



**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:** 2016-2017 Junior and Senior Provincial Team Members (must be in an eligible category to make the team again this season.)

**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: **Thursday November 2, 2017 (9:00am)\***** Maximum of 30 skaters.

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

**Seminar Outline**

Friday November 24 – 8:00am-11:00pm

- 1 On Ice Technical Classes (spin/jump) with Joey and Javier
- 1 On Ice Creative Class (stroking & movement) with Joey and Javier
- 1 Off Ice Class

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