



## **2018 Synchronized Skating Coaches Seminar** November 17 and 18, 2018

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

**Location:** TBA - St Johns area

**Tentative Schedule:** Saturday, Nov 17: Morning Session – Classroom – Updates on changes for the year  
**THIS SESSION COULD POSSIBLY BE HELD ON  
SUNDAY MORNING DEPENDING ON  
AVAILABILITY OF THE COACHES**  
Afternoon Session – Individual Coach Consultations and on-ice  
Demonstration (2 to 4 at Robert French Arena)

Sunday, Nov 18: Morning to mid-afternoon – individual Coach Consultations

### **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 bring a video of their current programs to the individual sessions for consultation.

**Application Fee: \$100.00 – Coaches with Beginner & Elementary Teams only (Classroom & On-Ice sessions only)**

**\$125.00 – Coaches with 1 or 2 PreJuvenile and higher teams**

**\$150.00 – Coaches with 3 or more PreJuvenile and higher teams**

**Monitoring will only be for teams above Elementary level**

Payment must be made online by VISA or MasterCard (prepaid cards also accepted)

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

**Application Deadline:** Friday, November 9, 2018

### **Further Information:**

Susan Thistle – SCNL Synchronized Skating Co-Ordinator

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