



# JUNE 9, 2019 NORALTA TRAINING DAY

## What is a 'Training Day'?

This **NEW** opportunity is geared towards skaters in STAR 6+ and Competitive categories. Over multiple sessions throughout this day, you will receive priceless knowledge & feedback directly from a guest Judge and Technical Specialist. **Right here on your home ice!**

As a participant, you will perform various elements as well as a full run thru of your program(s) for the *Monitoring Panel* (Judge and Technical Specialist) and be provided with tips/suggestions for improvement so that you can achieve your best score possible in the upcoming 2019-20 season! Skaters as well as Coaches will have the opportunity to interact with the Panel, directly, throughout the day. A discussion will also be held off the ice for Coaches, skaters and parents to help de-mystify the Judge's Panel at competitions! *Who does what? –Where do the marks come from? .... And more!*

Questions? Contact Tania (780)799-9882 or [tkmiller-sauve@shaw.ca](mailto:tkmiller-sauve@shaw.ca)

**GOE +5/-5**

**LEVELS!!**

**PC - Program  
Component  
Scores!**

**That important  
2nd mark!**

**SPINS JUMPS StSq**

**Parent/Skater  
discussion with  
Panel**

## **NORALTA SKATING CLUB**

MacDonald Island Park

ARENA 2 **COST: \$70**

June 9<sup>th</sup> 8:30AM-4:30PM

Register online  
[www.noraltaskatingclub.ca](http://www.noraltaskatingclub.ca)  
beginning MAY 15<sup>TH</sup>!





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