

Paradise Double Ice Complex

July 4 – August 18, 2023



Skate NL

Online Registration

<https://skatenf.uplifterinc.com/registration>

If registering for 2+ weeks:

Wed. May 10

Red Group – 9:00am

Green Group – 10:00am

Blue Group – 11:00am

Yellow Group – 12:00pm

Purple(Canskate) – 1:00pm

Pairs/Dance – 9:00am

Registering for 1 week only:

Thurs. May 11

8:00am for all levels

Payment Schedule

Registration fees can be paid in 3 equal installments:

- First payment at time of registration
- Second Payment May 31st
- Third Payment June 21st

Accepting:

- Visa
- Visa Debit
- Mastercard
- Discover

Refunds

Medical note required. All refunds will be subject to a \$50 administration fee.

Assessment Day

(STAR 6-Gold)

Friday Aug 11

regular skating times may be shortened for this day

Summer Skate

(STAR 2-Gold + Competitive)

Saturday August 19

Session Criteria

Red Group – must have passed STAR 8 elements and program assessments.
(Max 18 skaters)

Green Group – must have passed STAR 5 elements and program assessments.
(Max 20 skaters)

Blue Group – must have passed STAR 2 elements and program assessments.
(Max 22 skaters)

Yellow Group – skaters working on STAR 1 and STAR 2 assessments.
(Max 30 skaters)

Purple Group – CANSKATE STAGE 1-6 skaters. **ALL on ice and off ice instruction is included in fee.* (Low Ratio Session - Max 1:5 coach/skater ratio)

Pairs/Dance/Extra Free – Pair and Dance team of all levels. Space may be available for singles skaters to register in addition to their regular session.

Schedule

- Please note Schedule 1 (Weeks 1,2,5,6,7) and Schedule 2 (Weeks 3,4)
- We use both Rink A and Rink B during the summer program. Skaters will be assigned Rink A or Rink B after registration.

Cost

Fees include: ice time, group classes, off ice conditioning and dance classes.
ALL coaching fees are in addition to prices listed below (except Canskate)

Group	Cost (Week 1)	Cost (Week 2,5,6,7)	Cost (Week 3,4)
Red Group	\$190/wk	\$240/wk	\$200/wk
Green Group	\$165/wk	\$210/wk	\$150/wk
Blue Group	\$125/wk	\$160/wk	\$140/wk
Yellow Group	\$100/wk	\$125/wk	\$125/wk
Purple Group	N/A	\$90/wk (5,6,7 only)	N/A
Pairs/Dance/Extra	\$80/wk	\$80/wk	\$80/wk

pairs/dance/extra free must be added as additional session

Discounts

- 3 weeks – 5%
- 4 weeks – 10%
- 5 weeks – 15%
- 6 weeks – 20%
- 7 weeks – 25%

2023 Skating Academy Coaching Staff

***ALL Skaters (except Canskate) must secure private coaching prior to registration.**

Coaching fees are in addition to the above listed registration fees.

Lori Brett – Program Director NCCP: National Coach Certified Years of Experience: 27 Email: loribrett@hotmail.com	Danica Dean NCCP: Regional Coach Certified Years of Experience: 6 Email: danicadean@yahoo.com	Kathryn Petten NCCP: Regional Coach Certified Years of Experience: 7 Email: kathrynpetten@hotmail.com
Ashley Bishop NCCP: Provincial Coach Trained Years of Experience: 11 Email: ashleydbishop29@gmail.com	Holly Fitzpatrick NCCP: Regional Coach Certified Years of Experience: 6 Email: hollybfitzpatrick@hotmail.com	Lindsey Porter NCCP: Regional Coach Certified Years of Experience: 5 Email: lindseyporter36@gmail.com
Allison Blagdon NCCP: Provincial Coach Trained Years of Experience: 11 Email: allisondwalth96@gmail.com	Emil Francis NCCP: Regional Coach Certified Years of Experience: 5 Email: emilfrancis.ef@gmail.com	Victoria Short NCCP: Regional Coach Certified Years of Experience: 7 Email: victoriashort00@gmail.com
Katie Blagdon NCCP: National Coach Trained Years of Experience: 21 Email: katieb13@hotmail.com	Sarah George NCCP: Regional Coach Certified Years of Experience: 7 Email: sarahgeorge96@hotmail.ca	Shirley Thistle NCCP: National Coach Certified Years of Experience: 40 Email: shirley.thistle@gmail.com
Joanne Burry NCCP: Provincial Coach Certified Years of Experience: 30 Email: jmburry@nl.rogers.com	Julia Keefe NCCP: Regional Coach Trained Years of Experience: 4 Email: juliakeefe@outlook.com	Neal Thorne NCCP: National Coach Certified Years of Experience: 20 Email: neal_thorne@hotmail.com
Colin Chanski NCCP: National Coach Trained Years of Experience: 30 Email: cchanski@sasktel.net	Wendy Mercer NCCP: National Coach Certified Years of Experience: 50 years Email: wendym@nf.sympatico.ca	Yuriy Vaypan NCCP: Regional Coach Certified Years of Experience: 17 Email: vaypanyuriy74@gmail.com
Kayla Colbert NCCP: Regional Coach in Training Years of Experience: 3 Email: kaylacoco04@icloud.com	Jennifer Osmond NCCP: National Coach Trained Years of Experience: 21 Email: jen178@hotmail.com	Miranda Walsh NCCP: Provincial Coach Certified Years of Experience: 11 Email: miranda-walsh@hotmail.com
Kathleen Curran NCCP: Regional Coach in Training Years of Experience: 5 Email: kcurran135@outlook.com	Hannah Poole NCCP: Regional Coach Certified Years of Experience: 6 Email: hannahpoole2001@hotmail.com	
Hayley Dalton NCCP: Regional Coach Certified Years of Experience: 6 Email: hayleylynnaldon@icloud.com		

