



**Terrace Skating Club**  
PO Box 574  
Terrace BC V8G 4B5  
[www.terraceskatingclub.com](http://www.terraceskatingclub.com)

The Terrace Skating Club is pleased to be able to offer a 3 Day Training seminar for skaters, coaches and club members in the Cariboo North Central Region. This seminar will be moderated by Steve Muff and include on ice and off ice sessions for skaters, an LTAD review for coaches and a general meeting for attending North Coast club executive and board members. The seminar dates are Thursday November 24<sup>th</sup>, Friday November 25<sup>th</sup> and Saturday November 26<sup>th</sup>, 2011. Registration will be taken in advance for skaters, coaches and club executive/board members. All participants will be required to check in on either Thursday afternoon or Friday morning prior to the start of the seminar. All on ice, off ice and meetings will be held at the Terrace Sportsplex 3320 Kalum Street, Terrace BC. *All coaches are encouraged to participate in on ice and off ice sessions.*

**Registration Criteria:**

Level 1: any skater who may have passed up to but not beyond full Preliminary Freeskate Test

Level 2: any skater who has passed any portion of the Jr Bronze Freeskate Test up to Gold Freeskate Test

Competitive: any skater currently registered as a Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior or Senior competitive skater

Coach: Any coach currently registered with Skate Canada at a minimal certified Canskate Coach level

Club board/executive: Any member currently registered as a board or executive member

**Registration Fees:**

Terrace Skating Club/Snow Valley Skating Club

Club board/executive: No Fee  
Certified Coach: No Fee  
Level 1 skaters: No fee  
Level 2 skaters: No fee  
Competitive skaters: No fee

All other clubs

Club board/executive: No fee  
Certified Coach: No fee  
Level 1 skaters: \$40.00  
Level 2 skaters: \$50.00  
Competitive skaters: \$55.00

**Registration Deadline:**

November 18, 2011

**Registration forms are to be mailed/delivered to:**

Terrace Skating Club  
c/o Lisa DeSousa  
3623 Aspen Avenue  
Terrace BC V8G 5C9

**Inquiries:**

Lisa DeSousa  
250-635-9522  
[desousa.lisa@hotmail.ca](mailto:desousa.lisa@hotmail.ca)

**Recommended Hotel Accommodations:**

Best Western Terrace Inn  
250-635-0083  
1-800-528-1234

Coast Inn of the West  
250-638-8141

Bear Country Inn  
250-635-6302



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### **Registration Form**

*Please circle registrant's position:*

Level 1 skater   Level 2 skater   Competitive skater   Coach   Club board/executive

**Registrant's Name:** \_\_\_\_\_ **Skate Canada Number:** \_\_\_\_\_

**Birthdate (skaters only):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Contact phone:** \_\_\_\_\_

**Highest Total Freeskate/Competitive Test Passed (skaters only):** \_\_\_\_\_

**Volunteer Position (executive/board members only):** \_\_\_\_\_

**Coaching Certification (coaches only):** \_\_\_\_\_

**Registration Fees:** \_\_\_\_\_

**Fees included:** \_\_\_\_\_ (indicate cash or cheque)

\*All cheques payable to Terrace Skating Club\*

<b>Level 1</b>	<b>Level 2</b>	<b>Competitive</b>	<b>Coaches/Executive/Board</b>
3:00-4:00pm Registration	3:00-4:00pm Registration	3:00-4:00pm Registration	3:00-4:00pm Registration
4:00-5:00pm On Ice	4:00-4:4pm Nutrition	4:00-4:45pm Nutrition	6:15-6:45pm Dinner 7:00-9:00pm Executive/Board meeting with Steve Muff
5:15-6:00pm Nutrition	5:00-6:00pm On Ice	5:00-6:00pm On Ice	

### **Friday November 25, 2011**

<b>Level 1</b>	<b>Level 2</b>	<b>Competitive</b>	<b>Coaches/Executive/Board</b>
8:30-9:00am Registration	8:30-9:00am Registration	8:30-9:00am Registration	8:30-9:00am Registration
9:00-10:15am On Ice	9:00-10:00am Fitness	9:00-10:00 Fitness	11:45-1:00pm   Lunch (Steve)
10:30-11:15am Fitness	10:15-11:45am On Ice	10:15-11:45am On Ice	5:15-6:15pm   Dinner (Steve)
11:15-12:30pm Lunch	12:00-1:00pm Lunch	12:00-1:00pm Lunch	6:30-9:00pm   Coaches' meeting with Steve Muff
12:30-12:50pm Flood	12:30-12:50pm Flood	12:30-12:50pm Flood	
12:30-1:00pm   Physio stretching	1:15-2:00pm   Physio stretching	1:15-2:00pm   Physio stretching	
1:15-3:00 On Ice	2:00-2:45pm Yoga	2:00-2:45pm Yoga	



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3:00-3:45pm Yoga	3:00-3:15pm Flood	3:00-3:15pm Flood	
	3:15-4:15pm On Ice	3:15-5:00 On Ice	

**Saturday November 26, 2011**

<i>Level 1</i>	<i>Level 2</i>	<i>Competitive</i>	<i>Coaches/Executive/Board</i>
	10:30-12:00pm On Ice	9:00-10:00am On ice	
		10:30-12:00pm On Ice	