



The Fort William Figure Skating Club is pleased to announce

**CHAMPION CORDS**  
**SKATER'S DEVELOPMENT SEMINAR**  
Saturday, February 27, 2010  
& Sunday, February 28, 2010

Thunder Bay Tournament Centre

with facilitator

**SHEILA THELEN**, designer of Champion Cords

Sheila is a PSA Master Rated Coach (United States of America) with National and International experience. She is the Executive Director for Audrey Weisiger's Grassroots to Champions seminars and active in various United States professional development communities. For more information, please visit [www.championcords.com](http://www.championcords.com).

Sheila will be available Saturday, February 27 during Thunder Bay Open with her products and to answer any questions.

<b>Skater's Registration Fee</b>	<b>Coach's Registration Fee</b>
\$50	\$20

**Includes:**

Approx. two hours of ice with facilitator  
Snacks will be provided

*\* Champion Cord Package will be available at the conclusion of the seminar for approx. \$50*



# CHAMPION CORDS SKATER'S DEVELOPMENT SEMINAR

February 27 & 28, 2010  
Thunder Bay Tournament Centre

## TENTATIVE SCHEDULE

### SATURDAY, FEBRUARY 27

**6:30 PM – 9:00 PM      GROUP A**

**9:00 PM – 10:00 PM      COACHES' Q & A SESSION**

### SUNDAY, FEBRUARY 28

**8:30 PM – 11:00 AM      GROUP B**

**11:00 AM – 12:00 PM      COACHES' Q & A SESSION**

Groups will be made based on Skate Canada STARSkate tests completed by skater. Group A will include skaters working on the higher levels and Group B will be skaters working on or towards their Preliminary tests. Skater's grouping will be based on tests passed as of December 1, 2009. The grouping is subject to change based on registration. We reserve the right to combine the groups if registration warrants.





**CHAMPION CORDS  
SKATER'S DEVELOPMENT SEMINAR  
TOURNAMENT CENTRE, FEBRUARY 27 OR 28, 2010**

**APPLICATION FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email : \_\_\_\_\_

Skate Canada # : \_\_\_\_\_ Date of Birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date    Month    Year

I am a:                       Skater                       Coach

**Skating Background**

Please indicate the highest test you have passed:

**Tests**

**Competitive Tests/Experience**

Free Skate \_\_\_\_\_

Singles \_\_\_\_\_

Dance \_\_\_\_\_

Pairs \_\_\_\_\_

Skills \_\_\_\_\_

Dance \_\_\_\_\_

Complete application and send payment to:  
**Fort William Figure Skating Club, Skater's Development Committee**  
**c/o Julia Mullins**  
**2578 Broadway Avenue, Thunder Bay, ON P7K 1K8**

Please send an email with written confirmation to  
[info@fortwilliamfsc.com](mailto:info@fortwilliamfsc.com)

**Applications are due Friday, February 5, 2010**  
**Payment can be postdated until Friday, February 26, 2010**