

Version 5, July 19, 2019



ADULT FIGURE SKATING SEMINAR – FALL 2019
Saturday, October 5 from 11:45 a.m. to 5:30 p.m.
Sunday, October 6, 12 noon to 6 p.m.
Burnaby 8-Rinks, RINK 8
6501 Sprott Street, Burnaby, BC, V5B 3B8

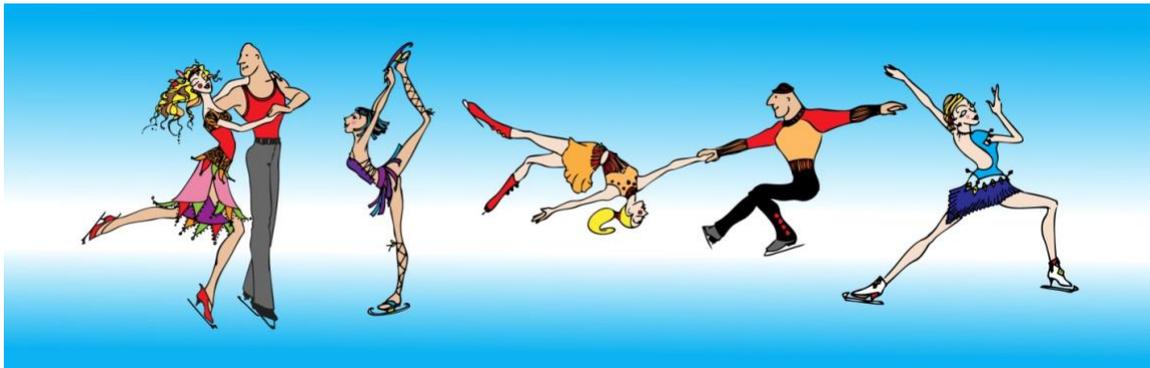


Figure Skating Artwork above kindly donated by Artist and Figure Skater, Elsa Bluethner

Skate Canada, BC/YK Section is pleased to present a special weekend seminar for adult figure skaters – featuring Olympic and World-Class coaches and the latest in sports training from the acclaimed Performance Institute.

From the basics of stroking and strengthening to jumps and spins, this weekend is aimed at improving skating skills and supporting skating for life. Whether you are a beginner skater or someone who is more advanced, you will take away some new skills, have fun learning, and meet new people.

Classes will be divided by skill level and all skaters will receive instruction from all of the coaches assigned to that particular ice time.

Saturday is focused on stroking and edges while Sunday will emphasize free skating elements.

There is a social ice dance at the end of the day Saturday followed by an off-ice social. At the end of the day on Sunday, a special simulation time has been allotted to those who are competing in the upcoming ISU Adult Competition in Lake Placid, New York and the Winter World Masters Games in Innsbruck, Austria (January 2020). If you are not participating in the simulation feel free to stay after your session to cheer them on.

The tentative schedule is as follows:

Saturday, October 5

Time	Activity
11:15 a.m.	Registration at 8-rinks
11:45 a.m.	Performance Institute – off- ice conditioning
12:45 a.m.	End of Performance Institute off ice
1 p.m.	Skates on
1:15 to 3:30 p.m.	Stroking and edge work: Coaches: Megan Wing, Aaron Lowe and Colleen LaFerriere
3:45 p.m.	Ice Dance Social -- Western Theme
5:45 to 7 p.m.	Off-ice Social – Function room at 8-rinks (more details to come)

Sunday, October 6

Time	Activity
12 noon	Lunch (provided) with motivational speaker – Speaker TBA
1:30 p.m	Skates on
1:45 to 4:45 p.m.	Freeskate focus – Spins, jumps & performance Coaches: Colleen LaFerriere, Miki Mori, Devon Neuls, and Zdenek Pazdirek
4:45 p.m.	Flood
5 – 6 p.m.	On-ice simulation with judge For those competitors attending ISU competition in Lake Placid NY in October as well as those attending the Winter World Masters Games in Innsbruck, January 2020 Note: there is an extra cost for this ice time and priority for this session will be given to those skaters who register for the entire seminar.

