



Summer School 2018

July 2nd – Aug 2nd

Test Day: Thursday July 26th

Coca Cola Centre – South Pad



For more information contact GPSC:

programdirector@gpskate.com or www.gpskate.com

The Grande Prairie Skating Club is dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and / or achievement.

REGISTRATION - through Uplifter at gpskate.com

- The Grande Prairie Skating Club reserves the right to alter schedules and designate categories based on need and ability.
- The Grande Prairie Skating Club has the right to cancel sessions that have insufficient registrations.
- Skaters must be registered with Skate Canada and members in good standing.
- For skaters taking tests or attending competitions additional charges will be assessed and invoiced in addition to the registration and coaching fees.
- Ice cancellations have been allowed for in the registration prices. Watch for notices for any scheduled or unscheduled cancellations, including test days. Test days may preempt regular skating times due to judge availability. GPSC apologizes for any inconvenience this may cause.
- **Grande Prairie Skating Club uses a team coaching system. All skaters will be coached by all Senior Coaches.** Star 1-2 level skaters may also be coached by Junior coaches based on availability.
- **Refunds will be issued for medical reasons only and a doctor's certificate will be required.**

LEVELS

Jr Development

Junior Development is our introduction to figure skating program. It is a well-rounded program incorporating all the different aspects of figure skating. Group lessons are included in the package. Skaters in the Junior Development Program should be working on CanSkate Stages 4, 5 and 6. Private lessons are available and encouraged based on availability. Speak with a coaching team member to arrange them.

Session B

Session B Skaters are Star 1-3 level. Private lessons are required. Off-ice sessions are mandatory and included in the price. Skaters on this session will have lessons arranged for them by the coaching staff.

Session A

Session A Skaters are Star 4 through Gold and Pre-Juvenile through Senior level. Private lessons are required. Off-ice sessions are mandatory and included in the price. Session A Skaters will have lessons arranged for them by the coaching staff.

GRANDE PRAIRIE SKATING CLUB PROFESSIONAL SENIOR COACHES

David Howe

mrhowe@telus.net 1-780-554-2484

- Certified National Coach, NCCP Level 3, partial Level 4 & 5
- Skate Canada CanPowerskate certified
- currently the Skate Canada Alberta-Nwt/Nun Coaching Representative for the Peace Region
- Gold Freeskate, Gold Dance, Gold Pairs
- former 5 time Canadian national medalist, 4 time international medalist, provincial and western Canadian champion
- Coached National and International Champions, World and Olympic Skaters
- 30 years coaching experience
- Rate: \$17.00 15 minute lesson, \$12.00 10 minute lesson

Cheryl Jobson

cheryljobson14@gmail.com 780-882-4462

- In-Training National Coach, Partial NCCP Level 3
- Certified Provincial Coach (NCCP Level 2)
- Junior Silver Freeskate, Gold Dances, Gold Skills, Bronze Rhythm Dance
- Coached Competitive skaters from Pre-Juvenile through Novice Levels and all levels of STARSkate from STAR 1 through Gold
- Coached skaters through Skate Canada Gold level tests in Freeskate, Dance, Skills and Interpretive, as well as Diamond Level Dances
- Was selected to coach Team Alberta North at Arctic Winter Games in 2012 in Whitehorse, YK and 2014 in Fairbanks, Alaska and 2018 in Fort Smith NT
- 14 years coaching experience
- Rate: \$12.00 15 minute lesson, \$8.00 10 minute lesson

Deanne Sauve

Ddarr16@yahoo.ca 780-814-0231

- Certified Provincial Coach (NCCP Level 2)
Working towards National Coach (NCCP Level 3)
- Partial Senior Silver Freeskate, 6th Figure, Gold Dance, Dance Variation, Novice Competitive Dance
- Coached Preliminary to Gold Freeskate, Dance, Skills, Interpretive
- 20 years coaching experience
- Rate \$12 15 minute lesson. \$8 per 10 minute lesson

- **Any coaches wanting to bring their own skaters to GPSC programs must apply in writing to the Grande Prairie Skating Club president@gpskate.com or programdirector@gpskate.com**
- **Coaches will be required to sign off on the code of ethics form prior to stepping on the ice the first time.**
- **Out of town skaters will have lessons automatically arranged by the Senior Coaching Team. These skaters will see all the Senior Coaches, based on availability**

