



**Skate  
NL**

## **Friday, May 31**

Alt Hotel

6:15 p.m. Registration

6:30 p.m. Welcome

Annual General Meeting

Skate Canada Programs Update -Presented by Josee Bourdon

## **Skating for Everyone Club Development Workshops**

### **Saturday, June 1**

ALT Hotel

9:00 a.m. Skating for Everyone Workshop Registration

9:30 a.m. Skate Canada Safe Sport - Presented by Josee Bourdon

**10:15 a.m. Break**

10:50 a.m. Skate Canada Long-Term Development-Presented by Josée Bourdon

**11:50 a.m. Lunch Break**

1:30 p.m. Effective Club Planning  
Presented by Jo-Anne Dormody & Brittany Morgan

**2:30 p.m. Break**

2:45p.m Developing the Whole Athlete: Mindset Tools for Everyone  
Presented by Rebekah Dixon

3:45 p.m. Closing Remarks

**6:30 p.m. Celebration of Skating Gala**





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## **Friday, May 31**

### **Alt Hotel**

- 6:15 p.m. Registration
- 6:30 p.m. Welcome  
Annual General Meeting  
Skate Canada Programs Update -Presented by Josee Bourdon

## **Skating For Everyone Coach Development Workshops Saturday, June 1**

### **ALT Hotel**

- 9:00 a.m. Skating for Everyone Workshop Registration
- 9:30 a.m. Developing the Whole Athlete: Mindset Tools for Coaches  
Presented by Rebekah Dixon
- 10:15 a.m. **Break**
- 10:50 a.m. CanSkate Refresh - Presented by Mark Lauzon
- 11:50 a.m. **Lunch Break**
- 1:30 p.m. Skate Canada Safe Sport - Presented by Josee Bourdon
- 2:30 p.m. **Break**
- 2:45 p.m. STAR 1-5 Refresh - Presented by Mark Lauzon
- 4:00 p.m. Closing Remarks
  
- 6:30 p.m. **Celebration of Skating Gala**





**Skate  
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**Friday, May 31**

**Alt Hotel**

**7:00 pm - 8:00 pm**

## **Skating For Everyone Skater Development Workshop**

### **Developing the Whole Athlete: Mindset Tools for Skaters**

**A Seminar designed for our Podium Pathway Provincial Team Members  
(Singles, Pairs, Dance and Synchro)**

In this workshop we will focus on developing 3 key skills: focus, resilience and motivation. I will teach my Getting in the Zone system that helps skaters move past mistakes and take one element at a time. We will talk about stepping out of their comfort zone and how this develops confidence and resilience. Finally we will learn to set small goals and celebrate the micro-wins in order to stay motivated on route to accomplishing the big goal.

### **Meet Rebekah**

Rebekah Dixon is a High Performance Mental Trainer for figure skaters. She developed Mind-Body Performance Training, a sport specific mental training program that focuses on strengthening your mindset so you can perform your best when it counts. Rebekah was a competitive skater and coach, so she understands the unique challenges skaters face.

She has been supporting athletes at the Provincial, National, International, World, and Olympic level for 8 years. Most notably she trained Meagan Duhamel going into the 2018 Olympics and Kirsten Moore-Towers going into the 2022 Olympics.

