



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

THE ALDERGROVE FIGURE SKATING CLUB

Presents

An Adult Figure Skating Seminar

November 16 – 17 & 18, 2012

**Langley Events Centre
7888 – 200th Street, Langley, B.C.**

The Aldergrove Figure Skating Club is pleased to present an Adult Figure Skating Seminar on November 16, 17 and 18, 2012. There are nine hours of on-ice time as well as off-ice sessions designed to improve your skating skills no matter what your level or your focus – free skate, ice dance or synchro. There is a star-studded lineup of former World and Olympic competitors as well as seasoned coaching professionals.

For more information: dianabarkley@shaw.ca. 604-614-6624 (cell) or 604-536-2410 (home)

Adult Figure Skating Seminar



Professional Instructors:

From New York – Moira North

- Originally from Vancouver, Moira North is the Founder and Artistic Director of Ice Theatre of New York. She was selected as one of the "25 Most Influential Names in Figure Skating" by International Figure Skating Magazine. She has choreographed for film and skating productions. Her credits include teaching and choreographing a skating scene in the film *The Preacher's Wife* with Whitney Houston and Denzel Washington. She choreographed the opening ceremonies for both the National Hockey League All-Star Game and World Cup Hockey. She also served as creative consultant for Arts & Entertainment's *Winter Solstice on Ice*. In 1984, North and partner Patrick Dean won the ice dance competition at the World Professional Figure Skating Championships in Jaca, Spain.

From Seattle – Tyrrell Cockrum

- Double gold medalist, principle performer for Ice Theatre of New York for 10 years, five- time US national competitor and International Latin ballroom dancer. Tyrrell currently teaches in Seattle and in Sun Valley.

From the Vancouver Area

Megan Wing and Aaron Lowe:

- 2006 Olympians, 10x Canadian Ice Dance Medalists, 5x World Team members, 2x Four Continents Championships Bronze Medalists. Megan and Aaron were honoured with the Canadian Competitive Coach of the Year Award in 2011. They currently train 11 ice dance teams from novice to junior and senior to one adult team. These teams all compete at the national & international level. In addition Megan and Aaron coach and choreograph for many of the free skaters who are national and international medalists.

Zdenek Pazdirek

- Zdenek likes the challenge of working with adult skaters and to help them achieve their personal best. He is a previous two-time Czechoslovakian Senior Men's Champion, Olympic and World competitor and was the principal skater in the European ice show, "Holiday on Ice." He has developed Regional, Provincial and National medalists as well as coaching the 2011 BC Provincial Pre Novice Ladies Champion.

Colleen Laferriere

- Colleen is the head figure skating professional coach at Aldergrove Figure Skating Club. In 2005, she was honoured with the prestigious Recreation Coach of the Year for BC and for Canada. For the past 36 years, Colleen has taken great pride in guiding the growth of all levels of figure skaters. She teaches everything from learn to skate to ice dancing and synchro. She currently coaches one adult synchro team and three youth teams. Some of her adult figure skaters are medalists in international competitions (Germany and France).

Adult Figure Skating Seminar – Weekend at a Glance

Friday, Nov. 16

Time	Activity	Location/Coaches
5:45 to 7 p.m.	Registration & Refreshments	Events Lounge, 3 rd Floor
6:15 to 6:45 p.m.	Dry land stretch/warm up (bring your own mats)	Meeting Room A, 4 th floor
6:45 to 7 p.m.	Skates on	Change room rink side
7 to 7:15 p.m.	Upbeat on-ice warm up	On ice
7:15 to 8:45 p.m.	The session will be split into two 45-minute sessions – Interpretation and presentation techniques, jumps, spirals, edges and stroking – from basic to advanced.	On-ice with: Moira, Tyrrell, Colleen
8:45 p.m.	Flood	
9 – 10 pm	Sun Valley has shared their modern musical selections for our social ice dance session – from the preliminary dances to gold & diamond.	On-ice with: Tyrrell and Colleen

Saturday, November 17, 2012

Time	Activity	Location On-ice or off-ice event
10:15 a.m.	Coffee	Meeting Room A, 4 th Floor
10:45 to 11:15 a.m.	Dry land warm up (bring your own mats)	Meeting Room A
11:30 to 1:30	Whether you are a free skater, ice dancer or synchro skater, Megan Wing and Aaron Lowe’s workshop on edges, turns and basic stroking technique will help build speed & flow.	On Ice with Megan and Aaron
1:45 to 3 p.m.	A light lunch will be provided. Olympian Ice Dancer Karyn Garossino will be our guest speaker. Karyn will talk about how to perform under pressure and how to get the “Inside Edge.”	Meeting room A, 4 th Floor
3:30 to 5:30 p.m.	Spin, Jump and Perform (like in your dreams!) The class will be split into two groups – you’ll work on technical elements such as spins and jumps as well as learn performance techniques so you will shine during a show, competition or on test day.	On ice with: Zdenek, Tyrrell, Moira and Colleen
6ish p.m.	Moxie’s Grill and Bar – we’ve reserved a special area. Order off the menu – pay your own way. Just a short drive from the rink. Participation optional, but promises to be fun!	Moxie’s Grill & Bar 8828 201 Street, Langley

