



2017 Synchronized Skating Coaches Seminar
October 14 and 15, 2017

Facilitated by: Kathy Mackowski – ISU Technical Specialist and Domestic Technical Controller, Western Ontario Section

Location: Fairfield Inn & Suites, Kenmount Road, St. John's. On-Ice location TBA.

Tentative Schedule:

Saturday, Oct 14	9:00am to 12:00pm – Classroom Instruction
	12:00pm to 1:00pm – Lunch
	1:00pm to 3:00pm – Classroom Instruction
	3:00pm to 4:00pm – Break
	4:00pm to 7:00pm - On-ice demonstration
Sunday, Oct 15	9:00 am to 11:00am – On-ice demonstration
	11:00am – 11:45am– Break
	11:45am-3:00pm - Classroom Instruction

What will this seminar offer?

- ISU and domestic rule changes
- Program components in effect for the upcoming year
- How to develop well-balance programs for your synchro team(s)
- Technical information
- On-Ice demonstrations

Coaches should also bring videos of their last year's program(s) and the corresponding report cards. You may also bring videos of things you are working on this year.

Application Fee: \$125.00 (out of province coaches please contact Susan Thistle for price)

Registration Information: All registrations and payments must be completed online at <https://skatenf.uplifterinc.com>. Payments can be made by VISA/MasterCard (including prepaid gift cards) and Discover cards. Medical refunds only with medical certificate, \$50.00 administration fee shall be levied to all refunds

Application Deadline: Friday, September 15, 2017

Further Information:

Susan Thistle – SCNL Synchronized Skating Co-Ordinator
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