



CALGARY - CANADA - 2024

INTERNATIONAL ADULT FIGURE SKATING COMPETITION

PRE-EVENT CLINIC WORKSHOPS

FEATURED GUEST

KAETLYN OSMOND

OLYMPIC AND WORLD CHAMPION

COST:

- \$300 CAD FOR 2-DAY CLINIC
- \$175 CAD FOR 1 DAY ONLY (EITHER MONDAY OR TUESDAY)
- \$40 CAD FOR TECHNICAL SESSION ONLY (PER SESSION)

DEADLINE TO REGISTER: SEPTEMBER 4, 2024 12:00pm

Register early as remaining spaces will be open to non-competitors on August 9, 2024



PHOTO CREDIT GREG KOLZ

MONDAY & TUESDAY SEPTEMBER 16 & 17, 2024

7 Chiefs Sportsplex

Tsuut'ina Nation

19 Bullhead Rd, Priddis AB T3T 0A8 (Calgary)

PRESENTED BY SKATE AB | N T | N U



PRE-EVENT CLINICS WORKSHOPS



DAY 1

Monday, September 16 9am-5pm

OFF-ICE SESSIONS

OFF-ICE WARM UP (30 MIN) WITH KAETLYN OSMOND

Train your Brain (45 MIN)

Frank van den Berg, MSC, Canadian Sport Institute Lead Mental Performance

This session applies Sport Psychology to the realities of travel for sporting competition, and adjusting your brain to new time zones, sleeping arrangements, and dietary concerns.

Music and Movement and Exploration through Dance (60 MIN)

Diana Lefevbre, Dancesport MD

Be prepared to be active in this session designed to move your body in an exercise dance fitness form called "Burlesquersize".

Technical Session - Program Components and GOE (60 MIN)

Presenter TBC

Program Components and GOE session delivered by Judging Officials to offer insights into the complex world of awarding GOEs and Component scores.

ON-ICE SESSIONS

Meet Olympic and World Champion Kaetlyn Osmond and Coach Ravi Walia

Kaetlyn and Ravi will deliver several sessions together in a group format for workshop registrants. Edges for speed and flow. Spins plus variations of positions and technique. Use of turns and steps for transitions and within step sequences. Jump technique will focus on basics of jumps that can be applied to single, double and triple jumps.

- 30 Min Edge Session
- 30 Min Spins Session
- 30 Min Turns and Transitions Session
- 30 Min Jumps Session

PRE-EVENT CLINIC WORKSHOPS



DAY 2

Tuesday, September 17, 9am-5pm

OFF-ICE SESSIONS

OFF-ICE WARM UP (30 MIN) WITH KAETLYN OSMOND

Prepare, Perform, Recover, Reset and Recharge your Body's Potential (45 MIN)

Susan Massitti, International Sport Physical Therapist

This active off-ice session will help you fine tune your movement off the ice to optimize your on-ice performance.

Music - The Magical Ingredient (45 MIN)

Jennifer Wolsey, Songbird Vocal Academy

This session is designed to relate phrasing of music to your choreography and how to really hear the phrases while you are performing.

Technical Session - Taking Away The Mystery of Levels (45 MIN)

Presenter TBC

This session delivered by Technical Specialists will offer the impact of levels and how to maximize their use in a program.

ON-ICE SESSIONS

Meet Olympic and World Champion Kaetlyn Osmond

Kaetlyn will deliver the following on-ice sessions in a group format for workshop registrants

- 60 Min Creative Artistry Movement Session
- 60 Min Edge Session

Private Lesson with Clinic Coach on Official Competition Ice (15 MIN)

A 15 minute private lesson with one of our clinic coaches (randomly assigned) on the official competition ice is included with the workshop fee. Skaters may request to combine with another workshop participant for a 30 minute semi-private lesson.

- Tuesday Clinic Workshop Coaches (in alphabetical order):
 - Scott Davis
 - Greg Folk
 - Kaetlyn Osmond
 - Cynthia Ullmark
 - Jan Ullmark

CLINIC COACHES & PRESENTERS



KAETLYN OSMOND | OLYMPIC AND WORLD CHAMPION

A three-time Canadian national champion, Kaetlyn competed internationally at the senior level from 2012-2018, winning three Olympic medals, two World Championships medals, and one Grand Prix Final medal. Since retiring, Kaetlyn has kept busy performing in ice shows, coaching, workshops and seminars, providing livestream commentary for Skate Canada events, and is currently a Media Studies Student at the University of Alberta.



RAVI WALIA | INTERNATIONAL & OLYMPIC COACH | ISU TECHNICAL SPECIALIST

A renowned Canadian figure skating coach and former competitive skater. Ravi is celebrated for coaching Olympic and World Champion Kaetlyn Osmond, and has produced numerous national champions and international medalists, establishing himself as one of Canada's top coaches. As an ISU Technical Specialist, Ravi brings a deep understanding of the sports technical aspects, and his insights and expertise are often sought after at coaching clinics, seminars and workshops nationally and internationally.



JAN ULLMARK | INTERNATIONAL & OLYMPIC COACH

Jan, a former Swedish National Champion has made Canada his coaching home for over 50 years, many of them as the Director of Skating at the Royal Glenora Club in Edmonton. He played a pivotal role in coaching Jamie Salé and David Pelletier, who won the gold medal at the 2002 Salt Lake City Winter Games as well as coached other notable athletes such as Anabelle Langlois and Patrice Archetto, Ben Ferreira, and Michael Slipchuck. His commitment to excellence is evident in his innovative training methods, which combine traditional coaching with modern sports science, benefiting athletes from grassroots to Olympic levels, delivering a well-rounded approach to coaching, sport and life.