Sunday, November 18

Time	Activity	On-ice or off-ice event
10:45 to 11:45 pm	Tyrrell’s high energy style will lead us in a fun routine focusing on interpretation and presentation techniques from his years with Ice Theatre of New York.	On ice with Tyrrell, Moira and Colleen
11:45 to 12:45	Foxtrots, tangos and waltzes will help wind up our weekend. Get ready to do some fun routines such as a reverse European! Thanks to Sun Valley for our modern music selections	On Ice with Tyrrell and Colleen
1 p.m.	Optional -- informal lunch at Moxie’s Grill & Bar restaurant (order off the menu)	Moxie’s Grill & Bar 8828 201 Street, Langley

Note: Organizers reserve the right to vary the sessions depending on number of participants and skill levels registered.

For more information: dianabarkley@shaw.ca. 604-614-6624 (cell) or 604-536-2410 (home)

Luncheon speaker for Saturday, November 17

Special Guest Speaker (following lunch) is Karyn Garossino, BA, MEd



For Olympian Karyn Garossino, the ability to tackle challenging situations and come out better for having done so is fundamental to excellence in any endeavour.

Karyn has considerable experience in taking on challenging situations. Her resilience, poise and skill under pressure were built from the ground up.

Karyn first learned these skills as an athlete then deepened her theoretical understanding of them through academic study in psychology and education.

Karyn excelled in the intense world of high performance sport as a competitive figure skater. Her career as an ice dancer (with brother Rod Garossino) spanned ten years of international competition, including five world championships and culminated as a 1988 Olympian (in Calgary) and as Canadian champion in 1989.

It was in this crucible that Karyn became intimate with the inner skills required to perform well under pressure.

Her experience as a national level coach, executive coach and now corporate trainer, focuses on application – helping others deal with challenges that require skill and poise under pressure while still getting results. She has coached numerous elite athletes and business professionals in identifying and reaching their goals. This multidimensional background provides Karyn with a tremendous depth of experience from which to draw in the area of managing personal performance, particularly in the face of pressure.

Karyn's presentations are thought provoking and inspiring as she draws on her own personal experiences and training.

**ALDERGROVE FIGURE SKATING CLUB – ADULT FIGURE SKATING SEMINAR
NOVEMBER 16 – 17 AND 18, 2012
LANGLEY EVENTS CENTRE, 7888 – 200th Street, Langley, B.C.**

ENTRY FORM

Name:	
Email Address:	
Mobile Phone Number:	
Home Phone Number:	
Mailing Address:	
Emergency Contact	Name: Best Phone Number: and/or Email

SKATING INFORMATION

Skate Canada (or another ISU Federation eg: Skate America)

Membership number: _____

So we get to know you a bit better:

Level of figure skater (please circle the appropriate level):

- Beginner
- Intermediate
- Senior

If you are an adult competitive figure skater please circle the appropriate area

- Free Skate / Artistic
- Ice Dance
- Synchro

Additional information OR comments:

**ALDERGROVE FIGURE SKATING CLUB – ADULT FIGURE SKATING SEMINAR
NOVEMBER 16 – 17 AND 18, 2012**

Please sign me up for:	Price
___ The entire wonderful weekend seminar (paid before Oct. 20)	\$195
___ The entire wonderful weekend seminar (paid after Oct. 20)	\$225

Note:

*If you can only make it for a portion of the seminar, the prices are as follows:
Note that preference will be given to those attending the entire seminar.*

___ Friday only (three hours on ice)	\$ 90
___ Saturday only (four hours on ice, luncheon and guest speaker)	\$140
___ Sunday Only (two hours on ice)	\$ 60
___ Social Ice Dance Sessions only (Friday 9 to 10 p.m. & Sunday 11:45 a.m. to 12:45 p.m.)	\$ 60

PAYING BY CHEQUE:

(Please make your cheque payable to: Aldergrove Figure Skating Club)

PAYING BY CREDIT CARD (please circle appropriate card):

- Visa
- Mastercard

NUMBER: _ _ _ _ _

EXPIRY DATE: _ _ _ _

CARD HOLDER NAME (please print clearly your name as it appears on the Credit Card)

Please Mail Entry Form and Payment to:

Diana Barkley
Re: Aldergrove Adult Figure Skating Seminar
1262 Parker Street
White Rock, B.C. V4B 4S1

Hotel Recommendation:

Sandman Signature Hotel and Suites, Langley, 8828 – 201 Street, Langley, B.C. Canada, V2Y 0C8, 1-800 – SANDMAN (1-800-726-3626). This brand new Sandman is approximately two kilometers north of the Langley Events Centre (a five minute drive). Great rooms, fitness centre and home to Moxie's Grill & Bar (our Saturday evening social location).

Special rate for our group: from \$116. Please book by **October 16** to get this special rate. Quote: **Participant Group #16436** (Adult Figure Skating Conference). We have a block of rooms booked that will be held until Oct. 16.

For more information: dianabarkley@shaw.ca. 604-614-6624 (cell) or 604-536-2410 (home)