



STAR 1-3 Seminar EASTERN

February 19, 2018

Whitbourne, NL

Skate Canada NL and the Eastern Region is excited to host a STAR 1-3 seminar on February 19 at the Whitbourne Stadium. Skaters at this level will participate in on and off ice classes 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 1-3 Skaters

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: Thursday, January 11, 2018 at 10:00am

***Maximum of 50 participants will be accepted.**

Application Fee: \$50.00 per skater

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

Program Outline

Monday Feb 19 – 10:00am-2:00pm

- 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.

Registration is online and on a first come-first served basis. Maximum of 50 skaters.

Further Information:

Lori Brett

709-576-0509

skating@sportnl.ca

Funded in part by: Newfoundland and Labrador Department of Tourism, Culture and Recreation

