



Fall Athlete Development Seminar
November 24, 2017 Conception Bay South Arena

Guest Coach

Joey Russell

- Former member of the Polaris Skating Club
- Canadian Junior Mens Champion
- National and World Team Member
- Currently working as a Choreographer in Toronto and travelling around North America conducting seminars and assisting athletes with programming.

Guest Skater

Javier Raya

- Spanish Champion
- World and Olympic Competitor
- Trains in Madrid, Spain, and the Cricket Club in Toronto, ON

Eligibility: STARSkaters STAR 4 to Gold

Application Fee: \$50.00 per skater

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

Groups: Skaters will be assigned to groups based on their skating level.

Registration will open online: **Tuesday November 7, 2017(6:00pm) *Maximum of 40 skaters.**

To Register: Please visit <https://skatenf.uplifterinc.com>

Seminar Outline

Friday November 24 – 11:00am-4:00pm_ ***STAR 4 – Gold Skaters.**

- 2 Technical Classes (spin and jump) with Joey and Javier
- 2 Off Ice Classes

Funded in part by: Newfoundland and Labrador Department of Seniors, Wellness and Social Development

