

Avalon Region Easter Seminar April 14-16, 2009 (Tentative Schedule)

Groups will be determined after the application deadline of March 27th. All skaters will receive notification of their skater's group through email.

Group A	Group B	Group C
Tuesday 8:00 – 1:45	8:45 – 2:45	9:40 – 3:55
Wednesday 8:00 – 1:45	8:45 – 2:45	9:40 – 3:55
Thursday 8:00 – 1:45	8:45 - 2:45	9:40 – 3:55

Group A	Group B	Group C
On-ice 8:00 – 8:45	On-ice 8:45 – 9:30	On-ice 9:40 – 10:25
Off-ice 8:55 – 9:40	Off-ice 9:40 – 10:25	Off-ice 10:35 – 11:20
Break 9:40 – 10:25	Break 10:25 – 11:20	Break 11:20 – 12:05
On-ice 10:25 – 11:10	On-ice 11:20 – 12:05	On-ice 12:05 – 12:50
Off-ice 11:20 – 12:05	Off-ice 12:15 – 1:00	Off-ice 1:00 – 1:45
Break 12:05 – 1:00	Break 1:00 – 1:45	Break 1:45 – 2:55
On-ice 1:00 – 1:45	On-ice 1:45 – 2:45	On-ice 2:55 – 3:55



Avalon Region Presents Skater Development Easter Seminar April 14-16, 2009



SKATERS ARE ASKED TO BRING: SNEAKERS, EXERCISE MAT OR TOWEL, LUNCH AND SNACKS & PLENTY OF FLUIDS....JUICE AND WATER!!

*** NO PEANUTS ALLOWED DUE TO ALLERGIES

DON'T FORGET TO BRING YOUR SOLO MUSIC



AVALON REGION SKATER DEVELOPMENT SEMINAR MEMORANDUM

To: All Club Presidents, Coaches, Skaters
From: Sherry McGrath, Avalon Region Skater Development Director
Subject: Skater Development Spring Seminar
Date: February 9, 2009

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We are pleased to announce that we are once again offering an Easter/Spring Seminar at the Smallwood Arena in Mt. Pearl. The head coach for this seminar will be Mike Richards, who has coached at previous Avalon Region Seminars. This year Mike will once again be accompanied by Donald Knight and Allison Purkiss. Mike, Don and Alison have coached at the National level and together they offer a well-rounded spectrum of specialization and promise to provide an excellent experience to all participants.

The Coaches

Mike Richards is a Level 3 certified coach with over 20 years of coaching experience. He specializes in technical components and skater management. He has coached skaters at the Provincial, Sectional and National level.

Donald Knight is a 3 time Canadian Men's Champion, a North American Champion, an Olympian and a World Bronze Medalist. After retiring from competitive skating, Donald toured for 11 years as a Principle Performer with Ice Capades and Holiday on Ice in Europe. He coaches with the Burlington Skating Centre and the Oakville Skating Club.

Allison Purkiss was on the Junior National team as a singles skater and the Senior National Team as a pairs skaters. She represented Canada internationally as both a singles skater and as a pair's skater. She has been coaching for over 5 years. She specializes in choreography. She has had skaters perform her work at Junior Nationals/Canadians in Juvenile, Pre-Novice, Novice, Junior and Senior. Allison is a background resource interviewer for CTV's skating broadcasts.

Seminar

The seminar has been scheduled for Tuesday, April 14th through Thursday, April 16th for our StarSkate and competitive skaters. The seminar will include off-ice fitness, choreography, theory and technical sessions. All in all it promises to be a highly educational and exciting seminar.

Who Should Attend

3-Day Seminar

Singles: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, and all higher competitive levels. (If space permits we will consider other levels)
Submission of application does not guarantee acceptance. Confirmation will be issued later. Actual groupings of skaters will be completed after all applications are received.

Registration

Cost \$135.00 per skater in the Avalon Region and \$60.00 will be added to skaters outside the Avalon Region who are not registered in our off-season schools. Cheques can be made payable to "Avalon Region", and can be attached to the application form. Cheques may be postdated for March 27th and April 10th, 2009.

Applications should be received by March 27th, 2009.

Private Lessons

Participants wishing to take private lessons with our visiting coaches please contact Shirley Thistle at 754-1368. Lessons will cost \$60.00 per hour, plus a portion of ice costs. Lessons will be made available after the regular seminar.

General Notes

Participants must provide their own lunches as well as off-ice fitness clothing and sneakers.

Professional coaches and judges are encouraged to attend at no cost to observe the program and increase their own knowledge and teaching skills.

Schedule

The seminar final schedule and group lists will be sent out through email once the applications have been received on March 27th. Please include your contact email address on your skater's application.

If you have any questions please contact Sherry McGrath at 834-1975.

Yours in Skating,

Sherry McGrath
Avalon Regional Skater Development Director
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Email: sherrylmcgrath@hotmail.com

