

**Skate Canada Newfoundland & Labrador
Coach Development Weekend 2017
Tentative Schedule**

Saturday April 22, 2017

TIME	LOCATION	TOPIC	FACILITATOR
8:00AM	Fairfield Inn & Suites	BodySense	Holly Foley
9:30AM		COFFEE BREAK	
10:00AM	Fairfield Inn & Suites	Synchro Updates	Heather McMahon
11:00AM	Fairfield Inn & Suites	Intro to New STAR	Heather McMahon
12:30PM	On Own	LUNCH	
1:30PM	Fairfield Inn & Suites	STAR Program at your Club	Heather McMahon
3:00PM	Fairfield Inn & Suites	Intro to STAR Assessments	Heather McMahon

Sunday April 23, 2017

TIME	LOCATION	TOPIC	FACILITATOR
8:00AM	Twin Rinks	Taking the STAR Program to the Ice	Heather McMahon
9:00AM	Twin Rinks	STAR Programming Live	Heather McMahon
10:00AM	Twin Rinks	STAR Assessments on Ice	Heather McMahon
11:00AM	Twin Rinks	Wrap-up/Questions	Heather McMahon

Workshop Facilitators

Holly Foley is a Registered Dietitian with a Sports Nutrition Diploma from the International Olympic Committee and is currently working towards her PhD in the Department of Medicine at Memorial University. Holly practices a body-positive philosophy and challenges traditional and mainstream approaches to health, food and weight. She is a board member of the Body Image Network which focuses on promoting a positive body image and the value of body diversity. Holly has enjoyed running for over 14 years with a focus on marathons and ultramarathons.

Heather McMahon is the Skating Program Coordinator for Skate Canada. She has been with Skate Canada for about 9 years now. Her role encompasses STAR, Synchro, Adult, Special Olympics and Adaptive Skating. She took over the STAR 1-5 project about three years ago and is very excited about the program that has been produced. Heather is also an NCCP Level 3 certified coach and has been coaching for 28 years.