

# 2010 Newfoundland and Labrador Skating Academy



*A Skate Canada NL Athlete Development Program*

July 12<sup>th</sup> – August 20<sup>th</sup>, 2010  
Twin Rinks, St. John's

## **Philosophy Statement**

The objective of the Newfoundland and Labrador Skating Academy is to provide a high quality training environment offering Competitive and STAR skaters the opportunity to develop and achieve personal goals. With the instruction of professionally certified coaches from our province as well as expertise from guest coaches, skaters can reach new heights while training within Newfoundland and Labrador.

## **Registration**

Deadline for registration is **May 14, 2010**. A deposit of 50% is due at time of application along with a post -dated cheque (dated July 12, 2010) for the remaining balance. Variations to the base program may be discussed with Lori Brett, Program Director.

## **Refund Policy**

A medical certificate must accompany each refund request after July 12, 2010. Each approved refund will be subject to a \$50.00 administration fee.

## **Off Ice Classes**

We are pleased to offer high-quality off-ice dance, flexibility and conditioning instructors. These specialists will assist skaters in developing flexibility, endurance, strength, and creative expression.

## **Simulations**

During Weeks 3 and 5, skaters will have the opportunity to perform their program(s) and receive feedback from Judges &/or T.S. Each program will be videotaped for future analysis of skater/coach. Coaches will be responsible for making arrangements for simulations and priority will be given to our senior skaters. Additional fees apply.

## **Test Days**

Test days will be held at the end of weeks 3 and 6. All tests are subject to the availability of Judges/Evaluators. *The NL Skating Academy reserves the right to cancel ice times and run tests during regular skating hours.*

### Off Ice Activities

After the end of Week 2 and Week 4 we will have planned activities for the skaters. Week 2 will be a “Movie Night” and Week 4 will be a “Bowling Party”. There will be a fee of \$10-\$15 per skater which will include the activity and snacks. Chaperones will be provided at the venue however skaters will need to provide their own transportation.

### Simulations

Simulations are scheduled for August 1 and August 15 between 12-3pm. Feedback will be provided by a judge and/or technical specialists. Because of the limited number of spaces available, participation will be at your coach’s discretion. We will try and accommodate everyone however priority will be given to those skaters who have registered for the full 6 week program.

### Clothing

Skaters will be able to order “Six 0” pants and jackets with the NL Skating Academy logo. Order forms will be provided to skaters in their acceptance package following the deadline date for applications.



### Accommodation Information

#### **Boarding**

We are hoping to find boarding houses for skaters who may wish to attend the NL Skating Academy and require lodging. After applications have been received, the Program Director will provide contact information to possible boarding houses; it will be the parent/guardians responsibility to make the appropriate arrangements. The NL Skating Academy cannot guarantee any accommodation requests.

#### **Short and Long Term Stays**



3 Wadland Crescent  
St. John's, NL A1A 2J5  
1-888-754-9822 [www.hillviewterracesuites.ca](http://www.hillviewterracesuites.ca)

Two and Three bedroom suites are available.



#### **Memorial University**

Memorial University offers traditional dormitory style accommodations for visitors and conference groups from May to August. There are two residence areas, Paton College, a complex of nine residences with single and twin rooms and a shared washroom on each wing and Burton's Pond, accommodations with four single rooms, washroom and fridge/stove in each unit.

Nightly rates:	\$33.00 single	\$54.00 double
Long term – more than 30 days	\$15.00 single	\$24.00 double

For more information please contact Brian Mallard [bmallard@mun.ca](mailto:bmallard@mun.ca)

## Session Requirements

Skaters will be placed on sessions according to their qualifications. Session requirements are subject to change at the discretion of the Program Director.

**Senior/Competitive** – must have passed the complete Jr. Silver Freeskate test or Juvenile Competitive Singles test or higher.

**Intermediate** – must have passed the complete Jr. Bronze Freeskate test.

**Junior** – must have passed CanSkate Stage 7.

**Pre-Junior** – skaters working on CanSkate badges.

*Package prices are for ice time only; private coaching to be booked by the individual.*

### Senior/Competitive

Option A = 1 spin/footwork, 3 freeskates, 1 stroking, 2 off ice classes

Option B = 1 spin/footwork, 2 freeskates, 1 stroking, 2 off ice classes.

