



Athlete Development Seminar

October 21-22, 2018 Gander Community Centre

Guest Coach

Josee Picard

- Josee has coached skaters in singles, pairs and dance at the World and Olympic level. Some of her most accomplished skaters include Isabelle Brasseur and Lloyd Eisler, Shae-Lynn Bourne and Victor Kratz. Most recently, Josee has coached the team of Julianne Seguin and Charlie Bilodeau to the recent Olympic Games in Pyeongchang. Josee is very passionate about skating and has an extraordinary ability to bring the most out of every skater she works with.

Eligibility: Member of the 2017 2018 Senior A or Senior B Team **AND**
Plan to compete at the upcoming Sectional Championships (Pre Juv or higher)

Application Fee: \$125.00 per skater

Medical refunds only with medical certificate, \$50.00 administration fee shall be levied to all refunds

Groups/Maximums: Skaters will be assigned to Group A or Group B with a maximum of 12 skaters per group. It is a priority to keep group sizes small to maximize the skater/guest coach interaction.

Registration: Online registration will open Monday September 24 at noon.

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

***Applications will be accepted on a first come-first served basis with a maximum of 24 skaters.**

Program Outline

October 21 – 2:00pm-7:00pm

- 2 Technical Classes with Josee Picard
 - 1 Off Ice Class

October 22 – 8:00am-2:00pm

- 2 Technical Classes with Josee Picard
 - 1 Group Stroking Class
 - 1 Off Ice Class

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