

# PEACE REGION TRAINING DAY

Hosted by Grande Prairie Skating Club

December 10, 2017 at Coke Centre, Grande Prairie



The Coaching Team of David Howe, Cheryl Jobson and Deanne Sauve are excited to offer a Training Day for all skaters of all levels in the Peace Region. We will be focusing on jump technique, spin positions, edges and transitional steps. There will be some group sessions and time available for private lessons. The ice will be from 9:00-1:45pm. All coaches are welcome with no charge to the coaches. This is a great opportunity for any skaters planning to do the Arctic Winter Games Try-outs.

Cost for the day: \$50/skater – Groups will be sorted after all registrations are received

Jr Development \$20/skater – CanSkate stage 4,5,6 – Jr Prep, Jr StarSkate, Star 1

For More Information please contact:

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## TENTATIVE SCHEDULE

9:00-10:00am	Group A
10:00-11:00am	Group B
11:00-11:15am	FLOOD
11:15-12:00pm	Jr Development
12:15-1:00pm	Group A
1:00-1:45pm	Group B
1:45-2:00pm	FLOOD

### OFF-ICE

9:00-9:45am	Group B Off-Ice Jump Class
10:15-11:00am	Group A Off-Ice Jump Class

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**ADDITIONAL ICE AT EXTRA COST - \$15/SESSION PLUS LESSON FEES TO BE BILLED  
SEPARATELY – Lessons will be booked on a first come basis**

### December 9<sup>th</sup>

2:30-3:15pm	Open Session
3:15-4:00pm	Open Session
4:15-5:00pm	Open Session

### December 10<sup>th</sup>

2:00-2:45pm	Open Session
2:45-3:30pm	Open Session

**Registration Form – Training Day December 10, 2017**

**Personal Info:**

Skater's Name: \_\_\_\_\_

Skater's DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Parent's Names: \_\_\_\_\_

Home Skating Club: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

**Current Skating Level**

- Jr Development/Advanced CanSkate Stage 4,5,6/Star 1
- Star 2/3
- Star 4/5
- Star 6-Gold, Pre-Juvenile-Senior Competitive

Working on these jumps: \_\_\_\_\_

Medical Information to Note:

\_\_\_\_\_  
\_\_\_\_\_

Cost: \$50 per skater – must accompany this form

Office Use Only:      CASH                      CREDIT                      DEBIT                      CHEQUE #