SUMMER 2018 SCHEDULE JULY 2- AUG 2, 2018 COKE CENTRE

<u>WEEK 1 JULY 2&3</u> <u>*Note time and schedule change</u>	<u>WEEK 1 JULY 5&6 AND WEEKS 2-5</u> <u>JULY 9-13, 16-20, 23-27, 30-AUG 2</u>	<u>CANSKATE JULY 9-AUG 2</u> <u>TUESDAY AND THURSDAY 1:30-2:15pm</u>
<p>8:00-9:00am Session A 9:00-9:15am Session A/B Group 9:15-10:15am Session B 10:30-11:15am Session A Jumps or Off-ice 11:15-12:00pm Session B Jumps or Off-ice 12:15-1:00pm Session A 12:45-1:15pm Jr Development Off-Ice 1:00-1:30pm Session A/B Group 1:30-2:15pm Session B/Jr Development</p> <p style="text-align: center;"><u>WEEK 1 JULY 4</u></p> <p>7:15-7:45am Session A Off-Ice Jumps 8:15-8:45am Session B Off-Ice Jumps 8:00-9:00am Session A 9:15-10:00am Session A Off-Ice 9:00-10:00am Session B 10:15-11:00am Session B Off-Ice 10:00-10:15am FLOOD 10:15-11:00am Session A 10:30-11:00am Jr Development Off-Ice 11:00-11:15am Session A/B Group 11:15-12:00pm Session B/Jr Development 12:00-12:15pm FLOOD 12:15-1:15pm Open Session</p>	<p>8:15-8:45am Session A Off-Ice Jumps 9:15-9:45am Session B Off-Ice Jumps 9:00-10:00am Session A 10:15-11:00am Session A Off-Ice – Tues, Thurs, Fri 10:00-11:00am Session B 11:15-12:00pm Session B Off-Ice 11:00-11:15am FLOOD 11:15-12:00pm Session A 11:30-12:00pm Jr Development Off-Ice 12:00-12:15pm Session A Group 12:30-1:30pm Session A Off-Ice Mon,Wed 12:15-1:00pm Session B/Jr Development 1:00-1:15pm Session B Group 1:15-1:30pm FLOOD 1:30-2:15pm: SCHEDULED MON/WED/FRI</p> <p>Monday – Stroking/Edge Class A&B Tuesday – CanSkate Wednesday – Session B Simulations Thursday – CanSkate Friday – Session A Simulations</p>	<p>Week 1 - July 10 & 12 Week 2 – July 17 & 19 Week 3 – July 24 & 26 Week 4 – July 31 & Aug 2 – <u>At County</u></p> <p>CanSkate Sessions will be weekly</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"><u>WEEK 5 TO BE HELD AT COUNTY SPORTSPLEX</u></p>
<p><u>SESSION A</u> 8:15-8:45am Off-Ice Jumps 9:00-10:00am On Ice Session 10:15-11:00am Off-Ice – see schedule 11:15-12:00pm On Ice Session 12:00-12:15pm On Ice Group 12:30-1:15pm Off –Ice – Mon, Wed 1:30-2:15pm Stroking/Edge Mondays 1:30-2:15pm Simulations Fridays</p> <p><u>Jr Development</u> 11:30-12:00pm Off-Ice Warmup 12:15-1:00pm On Ice Session</p>	<p><u>SESSION B</u> 9:15-9:45am Off-Ice Jumps 10:00-11:00am On Ice Session 11:15-12:00pm Off-Ice - see schedule 12:15-1:00pm On Ice Session 1:00-1:15pm On Ice Group 1:30-2:15pm Stroking/Edge Mondays 1:30-2:15pm Simulations Wednesdays</p> <p style="text-align: center;"><u>OFF-ICE SCHEDULE</u></p> <p>Monday – Fitness Tuesday – Ballet Wednesday – Fitness Thursday – Yoga Friday – Mental Training</p>	<p><u>LEVELS</u> Jr Development – CanSkate Stage 4,5,6 Session B – Star 1, Star 2, Star 3 Session A– Star 4 through Gold & Pre Novice - Senior</p> <p>Open – Sessions available to all levels – will be used for extra lessons, choreography, simulations etc.</p> <p>Note: At the discretion of the Skating Directors, skaters may be moved to a different session to maintain balance</p>