

# PEACE REGION TRAINING DAY

Hosted by Grande Prairie Skating Club

March 10, 2018 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. The ice will be from 8:30am -12:00pm. All coaches are welcome with no charge to the coaches.

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:

Cheryl Jobson      [cheryljobson14@gmail.com](mailto:cheryljobson14@gmail.com)      780-882-4462

David Howe      [mrhowe@telus.net](mailto:mrhowe@telus.net)      780-554-2484

Deanne Sauve      [ddarr16@yahoo.ca](mailto:ddarr16@yahoo.ca)      780-814-0231

## TENTATIVE SCHEDULE

8:30-9:15am	Group A
9:15-10:00am	Group B
10:00-10:15am	FLOOD
10:15-10:45am	Jr Development
10:45-11:15am	Group A
11:15-12:00am	Group B
12:00-12:15	FLOOD

### OFF-ICE

8:30-9:00am	Group B Off-Ice Jump Class
9:30-10:15am	Group A Off-Ice Jump Class
9:40-10:00am	Jr Development Off-Ice Warm up

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## Registration Form – Training Day

### 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:

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Cost: \$50 per skater \$20 for Jr Development – please let Cheryl know how you will be paying

Office Use Only:

CASH

CREDIT

DEBIT

CHEQUE #