Bronze Freeskate Test or competing at the Introductory, Pre-Preliminary to Sr. Bronze level****

- ***The Pre-Competitive Seminar is being held in conjunction with the Let's Dance Seminar Tuesday December 29th in North Battleford***
- ***The Pre-Competitive Seminar is being held on the same day as the All-Male Seminar December 28th in North Battleford***

Applications and Information are available at:

www.skatecanadasaskatchewan.com

Contact the Skater Development Office at saskskatercoach@shaw.ca or 975-0838

Deadline for Applications: TUESDAY DECEMBER 15th, 2009

SASKENERGY PRE-COMPETITIVE STARSKATE SEMINAR

The Skater Development Committee of Skate Canada Saskatchewan is excited to be offering a **Pre-Competitive Seminar** again this year. The Seminar is designed to be a valuable learning experience to prepare test and competitive figure skaters for all types of competitions. It is especially beneficial for those skaters who will be competing in the **SASKENERGY STARSKATE CHAMPIONSHIPS, SASKATCHEWAN WINTER GAMES** and other Regional Competitions. This year the seminar will be held on one day. The committee feels that the Pre-Competitive Seminar is a very important program and has been extremely successful over the past 18 years.

The seminar will include a variety of on-ice and off-ice sessions. On-ice sessions will focus on basic skills in freeskate (jumps, spins, stroking & footwork) performance and program components. Off-ice sessions include planning for the competition day, sports psychology, fitness and nutrition as well as a session on the well balanced program criteria. **Skaters will be grouped according to their freeskate level.** Those skaters who attended last year will be grouped accordingly. Manuals will be handed out at the seminar for each group level. **Head coaches will be Shelley Glazer-Clements, Cathy Wright, Cynthia Tymourski and Dale Hazell. Former Provincial team member Alex Simon will also be assisting with the seminar.** Coaches with skaters in the seminar are welcome to attend at no charge. Parents may observe all sessions. A parent's session is also planned. The seminar is great fun and educational. Everyone is welcome to attend even those who have attended in the past. This seminar will be held one day prior to the Let's Dance Seminar on Tuesday December 29th also being held in North Battleford. Skaters are encouraged to register for both seminars. In addition a Centralized Dance Test Day and Partnering Sessions are being held December 30th in North Battleford. Check the Skate Canada Saskatchewan website for details on this new program being offered this year.

Dates and Times – Monday December 28th, 2009 – 9:00 a.m. – 5:00 p.m.

Location – NORTH BATTLEFORD CIVIC CENTRE - The Civic Centre is located at 1902 104th Street and 19th Ave. North Battleford is at the junction of Highway 16 (Yellowhead) and Highway # 4 and is about one hour & 15 minutes from Saskatoon

Eligibility: Skaters must be working on or have passed the Skate Canada Preliminary, Junior Bronze or Senior Bronze Free skate test. Introductory, Pre-Preliminary to Sr. Bronze as well as Pre-Juvenile competitors are encouraged to attend. There are no age restrictions.

Registration Fee: \$ 55.00 (includes a manual, all snacks & lunch) Lunch is free for parent & coaches
ADDITIONAL SEMINAR fee for Let's Dance - \$ 30.00

* If registering in two seminars only one application and one cheque is necessary.

Selection: Everyone is accepted. *Those who have attended before are welcomed to apply

ACCOMMODATIONS: Seminar participants are responsible for their own accommodation
Available Accommodation in North Battleford: Super 8 – 446-8888 Tropical Inn – 446-4700 Best Canadian – 445-7747 Happy Inn – 445-9425 (very economical) Hotels at this time of the year generally have very good rates

Deadline for Applications: TUESDAY DECEMBER 15th, 2009(MUST BE IN OFFICE)

More Information: Contact the Skater Development Office at (306) 975-0838 or saskskatercoach@shaw.ca

Confirmation, schedule and all details will be sent by email and or mail/fax immediately after the deadline date. If interested, please mail/fax application to:

Skate Canada – Saskatchewan
2205 Victoria Ave. Regina, SK S4P 0S4

Fax: (306) 780-9242- (payment must be received in office within one week of fax)

Please post or distribute to skaters & coaches in your club who would benefit from this seminar.



APPLICATION FORM

SASKENERGY PRE-COMPETITIVE STARSKATE SEMINAR

NORTH BATTLEFORD MONDAY DECEMBER 28th, 2009

Name: _____ Phone: _____

Address: _____
(box/street) (town/city/province) (postal code)

Date of Birth: _____ Age as of July 1st, 2009: _____ Home Club _____
(mth) (day) (year)

Email _____ Fax _____
(Information will be sent by email so please print clearly)

Last Test Passed: Skills _____ Freeskate _____
Dance _____ Other _____

Competition Experience: _____

Have you attended a Pre-Competitive Seminar in a previous year? Yes ___ No ___

If yes – Location: _____ Date: _____

Do you plan to compete at the Starskate Competition in 2010? Yes ___ No ___

In What Event? ___ Pre- Preliminary ___ Preliminary ___ Junior Bronze e ___ Senior Bronze ___ Junior Silver

Did you skate this summer? Yes ___ No ___ Location: _____

Name of Coach: _____ Phone #: _____

Will your coach be attending Pre-Competitive Seminar? Yes ___ No ___ (No charge for coaches)

Will your coach be attending Lunch? Yes ___ No ___

Will parents be attending Lunch & Meeting? Yes ___ No ___ If yes, # of parents ___
(There is no charge for parents)

(Parent's signature) (Date)

Deadline for applications: **TUESDAY DECEMBER 15th, 2009 (MUST BE IN OFFICE ON THIS DATE)**

Registration fees enclosed:
___ Pre-Competitive (\$55.00) ___ Let's Dance Seminar (\$ 30.00)

Total \$ _____ (make cheque payable to Skate Canada – Saskatchewan)

***If registering in two seminars only one application and one cheque is necessary.**

Mail applications and waiver to: **Skate Canada - Saskatchewan**
2205 Victoria Ave., Regina, SK. S4P 0S4

Fax: 306-780-9242 (payment must be received in office within one week of fax)

PLEASE COMPLETE WAIVER FORM ON NEXT PAGE

Make copies if necessary

WAIVER FORM

EVENT: SASKENERGY PRE-COMPETITIVE SEMINAR

DATE: DECEMBER 28th, 2009

TOWN/CITY: NORTH BATTLEFORD, SK.

The skater and the parent/guardian (if skater is under 18 years of age) jointly and severally covenant and agree that the skater skates at his/her own risk and indemnify and save harmless THE SKATER DEVELOPMENT COMMITTEE, THE PROGRAM DEVELOPER, SKATE CANADA – SASKATCHEWAN and the city of NORTH BATTLEFORD, SK. from all loss or damage which may be sustained by reason of injury to the skater or other skater however arising on or off the ice and from any liability, loss, damage, or expense in connection with loss of property which may arise or be incurred while or as a result of the skater attending this event.

(Signature of Skater)

(Signature of Parent/Guardian)