



2018 Skate Canada NL Coach Development Workshops
The Wilds at Salmonier River, NL
CBS Arena, CBS

Friday, May 4 (The Wilds)

19:00 **Welcome BBQ**

Saturday, May 5 (The Wilds)

08:30 **Registration**

09:00 Coaches/Judges/Tech Panel Forum

10:30 **Nutrition Break**

10:45 STAR 1-5 Tips for Success - Monica Lockie

12:00 **Lunch & Learn; Skating, Leadership & You – Andre Marc Allain**

13:00 Keep Your Stars Shining; Skating Programs Update – Monica Lockie

14:00 SCNL STAR Challenge

15:00 Coach Roundtable Discussion

- Talent ID at club level
- Competitive Skating – Challenge and beyond
- Ideas for Skater Development
- Coach Mentorship Program

16:00 In Synch with Synchro

16:45 Closing Remarks

Annual Achievement Awards Gala

19:00 Cocktails (cash bar)

19:30 Skate Canada NL Achievement Awards Gala

20:00 **End of the Season Kitchen Party** (a 19 & over event)

Sunday, May 6 (CBS Arena)

10:00 **Overview of Skating Programs – Where we are, where we're going**

11:00 **Training vs Teaching to the Test (On Ice)**

Monica will lead coaches through a series of exercises and exploration, both on and off the ice to help enhance the “training” environment for skaters at this stage of development

13:30 **Closing Remarks/Wrap-Up**

15 April 2018

Embrace the Joy of Skating!

Coach Conference Registration Fees:

Friday Evening BBQ: \$35.00

Coach Conference Registration Package (including lunch both days): \$80

AGM Banquet and Kitchen Party: \$50

Register NOW at: <https://skatenf.uplifterinc.com>

Registration Closes: Sunday, April 29, 2018

Accommodations Information:

Accommodations can be booked by calling *The Wilds* directly

Telephone: (709) 229-5444

Mention **Skate Canada NL group booking**

Rooms and Rates:

Standard Rooms: \$89.00 plus HST

King and Queen Rooms: \$99.00 plus HST

Villas: \$159.00 plus HST

Full accommodation details are available at: <https://thewilds.ca/>

15 April 2018

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