



**Avalon Region
New Year Seminar
January 3 to 5, 2018
Jack Byrne Arena**



**Conducted by
Alexei Mishin**



SKATECANADA
NEWFOUNDLAND & LABRADOR

AVALON REGION

The Avalon Region is thrilled to announce that renowned Coach, Skater and Skating Engineer, ALEXEI MISHIN, is coming to Newfoundland and Labrador to lead the New Year Seminar!

Born in Sevastopol in 1941, Mr. Mishin trained as a skater and competed in men's singles within the Soviet Union. He won the bronze medal at the 1964 Soviet Championships. In 1966, he took up pairs skating with partner, Tamara Moskvina. Together, they won a silver medal at the 1968 European Championships. In 1969, they were Soviet Pairs Champions and went on to win a bronze medal at the European Championships and a silver medal at the World Championships.

Known for his talent as both technician and artist, he is a legend in the world skating community; coaching both Olympic and World champions. Among his students are Alexei Urmanov, Alexei Yagudin and Evgeni Plushenko. Notably, his current coaching roster includes: Carolina Kostner, Elizaveta Tuktamysheva and Alexander Petrov. Mr. Mishin works with many talented Canadian skater/choreographers such as: Lori Nichol, David Wilson, Jeffrey Buttle, Emanuel Sandhu. He also collaborates with the French skater/choreographer, Benoit Richaud. He is based at Saint Petersburg's Yubileyny Sports Palace for most of the year and delivers training camps in various locations throughout Europe.

Alexei Mishin's Academic Background and Interests

Mr. Mishin developed an interest in biomechanics from an early age. He holds a university degree in engineering with a dissertation focused on the mechanical fundamentals of figure skating techniques. He is a professor at the Lesgaft National State University of Physical Education, **Sport and Health** and gives seminars worldwide. He has also patented a figure skating device which measures the number of revolutions in jumps when attached to the skater's body. In addition, he has authored several books on the biomechanics of figure skating that have been published in many languages.

Together with Alexei Mishin, we look forward to kicking off the 2018 winter season by welcoming you to the Avalon Region New Year seminar!

SEMINAR

The 3-day seminar is scheduled for **Wednesday, January 3rd through Friday, January 5th** for our Star Skate – Star Skate Level 6 and up and Competitive Skaters. The skaters will be divided into two groups based on skating levels. The maximum number of skaters is 60.

The seminar includes off-ice fitness, such as conditioning, stretch and tone, Zumba, dance, and yoga.

On Friday, January 5th of the seminar, a lunch will be provided for the participants (minimal fee can be paid the day-of for those participating) and will feature a presentation by Mr. Mishin.

All in all, it promises to be a highly educational and exciting seminar.

ELIGIBILITY

Singles: Star 6 to Gold Star Skate Levels and PreJuvenile, Juvenile, PreNovice, Novice and all higher competitive levels. (If space permits, other levels will be considered.)

Submission of application does not guarantee acceptance. Confirmation will be issued later, upon receipt of payment and availability. 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 any outside our Region Skaters who support our off-season schools on the closing date of December 15th. 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 schools

Registration Cost \$200.00 - Deadline December 15, 2017

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

Registration – Cost \$220.00 - Deadline December 15, 2017

Cheques can be made payable to “Avalon Region”, and are to be included with the application form.

Email address is mandatory for schedule updates, cancellations etc.

General Notes

Participants are to bring their own:

- lunches/snacks
- off-ice fitness clothing, sneakers, and
- yoga mats

The Avalon Region is also dedicated to Coach Development and they are invited to attend free of charge.

Schedule

On **December 20th**, the seminar final schedule and group lists will be sent out via email. Please include your email address on your skater's application.

If you have any questions, please contact the Avalon Region at:
allets1926@outlook.com

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Skater Name:		Region:					
Skate Canada Number:		Home Club:					
Home Address:		Coach's Name:					
Email Address:							
Telephone No.:		Birthdate: (mm/dd/yyyy)					
What are your highest test levels passed? Freeskate (competitive and/or StarSkate): Skills:							
Previous Season Competitive Level	Div:	Sect:	Prov:	East:	Can:	Other:	
Did you attend Off-Season Schools? (Please indicate date)							
Spring:				Fall:			
<p>Make all cheques payable to Avalon Region (Seminar). Send completed application and payment (no cash please) to:</p> <p style="text-align: center;">Rhonda Moores 8 Hebbard Place St. John's NL A1A 5J6</p> <p>All applications are due by December 15, 2017.</p>							
I the undersigned agree to hold unaccountable the Avalon Region, Coaches, Resource Instructors or other involved persons for injuries or loss sustained by the skater named above while attending the seminar. I agree to abide by the Rules and Regulations of the New Year Seminar. If suspended for non-compliance I understand that there will be no refund.							
Signature of Parent/Guardian						Date: (mm/dd/yyyy)	

Please note: Email address is mandatory for schedule updates, cancellations etc.

RELEASE

In consideration of its benefits awarded to us by acceptance of this application, the undersigned agrees to save and hold blameless the Avalon Region, its professional coaches and officers, for any claims and injuries sustained while attending the seminar or during its sessions or for loss of property.

The undersigned agrees to abide by all rules of the Avalon Region Skating School and of Skate Canada as set forth in the rule book of that association and will be responsible and pay promptly for all lessons and sessions booked for the skater in this and subsequent application(s).

Skater's Signature: _____

Parent/Guardian (if under 18 yr.): _____

Date: _____

The Region reserves the right to refuse any application due to lack of payment to a Skate Canada registered club or coach.

