

SKATING VACATION - FINAL SUMMER

Skating Vacation started in Banff over 20 years ago, continued in Canmore and will come to a close back in Banff August 21-25, 2018.

So many skaters attended and have fond memories that we are planning a closing get together near the end of the week for any/all current and former attendee!! Watch for details, follow us on Facebook, Twitter, Instagram and/or check our website: <http://canmoreesc.uplifterinc.com>.

New this year, if you can't commit to the whole week, you are welcome to purchase just Anne's or Kelly's classes on a day by day basis. Just go onto our website to register. You can register up to the day before, otherwise you may pay drop-in on the day.

What past participants have to say:

"Canmore's Skating Vacation is such a wonderful opportunity to learn from a variety of knowledgeable and experienced coaches. In particular, skating with Anne Schelter inspired me to move to Toronto to pursue synchronized skating".

- Nyah

"My name is Jane Gray and I represent the Canmore Skating Club at the senior ladies level. I have been a part of the Canmore Skating Club for my whole skating career., Alongside my fabulous coaches Jan and Cynthia Ullmark, I have had the pleasure of competing at the last three senior Canadian figure skating championships.

One of the highlights of skating with the Canmore Skating Club, particularly in the summer, is the week of Skating Vacation. During Skating Vacation, the atmosphere of the rink changes. We transition from serious training mode to something a bit more relaxed. But don't misunderstand, we are still training hard. The relaxed nature of Skating Vacation I find comes from the time we get to spend with our training mates. We not only get to experience new things on the ice like a surprisingly difficult exercise during Annie's edges but we get to go explore and enjoy the Rocky Mountains. Not only do we get the opportunity to train with world class coaching but we get all the activities that Banff has to offer! I encourage you to consider the idea of taking an actual skating vacation in beautiful Banff!"

We would like to introduce our guest coaches for Canmore Skating Club's Skating Vacation. Anne Schelter and Dr. Kelly Lockwood, these lovely ladies have been a mainstay for our camps along with Jan and Cynthia Ullmark, the reason is simple, they are some of the best in Canada. Anne is also well known in the Synchro skating world as she is one of the coaches of Nexxice.

Anne Schelter (biography)

Anne is a Canadian coach who has worked with all kinds of skaters, from beginners to Olympic champions. Her experience includes being moderator at many ISU seminars for skaters, coaches, and judges.

She has been guest coach at National Training Camps and seminars all over the world including Canada, the USA, Europe and Japan. She was named Skate Canada Competitive Coach of Excellence in 2015.

Annie's Edges: Exploring the edge with Anne Schelter

This workshop is not about the jumps and spins. Instead, the focus is on everything that happens in between the elements. Skaters will learn exercises and patterns to improve stroking skills, edges, and turns. They will also explore different types of transitions and creative movement. Annie's Edges is known worldwide as an enjoyable way to work on the fundamentals of good basic skating technique.



Dr. Kelly Lockwood (biography)

Dr. Kelly Lockwood is a Professor and Applied Sport Researcher in the Department of Kinesiology, Faculty of Applied Health Sciences at Brock University. She is a graduate of the University of Toronto, holds a Master of Science degree from Lakehead University and earned a doctoral degree in Applied Sport Sciences from the University of Alberta. Kelly has been a faculty member at Brock University since 2001.

Through the disciplines of Sport Biomechanics and Exercise Physiology, Kelly has over 35 years of athletic and research experience. She was formerly a competitive figure skater, however has worked within the on ice sport industry (figure skating, speed skating and hockey) for the past 30 years. Her research and applied work has focused on best practices in developing athletes and sustaining long term athlete development. As an applied sport scientist, she has worked with many of Canada's national sport organizations, making critical contributions to the science of sport performance; analyzing, teaching and training both off and on the ice and integrating skating mechanics into performance has been her niche focus. More recently, her work has extended beyond understanding the human component in sport performance to include working with industry assisting in equipment design and engineering, and investigating how to best harness physical and technical preparedness through sporting equipment, namely skate boot and blade development.

Kelly works routinely with athletes, coaches, and support staff such as athletic therapists and equipment managers to implement research outcomes. She holds technical advisory positions with provincial and national sport organizations. Her background in applied research has fostered the development of a unique perspective on the relationship between theory and practical application and has made her a strong advocate of the link between science and practice.

Dr. Lockwood has been with Skating Vacation since its conception assisting the skaters with

training and conditioning both off and on the ice. She is also the founder and president of The Skating Lab Inc., a commercial spin off from research conducted at Brock University.



Regards,

Canmore Skating Club