### Intermediate and Junior

Option C = 1 skills/dance, 2 freeskate, 1 stroking, 2 off ice classes

Option D = 1 skills/dance, 1 freeskate, 1 stroking, 2 off ice classes

### Pre-Junior

Option E = 1 freeskate, 1 off ice class each day.

Option F = 1 freeskate, 1 off ice class. (3 days per week- must indicate preferred days)

### Pairs/Dance

Option G = 1 session per day. Must also register for one of Options A-D. Single skaters may register for this session if they wish to work on Dance.

	<b>2 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>5 Weeks</b>	<b>6 Weeks</b>
<b>Option A</b>	\$430.00	\$610.00	\$755.00	\$880.00	\$975.00
<b>Option B</b>	\$355.00	\$505.00	\$630.00	\$735.00	\$820.00
<b>Option C</b>	\$355.00	\$505.00	\$630.00	\$735.00	\$820.00
<b>Option D</b>	\$295.00	\$410.00	\$505.00	\$575.00	\$630.00
<b>Option E</b>	\$125.00	\$190.00	\$240.00	\$285.00	\$315.00
<b>Option F</b>	\$80.00	\$120.00	\$160.00	\$190.00	\$210.00
<b>Option G</b>	\$65.00	\$95.00	\$125.00	\$155.00	\$190.00

\*Skaters wishing to register for one week will only be accepted if space is available\*

## Proposed Schedule

\*Times are subject to change based on enrolment. Final schedule will be distributed to skaters following the closing date for applications.

### **ON ICE**

7:00-7:45 – Pairs/Dance

7:45-8:15 – Senior Spin/Footwork/Spiral

8:15-9:00 – Senior Free #1

9:00-9:10 – FLOOD

9:10-9:40 – Intermediate Skills/Dance

9:40-10:25 – Intermediate Free #1

10:25-10:40 – Intermediate Stroking

10:40-10:50 – FLOOD

10:50-11:35 – Senior Free #2

11:35-11:50 – Senior Stroking

11:50-12:00 – FLOOD

12:00-12:45 – Intermediate Free #2

12:45-1:30 – Senior Free #3

1:30-1:40 – FLOOD

1:40-2:10 – Junior Skills/Dance#1

2:10-2:55 – Junior Free #1

2:55-3:05 – Junior Stroking

3:05-3:15 – FLOOD

3:15-4:00 – Junior Freeskate#2 + Pre-Junior

### **OFF ICE**

9:30-10:15 – Senior Conditioning

10:45-11:30 – Intermediate Conditioning

11:45-12:15 – Junior Conditioning

12:30-1:00 – Junior Dance

1:00-1:45 – Intermediate Dance

1:45-2:30 – Senior Dance

2:30-3:00 – Pre-Junior Dance

**2010 Newfoundland and Labrador  
Skating Academy Application**

\*incomplete applications will not be accepted\*

Skater's Name: \_\_\_\_\_ Birthdate (d/m/yy) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home Tel: \_\_\_\_\_ Business Tel: \_\_\_\_\_

MCP# \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Home Club: \_\_\_\_\_ Skate Canada # \_\_\_\_\_

Name of Parents/Guardians: \_\_\_\_\_

Emergency Contact Name/Number: \_\_\_\_\_

***Accommodations while attending the NL Skating Academy***

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Boarding**

We will help locate host families for skaters that require accommodations during the summer program.

Will you be requiring boarding during your stay? YES NO

Please indicate if you will be able to accept a border(s) for the summer.  
YES NO

***Costs must be determined between skater requiring boarding and host family.***

**2010 NL Skating Academy Medical Form**

\*This information is necessary to respond to a medical concern or emergency as quickly as possible.

**Health Information**

Skater's Name: \_\_\_\_\_

MCP# \_\_\_\_\_ Expiry: \_\_\_\_\_

Is skater in good general health? YES NO

Is skater fit and in able condition to participate in all activities?  
YES NO

Please explain any special concerns/conditions as related to  
summer school activities:

Does skater have any allergies? YES NO

If yes, please explain reaction and treatment: \_\_\_\_\_

Does skater take any medication? If so, state purpose and how  
administered: \_\_\_\_\_

**Participant's Declaration**

I hereby declare that I am aware of any medical illness or condition that would prevent my (my child's) full participation in program activities. I also hereby declare that I give permission for NL Skating Academy coaches and staff to take me (my child) to a medical facility, if necessary, for medical attention.

