



STAR Provincials Seminar

Feb 11, 2017
Corner Brook, NL

Skate Canada NL is excited to host an *Athlete Development Seminar* in conjunction with STAR Provincials. In addition to registering for STAR Provincials, skaters can also take advantage of participating in a seminar with guest coach Mary-Liz Wiley along with our provincial coaches.

Guest Coach – Mary-Liz Wiley

Mary Liz Wiley is an NCCP Level 3 Certified. She is also an NCCP Learning Facilitator, a presenter for multiple Sectional and National events, a member of the CanSkate Resource Team and Coach Development Committee. Mary Liz is the Head Coach of the Regional Development Program and Regional Coaching Representative.

“Coaching skating is a privilege. It is an opportunity to inspire and BE inspired – to teach and BE taught, to challenge and BE challenged, to amuse and BE amused, to reach and to reach even higher....make a difference!” – Mary Liz Wiley

Eligibility: STAR Provincial Competitors (must be registered to participate in STAR Provincials)

How to Register: Registration will be available on the Skate Canada NL registration website (<https://skatenf.uplifterinc.com>). For detailed registration instructions click on “How to Register”.

Registration Opens: Friday, January 13, 2017 at 10:00am

Registration Closes: Wednesday, January 25, 2017 at 5:00pm

Application Fee: \$50.00 per skater

*Medical refunds only with medical certificate, \$25.00 administration fee shall be levied to all refunds.

Program Outline

Saturday Feb 11 – 12:00pm-7:00pm

- This seminar will include a variety of on and off ice sessions including dance/creative expression, off ice jump and off ice warm ups etc.
- A detailed schedule will be forwarded to participants following the registration deadline.
- The schedule will be based around the competition schedule and skaters will not have conflicts between the seminar times and the competition times.

Registration is online and on a first come-first served basis. Maximum of 100 skaters.

Further Information:

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