



is pleased to present

**An Adult Figure Skating and
A Synchronized Skating Seminar
& Team Monitoring**

October 26th & 27th, 2013

Regina, SK

Featuring Maikki Uotila-Kraatz

This Seminar is an all-encompassing skating opportunity for adult figure skaters of any age and skating ability. The Synchronized Skating Seminar is for ages 10 years and up. The seminars will offer skills unique to both singles skaters and synchronized skaters. Offering on-ice & off ice time each day, skaters have the option of participating in one or both days. For Adults, an evening social has been organized with a dynamic presentation designed to inspire and motivate you to achieve your skating goals.

We will focus on edges, turns, and stroking techniques connected with rhythm and musicality. As well we will work towards enhancing your glide, balance and alignment of the body, strengthening speed, and knee action. Technical free skate elements such as jumps, spins and spirals will also be incorporated as well as dance elements such as rhythm, edging and full-body movement. In addition, for the synchro portion we will include group skills such as spatial relationships, unison and partnering as well as a presentation on the rules and techniques that the officials are looking for.

Seminar Presenters & Instructors

Special Guest Instructors & Presenters

Maikki Uotila-Kraatz

- World –level figure skating coach, dance educator, dancer and choreographer.
- Graduate of Sarah Lawrence College in New York where she earned a B.A. in Liberal Arts in 2004 with a focus in contemporary dance studies.
- She represented Finland internationally in both singles and ice dance becoming a two-time Finnish ice dance champion, and later continued her career as a performer in professional ice shows.
- Maikki has continued to perform and study with various contemporary dance choreographers including Anneke Hansen, Sara Rudner, John Jasperse, Helen Walkley and Donna Redlick.
- Maikki currently lives in Vancouver where she works as a freelance coach and choreographer in various figure skating clubs and as a dance educator at the Shadbolt Centre for the Arts in Burnaby BC. She also regularly returns to her native Finland to collaborate with the Finnish Figure Skating Association teaching workshops for coaches, working with the National Team Athletes, synchro teams, various clubs and individual athletes.
- Her vast knowledge of the art form of dance combines with her expertise in figure skating techniques creates a unique approach that strengthen and expands the creative potential in both art and sport.

Jennifer Betts

- International synchro judge
- Canadian synchro referee
- Canadian synchro technical controller
- Section synchro technical specialist
- Clinic conductor for synchro officials for the AB Section

Kyle McDonald

- McDonald currently owns and operate *Competitive Will Performance Consulting*.
- Through this company, Kyle has worked with numerous teams and individual players in a wide variety of sports in developing their mental strength and overcoming adversity. As many have stated, the game is 90% mental but there is a lack of investment on this player development area.
- Through 10 plus years of coaching hockey and golf, along with his academic background in the fields of sport psychology and leadership, Kyle has developed a strategic outlook on mental training.
- Competitive Will looks to establish the mental training of individual players and team environments in conjunction with the technical, tactical and strength and conditioning aspects of the individual participants and their sports.
- Kyle and his wife Lisa currently reside in Regina, SK.

Kathy Rodger

- Kathy Rodger is a well known fitness instructor and a certified yoga instructor.
- She teaches yoga classes at the Bodhi Tree Yoga Studio, Regina.
- Kathy has been a volunteer fitness instructor at the YMCA, Regina, for over 20 years, where she has taught all levels and types of classes.
- Kathy is an avid swimmer, cyclist and tri-athlete.
- As a Registered Nurse, she incorporates her knowledge of anatomy, physiology and holistic health into her yoga and fitness instruction.

Local Presenters and Instructors

Cathy Wright

- NCCP Level 3 Certified & Partial Level 4
- Skate Canada Coaches Continuous Education Program – Gold Status
- 29 years coaching experience
- Instruct Primary to Gold levels in free skate, dance & skating skills
- Coach of Provincial Champions & Medalists (Sectionals & STARSkate) in singles & dance, Western Canadian Competitors. Junior National Competitors. STARSkate National Competitors, Adult National Medalist & Canada Winter Games Competitors
- 2003 Canada Winter Games Coach
- Level 1 Mentor Coach

Janis Johnson

- Coaching: NCCP Level II certified
- Coached with Regina Synchronized Skating Teams since 2001.
- Competed at Synchro Nationals and have been in Synchronized Skating since 1982
- Completed Gold Dances , Senior Silver Freeskate and Novice Competitive

Tricia Goffin

- NCCP Level 1 Certified
- Former skater with Team Xtreme, Toronto - 2 time Canadian Competitive Adult Synchronized Skating Champion
- Synchronized skater for 16 years
- Coach - RSST CanSynchro Pre-juvenile, Beginner I, Beginner II, Elementary 2008 – 2012
- Coach - RSST CanSynchro Juvenile 2012 - present
- Coach - RSST Adult 3 2011 - present
- Artistic coordinator - RSST Junior 2004 - 2006
- Artistic coordinator - RSST Adult 1/2 and Open 2006 - present



Adult Figure Skating & Synchronized Skating Seminar

October 26th & 27th, 2013
Regina, SK

Registration Form

Name: _____ Home Club: _____

Address: _____

Phone: _____ Cell: _____

E-mail: _____

Skating level – Please check one

- No Skating Experience
 CanSkate Stage ____
 CanPower skate
 STARSkate Highest Test Passed: _____
 Synchronized Skater (must be 10 years of age)

Fees

Adult Seminar	Saturday Oct. 26 th Murray Balfour Arena	12:00 – 6:00 pm (approx.)	<input type="checkbox"/> \$ 90.00
Synchro Seminar	Sunday Oct. 27 th Doug Wickenheiser Arena	8:30 am – 1:00 pm (approx.)	<input type="checkbox"/> \$ 90.00
Both			<input type="checkbox"/> \$170.00
Optional Adult Social including Motivational Speaker & Appetizers (cash bar /adult skaters from either session can attend)	Saturday Oct. 26 Brewsters – South Albert St. Regina, SK.		<input type="checkbox"/> \$ 25.00

Individual Total Owing _____

Team Monitoring Sunday Oct. 27 – Time and Location TBA (include in separate cheque) \$60.00 per team

Team Name _____ Team Skate Canada Registration # _____

Team Category _____ Team Coach/Contact _____ Email _____

Waiver

The skater and the parent/guardian (if skater is under 18 years of age) jointly and severally covenant and agree that the skater participates at his/her own risk and indemnify and save harmless the City of Regina; and Skate Canada – Saskatchewan, from all loss or damage which may be sustained by reason of injury to the skater or other skaters however arising on or off the ice 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 the event.

Signature of Skater

Signature of Parent/Guardian (if under 18)

Registration Deadline: October 8, 2013

Please make all cheques payable to **Skate Canada Saskatchewan**

Credit Card Payment Mastercard/Visa # _____ Expiry Date: _____ Name on Card _____

Confirmation with complete schedule will be emailed after the registration date.

Mail Registration form with payment to:

Skate Canada Saskatchewan, 2205 Victoria Avenue, Regina, SK S4P 0S4

information: Susan Waldal Phone: 306 586 7377 e-mail: sjwaldal@accesscomm.ca

