

**Avalon Region
Easter Seminar
April 6-8, 2010**

**Conducted by the
Mariposa Training Centre**

**Michelle Leigh
Paige Aistrop**

**Special Guest
Joey Russell**



We are pleased to announce that we are once again offering an Easter Seminar at the Smallwood Arena in Mt. Pearl. The head coach for this seminar will be **Michelle Leigh**, who coaches at the **Mariposa Training Centre**. This year Michelle will be accompanied by **Paige Aistrop** and **Joey Russell**.

Michelle and **Paige** both have coached National, International, World & Olympic Athletes while **Joey Russell**, is a National, International athlete & member of the Senior Canadian National team. Together they offer a well-rounded spectrum of specialization and promise to provide an excellent experience to all participants.

Michelle Leigh is a NCCP Level 4 coach with over 28 years of coaching experience. Her **Disciplines of Expertise** are: Singles, Base Coach, Choreography, Speaking, Dartfish.

Professional Accomplishments:

- Coached Canadian Champion, World Champion, and Olympic Silver Medallist Elvis Stojko
- Coached two-time World Bronze Medallist Takeshi Honda (JPN)
- Coached six-time Canadian Champion Jennifer Robinson
- Other Students include: Jeff Langdon, Ben Ferreira, Steven Cousins (GBR), Oula Jaaskelainen (FIN), Peter Johansson (SWE), Alice Sue Claeys (BEL), Helen Persson (SWE), Jan Erik Degernes (NOR), Miriam Manzano (AUS), and YuNa Kim (KOR)
- 1977 Canadian Novice Bronze Medallist of Canada
- Has coached at 3 Olympic games: Albertville (1992), Nagano (1998), and Salt Lake City (2002)
- Coached athletes at 14 World Championships
- Coached athletes at 25 Canadian Championships and numerous US and Japanese Championships
- Coached skaters at over 55 international events
- Coached at 4 European Championships
- Coached athletes, coaches and parents from 20 Countries: Canada, United States, France, Turkey, Austria, Australia, England, Scotland, Finland, Sweden, Denmark, Switzerland, Japan, Russia, China, South Africa, Korea, Norway, Belgium and Singapore

Paige Aistrop is a NCCP Level 3 coach with over 17 years experience. Her **Disciplines of Expertise** are: Spins, Choreography, Jump Technique, Athlete Management, Conductor of Seminars

Professional Accomplishments:

- Gold Free, Dance, Skills
- 16 Years Coaching Experience
- Coach of National, International and Olympic athletes
- Conducted numerous seminars in singles jump & spin technique as well as choreography
- Organized and choreographed many ice shows and carnivals

Joey Russell born and raised in Labrador City, Russell fell in love with skating when he joined the Polaris skating club at the age of seven. He won the 2003 Newfoundland Sectionals Pre-Novice and is remembered as one of the most impressive skaters at that event. In 2006, Joey became the first figure skater from Newfoundland and Labrador to win a Canadian singles

championship. Landing five triple jumps, Russell won the 2006 Canadian junior men's title with 151.93 points. Joey competed in the 2010 BMO Canadian Championships finishing in 5th place and a new member of the Senior Canadian Team. Russell currently trains at Mariposa Training School with coaches Lee Barkell & Doug Leigh.

Seminar

The seminar has been scheduled for Tuesday, **April 6th through Thursday, April 8th** 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, Pre-Juvenile, Juvenile 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

We are offering **SPECIAL RATES** for the **EARLY BIRD** registration for **Avalon Region & Outside our Region Skaters.**

Avalon Region Members

Early Bird – Deadline March 1st, 2010

Cost \$140.00

Late Registration – Deadline March 31st, 2010

Cost: \$160.00

Outside Region Skaters (skaters who do not skate in our off season schools)

Early Bird – Deadline March 1st, 2010

Cost: \$160

Late Registration – Deadline March 31st, 2010

Cost: \$185.00

Cheques can be made payable to "Avalon Region", and can be attached to the application form. Cheques may be post-dated for March 1st and March 31st, 2010.

PLEASE ATTACH A COPY OF YOUR SKATE CANADA MEMBERSHIP

Email address is mandatory for schedule updates, cancellations etc.

All Applications should be received by March 31st, 2010.

Private Lessons

Participants wishing to take private lessons with our visiting coaches please contact Shirley Thistle at 754-1368. Lessons with Michelle are \$20 per 15 minutes. Lessons with Paige are \$19.21 per 15 minutes. Ice cost will also be divided by the skaters participating in the private lessons. 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 31st. Please include your contact email address on your skater's application.

If you have any questions please contact Sherry McGrath at sherrylmcgrath@hotmail.com

Yours in Skating,

Sherry McGrath
Skater Development Director
Avalon Region

