



**CBS Skating Club Presents
Elladj Balde and Liam Firus' Skating Workshop
April 17 & 18, 2017**



In our final year of skating, both of us would like to leave an imprint on Canada's skating community. We've put together a workshop with a goal in mind to help skaters reach their peak performance; and better know the people who are as passionate about our sport as we are...

We'd like to share with you the skills and tricks that we've both learned while competing on the international figure skating circuit on our ten-year journey. Not only do we want to help the future faces of skating, we want to work with the coaches and help them better understand what it takes to bring out the best in their skaters to compete in World championships or Olympic games.

To end things, we don't just want to guide you guys on the ice but we want to perform for you. Our workshop will include a performance by both of us so that you guys can see what a competitive international skater looks like in person!

We both bring something entirely different to the ice, therefore we are providing a workshop that will cover all parts of skating; giving you guys the whole package. We look forward to seeing you all in Conception Bay South!



- **Elladj and Liam**

Seminar Information

Skills you'll Learn:

- Goal setting
- Mental preparation: → Practice and Competition
- Training tips
- Off ice pre-training warm up preparation
- On Ice stroking: Stability → Generation of Power → Transitional Flow → Body Movement
- Jump technique: Entry → Takeoff → Air position → Landing
- Skating skills: Interpretation → Speed → Linking Footwork → Choreography
- Spin technique: Speed Generation → Difficult Entries → Difficult Positions → Attaining Positive GOE and High Levels.
- Body Maintenance: Stretching → Strength → Stamina → Food → Recovery
- Individual program feedback
- Personal Growth

When: 9:00AM to 5:00PM April 17 & 18, 2017

Where: CBS Arena, Conception Bay South, Newfoundland

Who: This seminar is for skaters of all levels. Members of the CBS Skating Club will have the first chance to register and Non-Members will be given the opportunity to register if space permits.

- STARSkate/Competitive Skate- Skaters at the STAR 1 level and higher.
- CanSkate- Skaters in Stage 2 and higher.

CBS SC Members Costs & Registration:

- Registration for **CBS Skating Club Members ONLY** is now open!
- STARSkate/CompetitiveSkate with Senior Bronze FreeSkate test = \$120.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.

- STARSkate/CompetitiveSkate with Preliminary FreeSkate test = \$100.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.
- STARSkate/CompetitiveSkate STAR 1-2 = \$80.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.
- CanSkate= \$50.00 Cost includes 1 On-Ice session and 1 Off-Ice Session.

Non-Members Costs and Registration:

- Registration for **Non-Members** will open Monday March 13, 2017
- STARSkate/Competitive Skate with Senior Bronze FreeSkate Test= \$150.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.
- STARSkate/CompetitiveSkate with Preliminary FreeSkate test = \$130.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.
- STARSkate/CompetitiveSkate STAR 1-2 = \$110.00 Cost includes 2 days of On-Ice Sessions and Off-Ice Sessions with a Provided Lunch.
- CanSkate= \$60.00 Cost includes 1 On-Ice session and 1 Off-Ice Session.

All Registration will take place through our online registration system which can be accessed through our website at: www.cbsskatingclub.com/registration

If you have any questions or concerns regarding the seminar, please feel free to contact our Technical Director Matt Power at: cbsscoaching@hotmail.com