

Regional Spring Break Training Days

To be held at Coke Centre Grande Prairie

4 DAYS – March 26, 27, 28, 29, 2019

March 29 FULL DAY SEMINAR with Lisa-Lotte Kinding

Register at www.gpskate.com

SCHEDULE - March 26, 27, 28, 2019

10:45-11:45pm Session A
11:45-12:30pm A/B/Group/Jr D/Star 1
12:30-12:45pm FLOOD
12:45-1:45pm Session B/Star 1
2:00-2:45pm Jumps – Off-Ice

SCHEDULE – March 29, 2019

9:00-10:00am Session A Spins
10:00-11:00am Session B Spins
11:00-11:15am FLOOD
11:15-12:00pm Session A Edges and Turns
12:00-12:45pm Session B Edges and Turns
12:00-12:45pm Junior Develop/Star 1 (GPSC Coaches)
12:45-1:30pm FLOOD & LUNCH BREAK
1:30-2:15pm Session A Jumps
2:15-3:00pm Session B Jumps
3:00-3:15pm FLOOD
3:15-4:00pm Session A – Review
4:00-4:45pm Session B – Review

Spring Break Training Days Cost:

3 days plus Seminar with Lisa Friday = \$220

Alberta Figure Skating Foundation Members = \$210 *(must provide AFSF Membership # for this rate)*

Seminar with Lisa only = \$95

Alberta Figure Skating Foundation Members = \$85 *(must provide AFSF Membership # for this rate)*

Star 1- 3 days plus group session on Friday = \$158 (plus cost of lessons on Tues, Wed, Thurs)

Jr Development 4 days = \$90

1 Day = \$50

Star 1 = \$50/day (plus cost of lessons)

Jr Development = \$25/day

Training Day Levels:

Session A: Star 5 and higher

Session B: Star 1-4

Jr Development: CanSkate Stage 4,5,6

Seminar Levels

Session A: Star 5 and higher

Session B: Star 2-4

Jr Development/Star 1: CanSkate Stage 4,5,6 and Star 1

Skaters may be moved to different session at the discretion of the coaches. All Peace Region Skaters are welcome to attend. No charge to coaches attending with their skaters.



SEMINAR DAY WITH LISA-LOTTE KINDING
FRIDAY MARCH 29, 2019

SCHEDULE:

9:00-10:00am	Session A Spins
10:00-11:00am	Session B Spins
11:00-11:15am	FLOOD
11:15-12:00pm	Session A Edges and Turns
12:00-12:45pm	Session B Edges and Turns
12:00-12:45pm	Junior Develop/Star 1 (Taught by GPSC Coaches)
12:45-1:30pm	FLOOD & LUNCH BREAK
1:30-2:15pm	Session A Jumps
2:15-3:00pm	Session B Jumps
3:00-3:15pm	FLOOD
3:15-4:00pm	Session A – Review
4:00-4:45pm	Session B – Review

Registration Deadline: March 15, 2019

Register at www.gpskate.com

Lise-Lotte (Lisa) Kinding | Skating Coach

Lise-Lotte has been a coach at the Royal Glenora Club since 1998, but has been coaching skating professionally since 1976. Having accumulated 38 years of coaching experience, Lise-Lotte has coached in Sweden, Denmark (where she was the National Head Coach), Switzerland, and Canada. Throughout her many years of coaching, Lise-Lotte has developed and trained numerous skaters to compete in and win National Championships of Sweden, Denmark, Switzerland, and Canada – she even went so far as to coach at National, European, and World Championship skating competitions. Two Canadian Champions coached by Lise-Lotte were competing as representatives of the Royal Glenora Club, namely Eheren Jaleel (novice men) and Mandy Nguyen (ladies' juvenile). Lise-Lotte is a five-time Swedish National Skating Champion and a three-time Scandinavian Skating Champion, and has competed in multiple European and World Championships. Lise-Lotte holds an NCCP Level III Singles certification.

