



STAR 1-3 Seminar WESTERN
December 9, 2018
Deer Lake, NL

Skate Canada NL and the Western Region are excited to host a STAR 1-3 seminar on December 9 in Deer Lake. Skaters at this level will participate in on and off ice classes with guest coach Nathalie Deschenes along with our provincial coaches.

Guest Coach – Nathalie Deschenes

Nathalie had great success as a singles and pairs skater in the junior ranks. She also spent many years touring around the world and since 2000 has conducted countless seminars across the county. More information and biography can be found here: <http://www.nathou.net/en/profil.php>

Eligibility: STAR 1-3 Skaters

How to Register: Registration will be available on the Skate Canada NL registration website: <https://skatenf.uplifterinc.com/registraiton> For detailed registration instructions click on “How to Register”.

Registration Opens: Monday, November 5, 2018 at 10:00AM

***A 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

Sunday December 9 – 9:00am-1:00pm

- 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:

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