



“GEN 23” Seminar

Saturday, November 10, 2018
Glacier Arena Mount Pearl, NL



As part of Skate Canada NL’s Strategic Plan, we are offering a seminar for skaters who are considered potential competitors at the Skate Canada Challenge and higher levels of competition within the next 2-5 years. We hope to continue to offer a variety of opportunities to skaters within this range with the goal of having prepared and equipped competitors at the 2023 Canada Winter Games and other National level events.

Seminar Goal

This **“GEN 23”** seminar is designed to provide dedicated skaters, parents/guardians and coaches an inside look at the competitive skating program in our Section in an interactive and innovative skill based environment. Through our unique approach, future competitive stream skaters can experience and participate in our Sectional Championships.

Participants:

Skaters may currently be enrolled in a “competitive” category and/or plan to continue in the competitive stream of our sport.

***Age based on July 1, 2018**

Juvenile Skaters – 12 years and younger*

Pre-Juvenile Skaters – 11 years and younger*

STAR 5 Skaters – 10 years and younger*

STAR 4 Skaters – 9 years and younger*

Dance/Pairs Teams – 12 years and younger competing at STAR 4/5, Pre Juvenile or higher.

Each participant must be accompanied by a parent/guardian.

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.

REGISTRATION: Registration for this event will open online on **Friday October 12 (10am)**. We will accept a maximum of 25 participants. Cost:\$80.00 <https://skatenf.uplifterinc.com>

Program Outline

Welcome Lunch

An opportunity for participants to meet one another in a casual environment while learning the goals of the seminar from session conductors.

Rinkside at Sectionals

Participants will attend the Sectional Championships in a group environment which will be facilitated by technical and administrative resource personnel leading discussion on topics such as warm –up, preparing to take the ice, exiting the ice, element identification and more. Question and answer period will be held during floods to enhance the learning experience.

Putting your Competition Package Together

A group discussion on developing your competition package focusing on topics such as choreography, music, costuming, skill development and training.

Supporting a Developing Competitive Athlete

Information session for parents/guardians and coaches on the key components necessary to support and develop a competitive athlete including: yearly planning, budgeting, skating etiquette, training, Skate Canada Long-Term Athlete Development Plan and the roles of the athlete's team members.

ON ICE

Skaters will participate in 2 on ice technical/stroking classes.

Tentative Schedule

Skaters will be divided into 2 groups based on skating ability. The seminar will take place from 11am-6pm. A detailed schedule will be provided 2 weeks prior to the event.