SCHEDULE 1

Week 1 – July 4* (4 day week)

Week 2 – July 10

Week 5 – July 31

Week 6 – Aug 7

Week 7 – Aug 14

Rink A and Rink B(Monday-Thursday)		Rink A and Rink B(Friday)	
7:00am-7:50am	Pairs/Dance/Extra Free(Rink A)	7:30am-8:20am	Pairs/Dance (Rink A)
7:50am-8:00am	FLOOD (10 min)	8:20am-8:50am	RED Group Class (30min)
8:00am-8:20am	RED Spins/Footwork	8:50am-9:00am	FLOOD (10 min)
8:20am-9:20am	RED Freeskate	9:00am-10:00am	RED Freeskate
9:20am-9:30am	FLOOD (10 min)	10:00am-10:10am	FLOOD (10 min)
9:30am-9:45am	GREEN Skills/Dance	10:10am-10:40am	GREEN Group Class (30 min)
9:45am-10:35am	GREEN Freeskate	10:40am-11:40am	GREEN Freeskate
10:35am-10:45am	FLOOD (10 min)	11:40am-11:50am	FLOOD (10min)
10:45am-11:45am	RED Freeskate	11:50am-12:50pm	BLUE
11:45am-11:55am	FLOOD (10 min)	12:50pm-1:20pm	BLUE Group Class (30 min)
11:55am-12:45pm	GREEN Freeskate	1:20pm-1:30pm	FLOOD (10min)
12:45pm-12:55pm	FLOOD (10 min)	1:30pm-2:20pm	Yellow Freeskate/Skills/Dance (Rink A)
12:55pm-1:10pm	BLUE Skills	*No Canskate on Fridays!	
1:10pm-1:55pm	BLUE Freeskate		
1:55pm-2:10pm	BLUE Dance		
2:10pm-2:20pm	FLOOD (10 min)		
2:20pm-2:35pm	Yellow Group Class (Rink A)		
2:35pm-3:20pm	Yellow Freeskate/Skills/Dance (Rink A)		
2:30pm-3:20pm	Purple/Canskate (Rink B) *Wks 5,6,7 only		
OFF ICE Classes			
9:30am-10:15am	RED Dance (Mon-Thurs)		
12:00pm-12:50pm	RED Conditioning (Mon-Thurs)		
10:45am-11:30am	GREEN Dance (Mon-Thurs)		
12:55pm-1:40pm	GREEN Conditioning (Mon-Thurs)		
11:45am-12:30pm	BLUE Dance (Mon-Thurs)		
2:20pm-3:10pm	BLUE Conditioning (Mon-Thurs)		
1:40pm-2:10pm	YELLOW Conditioning (Mon & Wed)		
1:40pm-2:10pm	YELLOW Dance (Tues & Thurs)		
1:40pm-2:10pm	CanSkate Conditioning (Tues & Thurs)		
1:40pm-2:10pm	CanSkate Dance (Mon & Wed)		

SCHEDULE 2

Week 3 – July 17

Week 4 – July 24

Rink A and Rink B(Monday-Thursday)		Rink A and Rink B(Friday)	
3:00pm-3:50pm	Dance/Pair Teams (Rink A)	3:00pm-3:50pm	Dance/Pair Teams (Rink A)
3:00pm-3:50pm	YELLOW (Rink B)	3:00pm-3:50pm	YELLOW (Rink B)
3:50pm-4:00pm	FLOOD (10 min)	3:50pm-4:00pm	FLOOD (10 min)
4:00pm-4:20pm	BLUE Skills/Dance	4:00pm-4:50pm	BLUE Freeskate
4:20pm-5:10pm	BLUE Freeskate	4:50pm-5:10pm	BLUE Group Class (20 min)
5:10pm-5:20pm	FLOOD (10 min)	5:10pm-5:20pm	FLOOD (10 min)
5:20pm-5:40pm	GREEN Skills/Dance	5:20pm-5:40pm	GREEN Group Class (20 min)
5:40pm-6:30pm	GREEN Freeskate	5:40pm-6:30pm	GREEN Freeskate
6:30pm-6:40pm	FLOOD (10 min)	6:30pm-6:40pm	FLOOD (10min)
6:40pm-7:00pm	RED Spins/Footwork	6:40pm-7:40pm	RED Freeskate
7:00pm-7:50pm	RED Freeskate	7:40pm-8:00pm	RED Group Class (20 min)
7:50pm-8:00pm	FLOOD (10 min)		
8:00pm-8:50pm	RED Freeskate		
OFF ICE Classes			
5:30pm-6:20pm	RED Conditioning (Mon and Wed)		
5:30pm-6:20pm	RED Dance (Tues and Thurs)		
4:15pm-5:00pm	GREEN Conditioning (Mon and Wed)		
4:15pm-5:00pm	GREEN Dance (Tues and Thurs)		
5:30pm-6:15pm	BLUE Dance (Mon and Wed)		
5:30pm-6:15pm	BLUE Conditioning (Tues and Thurs)		
4:00pm-4:45pm	YELLOW Dance (Mon and Wed)		
4:00pm-4:45pm	YELLOW Conditioning (Tues and Thurs)		