Skater's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Highest Tests Passed (at time of application)**

Freeskate: \_\_\_\_\_ Competitive: \_\_\_\_\_

Skills: \_\_\_\_\_ Dance: \_\_\_\_\_ Interpretive: \_\_\_\_\_

Name of Coach: \_\_\_\_\_ Coach's Signature: \_\_\_\_\_

Summer Coach: \_\_\_\_\_ (lessons must be booked directly through coach)

Are you interested in lessons from Guest Coaches? **YES NO**  
*Lesson priority will be given to those skaters registered full time (6 weeks) and will be shared equally among skaters enrolled for the same number of weeks. Lessons can be booked in 15 minute time slots. Rate will be \$20.00 per 15 minutes; all fees must be paid to the program director when lessons are completed.*

**Caroline Masse** (Choreography Week 1) Number of lessons requested: \_\_\_\_\_

**Jan Ullmark** (Technical Week 2) # of lessons requested: \_\_\_\_\_

**Cynthia Ullmark** (Technical Week 2) # of lessons requested: \_\_\_\_\_

**Elizabeth Manley** (Technical/Choreography Week 3) #of lessons requested: \_\_\_\_\_

**Please indicate the weeks you are registering for:**

July 12 \_\_\_ July 19 \_\_\_ July 26 \_\_\_ Aug. 2 \_\_\_ Aug. 9 \_\_\_ Aug.16 \_\_\_

Please circle the option(s) you wish to register for:

	<b>2 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>5 Weeks</b>	<b>6 Weeks</b>
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**Application Deadline:** May 14, 2010 (50% deposit required at time of application – balance may be post-dated to July 12, 2010)

**Please make cheques payable to:** Skate Canada NL

**Please detach and complete centre page and return with payment to:**  
 Skate Canada Newfoundland & Labrador  
 P.O. Box 21029 St. John's, NL A1A 5B2

**Skater Expectations**

1. Skaters shall take part in all scheduled activities of the NL Skating Academy.
2. Skaters shall be responsible for keeping skating area and dressing rooms tidy.
3. Skaters must respect fellow skaters and instructors.
4. Vandalism to arena premises or equipment belonging to NL Skating Academy or fellow skaters will not be tolerated.
5. Appropriate attire will be required for all sessions.
6. Inappropriate behaviour will not be tolerated
7. We reserve the right to send the participant home immediately, at own expense (with no refund) and denial of attending future schools upon failure to abide by the above mentioned guidelines.

**Athlete Discipline Agreement**

I acknowledge having read and agree to the above discipline guidelines. I understand that violating these rules will result in being sent home at personal expense and without a refund.

Skater's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Participant's Release**

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating; these risks include but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, Skate Canada NL and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness or injury to my person as a result of my participation in this activity.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**\*Please note that Skate Canada NL does not chaperone children during breaks between scheduled On-Ice and Off-Ice sessions.**

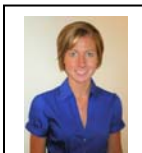
**Test Permission**

\*to be completed by a Home Club Official who is not a parent /guardian of the applicant.

I hereby grant permission for \_\_\_\_\_ to try tests while attending the 2010 NL Skating Academy. I also confirm this skater to be a member, in good standing, of Skate Canada Club number \_\_\_\_\_.

Signature of \_\_\_\_\_ Position \_\_\_\_\_

## 2010 Coaching Staff



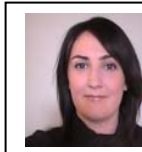
### **Lori Brett, Program Director**

NCCP Level III Certified  
Canadian Level Technical Specialist  
13 years experience; National and International Competitors  
709-748-2056 loribrett@hotmail.com



### **Katie Blagdon**

NCCP Level I Certified, Partial Level II  
6 years coaching experience  
709-727-9370 katieb13@hotmail.com



### **Amanda Conway**

NCCP Level I Certified, Partial Level II  
10 years coaching experience  
709-722-9662 amandaconway@yahoo.ca

*Photo  
Not  
Available*

### **Claudia Drover**

NCCP Level II Certified, Partial Level III  
25 years coaching experience  
709-678-2016 claudias\_drover@hotmail.com