REGISTRATION:

Registration can be found on www.skatinginbc.com or [Click here](#) to Register.

FEES:**TOTAL WEEKEND -- \$180 (not including Simulation on Sunday)**

7 hours on ice with instruction (includes ice dance social)

1 hour Performance Institute Session

Off-ice Social

Lunch (provided) with Motivational Speaker

ICE DANCE SOCIAL ONLY - \$45

Note: priority given to those attending the entire seminar

Off-ice social

SIMULATION TIME WITH JUDGE/S (SUNDAY) - \$25

Note: priority given to those attending entire session as well as those competing in New York and WWMG

Should availability allow, registration for single days will open on August 28th, 2019. Please note that registration is on a first come first served basis and may fill up prior to single day registration opening.

SATURDAY SESSION (WITH ICE DANCE SOCIAL) - \$125

1 hour Performance Institute Session

2 hours on ice with Megan, Aaron and Colleen

1.75 hours for social dance

Off-ice social

SATURDAY SESSION (WITHOUT ICE DANCE SOCIAL) - \$75

1 hour Performance Institute Session

2 hours on ice with Megan, Aaron and Colleen

SUNDAY SESSION - \$125

Lunch (provided) with motivational speaker.

3 hours on ice with instruction – Colleen, Miki, Devon, Zdenek

2019 ADULT FIGURE SKATING SEMINAR
BRIEF BIOGRAPHIES OF THE INSTRUCTORS (Alphabetical order)

COLLEEN LAFERRIERE -- Colleen is the head figure skating professional at one of Metro Vancouver's leading skating clubs. For nearly four decades Colleen has taken great pride in guiding the growth of all levels of figure skaters. She teaches everything from learn to skate to high level ice dancers, synchro and freeskaters. Many of her adult figure skaters (freeskate and ice dance) are medalists at the ISU Adult Figure Skating Competition in Oberstdorf, Germany and in Vancouver. Colleen is a NCCP Level 3 Certified Coach.

MEGAN WING AND AARON LOWE – Megan and Aaron are former Olympians (2006) and five-time world competitors in Ice Dancing. They have been teaching since 1991 and coaching full-time at Burnaby 8-Rinks since 2007. In addition to their international competitive and coaching experience, both Megan and Aaron are National Level Technical Specialists and Level 3 NCCP Certified Coaches. Megan has an MA in Psychology and Aaron has his MA in Human Kinetics. They have worked with adult skaters for many years and are familiar with the ISU Adult competitions. Their students have medaled at the ISU Competitions in Vancouver and Oberstdorf.

MIKI MORI – Miki is a member of the renowned Coaching Team at the Champs International Skating School of BC (located at Burnaby 8 Rinks). She also coached at the Shinagawa Prince Figure Skating Club in Tokyo, Japan. Miki is a former junior national and senior competitor for Japan. She also competed at the Senior National level in Ice Dance (1988). She is a NCCP Level 3 Certified Coach. Her credits also include: Choreography - Star 2 to Novice Level and she was the Director of Learn to Skate program at the Centre of Excellence (Champs International) 2004-2009.

DEVON NEULS – Devon is currently a coach, choreographer and personal trainer in Vancouver and was a National and International competitor from Novice to Senior in Singles and Junior Pairs. She was a Canadian Bronze Medalist in Junior Ladies and a member of the Canadian Junior team. Devon also competed and medaled in jazz, modern, ballet and lyrical dance internationally. She has performed in skating shows, TV commercials, a movie as well as having travelled to 34 countries as a professional figure skater on cruise ships.

ZDENEK PAZDIREK –Zdenek is an internationally renowned figure skating instructor for one of the leading Metro Vancouver figure skating clubs. He was the Czechoslovakian Men's Champion in 1974 and 1975. He has competed in various European and World Championships as well as the 1976 Olympics. He holds a level 3 NCCP coaching certificate for Canada. One of his students represented Canada at the Olympics and World Championships. Zdenek has also worked with adult skaters and his students have medaled at the ISU Competitions in Oberstdorf and Vancouver.