

**Avalon Region
Easter Seminar
April 9-11, 2012**



**Conducted by the
Mariposa Training Centre**

**Michelle Leigh
Paige Aistrop
Adriana DeSanctis**



**Skate
Canada**
Avalon Region

We are pleased to announce that we are once again offering an Easter Seminar at Rink #2 Glacier 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 **Adriana DeSanctis**.

Michelle and **Paige** both have coached National, International, World & Olympic Athletes while **Adriana**, is a National athlete. 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 30 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 20 years of experience. Her **Disciplines of Expertise** are: Spins, Choreography, Jump Technique, Athlete Management, Conductor of Seminars

Professional Accomplishments:

- Gold Free, Dance, Skills
- 20 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

Adriana DeSanctis was born on June 18, 1988, in Philadelphia, PA, and began skating at age six by taking part in a USFSA Basic Skills program. The 4'9" skater is originally from Trenton, NJ. DeSanctis is coached by Robert Tebby at Doug Leigh's Mariposa School of Skating in Barrie, Ontario, Canada. She is currently ranked 5th in the Senior Women's Category for the 2012 Canadian National Championships.

Seminar

The seminar has been scheduled for **Monday, April 9th through Wednesday, April 11th** 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, Senior Silver, Gold, 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

FIRST COME, FIRST SERVE with Avalon Region Members being selected first, followed by Outside our Region Skaters who support our off season schools on the closing date of March 1st. All applications will be placed in the order they are received.

Avalon Region Members & for those Outside Region Members who skate in our off-season Spring & Fall schools

Early Registration Deadline March 1st, 2012

Cost \$140.00

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

Cost: \$160

Final Registration Deadline March 31st, 2012

Cheques or money orders (no cash) can be made payable to "Avalon Region", and must be attached to the application form. Cheques may be post-dated for March 1st, 2012 and March 31st, 2012.

Refunds

Refunds will not given except for medical reasons, and are subject to a \$25 administration fee. A doctor's note must be provided.

NSF cheques

ALL NSF cheques will be subject to a \$25 administration fee plus all associated bank charges incurred.

PLEASE ATTACH A COPY OF YOUR SKATE CANADA MEMBERSHIP

Email address is mandatory for schedule updates, cancellations etc.

Private Lessons

Participants wishing to take private lessons with our visiting coaches please email avalonregionseminar@hotmail.com . Lessons with Michelle & Paige are \$20 per 15 minutes. Ice cost is extra and will be divided by the skaters participating in the private lessons. Lessons will be made available after the regular seminar.

STRETCH CLASS

Campia Gymnastics will be instruction our Fitness/Stretch classes.

FITNESS CLASS

TO BE ANNOUNCED

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 as soon as possible after the deadline. Please include your contact email address on your skater's application.

If you have any questions please contact the Avalon Region by email at avalonregionseminar@hotmail.com

Yours in Skating,

Sherry McGrath
Assistant Director
Avalon Region

**Avalon Region Easter Seminar 2012
Parental Waiver**

JANUARY 25, 2012

Notice to Parents

There will be times that your son / daughter will have unsupervised time throughout the day during nutritional breaks & lunches. It is recommended that if your son/daughter needs to have adult supervision that you arrange to have someone at the rink during their scheduled training.

WAIVER

In consideration of its benefits awarded to us by acceptance of this application, the undersigned agrees to hold blameless the Avalon Easter Seminar, its professional Coaches and Associates, for any claims and injuries sustained while attending the seminar or during its sessions for loss of property. The undersigned agrees to abide by all the rules of the seminar and of Skate Canada as set forth in their rule book.

Skaters Name: _____

Skater's Signature: _____

Parent/ Guardian (if under 18 yr) _____

Date: _____

This waiver must be signed and submitted to the registration committee before your son / daughter goes on the ice on the first day of Seminar April 9, 2012.