### **Karen Jones**

NCCP Level II Certified, Level III Technical & Theory  
CanPower and Power Skating Certified  
17 years coaching experience  
709-279-0735 karenjones990@hotmail.com



### **Krista Kirkland**

NCCP Level II Certified, Level III Technical & Theory  
8 years coaching experience  
709-690-6025 kkirkland@nl.rogers.com



### **Jean McCloy**

NCCP Level III Certified  
STARSkate & Competitive –Singles, Pairs, Dance  
22 years experience; National and International Competitors  
709-726-2340 imcclov@nl.rogers.com



### **Wendy Mercer**

NCCP Level III Certified  
Quadruple gold medalist  
35 years coaching experience; Competitive and STARSkate  
709-579-6491 wendym@nf.sympatico.ca



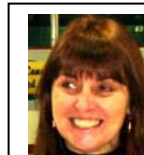
### **Jennifer Osmond**

NCCP Level II Certified, Level III Technical & Theory  
7 years coaching experience  
709-691-3210 jen178@hotmail.com



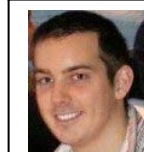
### **Melissa Saunders**

Primary STARSkate Trained  
2 years coaching experience  
709-680-3103 melissa.saunders@mun.ca



### **Shirley Thistle**

NCCP Level II Certified, Level III Technical  
CanSkate, STARSkate, Competitive, & Synchro  
25+ years coaching experience  
709-754-1368 shirley.thistle@gmail.com



### **Neal Thorne**

NCCP Level II Certified, Level III Technical & Theory  
Sectional Level Technical Specialist  
7 years coaching experience; National & Int'l Competitor  
709-748-2056 neal\_thorne@hotmail.com



### **Kevin Walsh**

NCCP Level III Certified, partial level IV  
30 years coaching experience  
Coached National and International Competitors  
709-747-8449 kevinwalsh@nl.rogers.com

### **Conditioning Consultant**

**Morgan Lovell** – Morgan completed his Bachelor of Science honors degree in sport and human movement from the University of Wales Cardiff as well as numerous strength and conditioning certifications. After playing Rugby professionally he began a career in Strength and conditioning. He currently works for Sport NL as a Strength and Conditioning coach at the Newfoundland and Labrador Sports Centre here in St John's.

### **Flexibility Trainers**

**Campia Gymnastics** is a Mount Pearl based non-profit organization committed to providing a variety of competitive and recreational gymnastics programs. We are pleased to have their NCCP trained instructors able to help our skaters with flexibility and strengthening exercises.

### **Dance Specialist**

**Katie Murray** – Katie started dancing at the age of 3 and has since devoted her life to the dance community. Katie has extensive training in Ballet, Pointe, Jazz, Hip Hop, and freestyle Modern and Tap.

### **Guest Coaches**

**Caroline Masse** – Caroline will join us for Week 1(July 12-16). Caroline is a former Sr. Ladies and Pairs National Competitor. She has 15 years coaching experience and specializes in choreography. Caroline has coached skaters at 7 National Championships and choreographed programs for Olympic team members.

**Jan Ullmark** – Jan will be available during Week 3 (July 19-21), he was a three time national champion of Sweden before he began his successful coaching career. He has coached athletes at 20 Jr and Sr World Championships and 5 Olympic Games including Canadian champions Jamie Sale and David Pelletier.

**Cynthia Ullmark** – Cynthia will be available during Week 3 (July 19-21), she is a NCCP Level IV certified coach with over 35 years experience ranging from beginner to Olympic competitors. Originally from Vancouver, BC, Cynthia now resides in Canmore, AB where she teaches part time while continuing her education at Athabasca University.

**Elizabeth Manley** - Liz joins us for Week 3(July 26-30) of the NL Skating Academy. Elizabeth is the 1988 Olympic and World Silver Medalist, Olympic Freestyle Champion, and three-time Canadian National Champion. She is now teaching aspiring young athletes at the Gloucester Skating Club in Ontario.

If you have any questions about programming or if you require additional information please contact program director, Lori Brett

Telephone 709-576-0509  
Email: [skating@sportnl.ca](mailto:skating@sportnl.ca)



**We look forward to seeing everyone during  
Summer 2010!!!**