CYNTHIA ULLMARK | INTERNATIONAL & OLYMPIC COACH

Cynthia Ullmark is a distinguished Olympic and World level coach with extensive grassroots to international experience. She has guided numerous skaters, including Canadian Champion Susan Humphreys, to the highest levels. Cynthia continues to inspire National team members as a team leader for Skate Canada at international, World, and Olympic events. Holding a Bachelor's Degree in Art & Science and a Level 4 coaching certification, her commitment to developing well-rounded athletes is evident. Many of her former students, like Ravi Walia, coach of World Champion and Olympic Gold medalist Kaetlyn Osmond, have become influential figures in the sport.



SCOTT DAVIS | INTERNATIONAL & OLYMPIC COACH | ISU TECHNICAL SPECIALIST

Scott, a two-time U.S. National Champion, represented the U.S. at three World Championships (1993, 1994, 1995) and the 1994 Winter Olympics in Lillehammer. He began his career in Great Falls, Montana, later training in Colorado with his longtime coach Cathy Casey. Scott has coached top competitors like Vaughn Chipeur at the 2010 Olympics and Kaiya Ruitter, the 2024 Senior Women Canadian Champion. In 2024, he was named Team Coach for the Gangwon Youth Olympics.



GREG FOLK | WORLD AND INTERNATIONAL COACH

A Skate Canada Triple Gold Medalist in Junior and Senior Singles, and Single Fours, Greg is a World and International Level 4 Coach, PSGA Master Level Coach, and Certified NLP Practitioner. He has coached Provincial, Challenge, and National Champions, as well as International, Junior World, and World competitors. As an NCCP Certified National Coach Evaluator and Course Conductor, Greg continues to mentor the next generation of coaches and skaters, offering insightful skill analysis and guidance after over 50 years in the coaching world.

CLINIC PRESENTERS



SUSAN MASSITTI | INTERNATIONAL SPORT PHYSICAL THERAPIST

Susan is a sport physiotherapist, movement educator, and former Olympic speed skater (1998 Nagano). She has supported athletes at the Olympics, international events, and World Championships, and has been Chief Therapist for World and National figure skating events. Susan works with clients ranging from recreational to Olympic levels, focusing on the mind-body connection. She holds a Bachelor of Science in Physiotherapy and a Bachelor of Physical Education from the University of Alberta, a Master of Manipulative Physiotherapy from the University of Queensland, and various specialized diplomas and certifications. Susan is also a Registered International Sport Physiotherapist, Senior Sport Scientist Canada, and a Classical Pilates Teacher.



DIANA LEFEBVRE | DANCESPORT MD

Known as one of Canada's Ballroom dancing sweethearts, Calgary based Diana Lefebvre is known as one of the most innovative and creative dance educators and professionals on the scene. Originally trained in ballet, Diana has spent over 25 years in the Ballroom Dance industry as a competitor, coach, studio owner, event organizer and national judge. She specializes as a "confidence expert" and currently spends most of her time coaching dancers, gymnasts & figure skaters. Diana also runs an award winning fitness dance company called Burlesquercise Canada.



FRANK VAN DEN BERG msc | CANADIAN SPORT INSTITUTE

Originally from the Netherlands Frank has been with CSI since 2007 and as Lead Mental Performance since 2011, working with national and provincial teams at major competitions. His expertise includes; mental training & coaching, psychometric assessment, comeback from injury, team building, conflict resolution/mediation, coach education & support, eye movement desensitization & reprocessing, biofeedback & neurofeedback training, crisis intervention/psychological first aid. His goal is to help athletes perform personal bests as well as help with their overall wellness, leadership integrity and joy.



JENNIFER WOLSLEY | SONGBIRD VOCAL ACADEMY

Founder of Songbird Vocal Academy, Jenn is a spirited soprano with 20 years' experience performing on local and international stages. A graduate in Bachelor of Music at Ambrose University she trained with acclaimed vocalists Leon Leontaradis and Michelle Minke. The Songbird Vocal Academy specializes in non-verbal communication skills, tying various ways of using body language and performance skills to convey their individual message.

OPTIONAL ADDITIONAL PRACTICE & PRIVATE/SEMI-PRIVATE COACH LESSONS



Additional lessons may be booked on unofficial practice ice with one of our clinic coaches based on availability. It is recommended to book lessons for 30 minute blocks where possible to really get to know your coach!

Coach Availability

Monday September 16, 2024

9:30am - 12:15pm

- Scott Davis
- Greg Folk
- Cynthia Ullmark
- Jan Ullmark

1:00pm - 3:45pm

- Scott Davis
- Greg Folk
- Kaetlyn Osmond
- Cynthia Ullmark
- Jan Ullmark
- Ravi Walia

Tuesday September 17, 2024

9:30am - 12:15pm

- Scott Davis
- Greg Folk
- Cynthia Ullmark
- Jan Ullmark

Cost: \$30 (Singles/Dance/Pairs) for a 45 minute practice session plus coaches fees

COACH FEES

Scott Davis	\$20 / 15 min Lesson
Greg Folk	\$20 / 15 min Private Lesson or \$50 / 30 min Semi-Private Lesson
Kaetlyn Osmond	\$20 / 15 min Lesson
Cynthia Ullmark	\$22 / 15 min Lesson
Jan Ullmark	\$22 / 15 min Lesson
Ravi Walia	\$22 / 15 min Lesson

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WORKSHOP CLINIC, ADDITIONAL PRACTICE COACH LESSON REFUND POLICY

Registration fees will only be refunded if the workshop clinic is cancelled or a clinic coach is unable to attend. Fees will not be refunded in the case of withdrawals for any reason, including medical pulls. No exceptions.