

**Near North Region
Skating Seminar
Featuring....**

Shawn Sawyer

2008 Canadian Bronze Medallist



Monday, September 27th, 2010

Memorial Gardens Arena, North Bay, Ontario

8:00 am - 4:00 pm (unless otherwise noted)

Cost - \$50.00/skater

Includes off-ice conditioning, dance, and CPC information

Bring your own bag lunch, running shoes, skates, and comfortable clothes

Snacks and cake will be provided !

Only the first 75 Skaters will be accepted !

Groups will be divided according to skill level.

Coaches are welcome to attend free of charge.

For information please call Laura Houlston at (705)752-5696 or e-mail: houlstonmondor@sympatico.ca

Schedule and registration form on next page

Schedule

TIME	STARSKATE (JUNIOR)	STARSKATE (INTERMEDIATE)	STARSKATE (SENIOR)
8:00 – 8:30	Registration and Warm Up	Registration and Warm Up	---
8:30 – 9:00	Ice	Conditioning/ Stretching	Registration and Warm Up
9:00 – 10:00	Dance	Ice	Conditioning / Stretching
10:00 – 10:15	Snack / Flood	Snack / Flood	Snack / Flood
10:15 – 11:15	Conditioning / Stretching	Dance	Ice
11:15 – 11:45	Ice	CPC Judging System	CPC Judging System
11:45 – 12:45	Lunch with Shawn	Lunch with Shawn	Lunch with Shawn
12:45 – 1:45	---	Conditioning/Stretching	Ice
1:45 – 2:00	---	Snack / Flood	Snack / Flood
2:00 – 3:00	---	Ice	Dance
3:00 – 4:00	---	---	Ice

Note – There will be a session for coaches on the CPC marking system from 11:45-12:30

REGISTRATION INFORMATION			
Skater's Last Name:		Skater's First Name:	
Birthdate: (MM)	(DD)	(YY)	Gender: <input type="radio"/> Female <input type="radio"/> Male
Skate Canada #:			
Address:		City:	Postal Code:
Home Phone ()	Cell Phone: ()	Business Phone ()	
Email address:		Parents'/Guardian's name(s):	
Home Club:		Highest Test Passed:	
<p>Make cheques payable to: Near North Region</p> <p>Please submit the \$50.00 registration fee to Laura Houlston in person or mail to</p> <p>231 Osprey Crescent, Callander, ON POH 1H0</p> <p>(A reminder that only the first 75 forms with payment received will be accepted.)</p>			
OFFICE USE ONLY:			
Payment Received: <input type="checkbox"/> Yes <input type="checkbox"/> No		Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Cheque	
Group Assigned To:			