

Eastern Region Fall Seminar
Clareville, NL
November 19 - 20, 2016
Conducted by
Nathalie Deschènes et Annick Douaire

Nathalie Deschènes

In 1991, Nathalie and her partner placed 5th in Junior Pairs. She has travelled around the world and has performed in shows with Brian Orser, Kurt Browning, Toller Cranston, Isabelle Brasser & Lloyd Eisler, Josée Chouinard, Elvis Stojko and many others. She's now an international choreographer and produces shows.

Annick Douaire

Annick has been coaching since 1995. She has coached national and international level skaters. The Quebec skating federation has selected Annick 3 times as the head coach for their Canada Games team. As a skater, she was a member of the junior and senior national team. She is now working with all levels of athletes.

Kristin Peters

Kristin has been a competitive figure skater since the age of 13. She has completed her Novice/ Gold level Freeskate, Gold level Interpretive, and recently placed 1st at 2016 Adult National Championships. She has an Honors Bachelor degree in Kinesiology (HBSc. Kin) and a Masters Degree in Occupational Therapy (MScOT). Kristin has completed a number of certificates for fitness training and has taught at a variety of gyms since the age of 16 years old. She has CPR and emergency first aid certification and currently works full time as an Occupational Therapist in the practice area of Acute Care Medicine.

SEMINAR

The day long seminar has been scheduled for **November 19 - 20, 2016** for our CanSkate (Stage 4-6) and Star Skaters. The seminar will include off-ice and on ice sessions. There will be off ice fitness for all skaters. All in all it promises to be a highly educational and exciting seminar.

ELIGIBILITY

Singles: Canskate 4-6, Star 1, Star 2, Star 3, Star 4, Star 5 and up, Competitive Dance and Pairs are also welcome.

REGISTRATION

FIRST COME, FIRST SERVE with Region Members being selected first, followed by any skater outside our Region Skaters who meets the registration deadline of **October 26, 2016**. All applications will be placed in the order they are received.

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COST

Eastern region member: \$90.00

Non-members: \$100.00

Cheques can be made payable to "Eastern Region", and can be attached to the application form.

NSF /Returned Cheques Policy

- 1st NSF / Returned cheque-subject to a \$20.00 administration fee PLUS any associated bank charges.
- 2nd NSF /Returned cheque- subject to a \$20.00 administration fee PLUS any associated bank charges.
Plus cheques will not be accepted for a period of 1 year. Money orders only will be accepted.

PLEASE ATTACH A COPY OF YOUR SKATE CANADA MEMBERSHIP
Email address is mandatory for schedule updates, cancellations etc.

Off-ice classes

Skaters will be participating in off – ice. Skaters are responsible for bringing sneakers, water bottles.

General Notes

Participants must provide their own lunches as well as off-ice fitness clothing and sneakers.

Schedule

The seminar final schedule and group lists will be sent out through email once the applications have been received on **October 26**. Please include your contact email address on your skater's application.

If you have any questions please contact Brittany Baril (**brittany.baril@gmail.com**) or Susan Dean (**bells_dean@yahoo.com**).

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Skater Name:	
Skate Canada Number:	Email Address:
Club Name:	
Telephone No.:	Birthdate: (mm/dd/yyyy)
What are your highest test levels passed? Freestyle (competitive and/or StarSkate): Skills:	
Make all cheques payable to Eastern Region . Send completed application and payment (no cash please) to: Eastern Region 15A Blackmore Ave Clareville NL c/o Susan Dean (skater development chair) A5A 1B8	
I the undersigned agree to hold unaccountable the Eastern Region, Coaches, Resource Instructors or other involved persons for injuries or loss sustained by the skater named above while attending the seminar. I agree to abide by the Rules and Regulations of the Eastern Region Seminar. If suspended for non-compliance I understand that there will be no refund.	
Signature of Parent/Guardian	Date: (mm/dd/yyyy)

Please note: Email address is mandatory for schedule updates, cancellations etc.