



**CBS Skating Club Presents:**

**Skate Global Workshop**

**With Liam Firus and Elladj Balde**

**April 2, 3 & 4, 2018**

**CBS Arena, Kelligrews**

At the end of our final season 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**

## On-Ice Schedule:

Monday April 2		Tuesday April 3		Wednesday April 4	
8:00 – 8:50 Atlantics Practice		8:00 – 8:50 Atlantics Practice		8:00 – 8:50 Atlantics Practice	
8:50 – 9:00 Flood		8:50 – 9:00 Flood		8:50 – 9:00 Flood	
9:00 – 9:45 Group B		9:00 – 9:45 Group A		9:00 – 9:45 Group B	
9:45 – 10:30 Group A		9:45 – 10:30 Group B		9:45 – 10:30 Group A	
10:30 – 10:40 Flood		10:30 – 10:40 Flood		10:30 – 10:40 Flood	
10:40 – 11:25 Group B		10:40 – 11:25 Group A		10:40 – 11:25 Group B	
11:25 – 12:10 Group A		11:25 – 12:10 Group B		11:25 – 12:10 Group A	
12:10 - 12:20 Flood		12:10 - 12:20 Flood		12:10 - 12:20 Flood	
12:20 – 1:05 Group C		12:20 – 1:05 Group C		12:20 – 1:05 Group C	
1:05 – 1:50 Group D1		1:05 – 1:50 Group D1		1:05 – 1:50 Group D2	
1:50 – 2:00 Flood		1:50 – 2:00 Flood		1:50 – 2:00 Flood	
2:00 – 2:40 Group C		2:00 – 2:45 Group C		2:00 – 2:45 Group C	
2:40 – 3:20 Group D1		2:45 – 3:30 Group D2		2:45 – 2:55 Flood	
3:20 – 3:30 Flood		3:30 – 3:40 Flood		2:55 – 3:40 Group D2	
3:30 – 4:50 Boys		3:40 – 4:55 Boys		3:40 – 3:50 Flood	
4:50 -5:00 Flood		4:55 – 5:05 Flood		3:50 – 4:50 Show and Tell	
		5:05 – 5:50 CanSkate		4:50 – 5:00 Flood	
Group	Requirements				
Group A	Must have passed the complete Senior Bronze Freeskate Test.				
Group B	Must have Passed the complete Junior Bronze or STAR 4 FreeSkate Test.				
Group C	Must have Passed the complete STAR 2 FreeSkate Test.				
Group D1	Must have passed their complete CanSkate Stage 5.				
Group D2	Must have passed their complete CanSkate Stage 5.				
Boys	Any STARSkate and CanSkate boys stage 3 and Higher.				
CanSkate	Any CanSkaters Stage 2 – Stage 5				
Atlantics	Any Skaters competing at the 2018 Atlantic Figure Skating Championships.				

## Off-Ice Schedule:

Monday April 2	Tuesday April 3	Wednesday April 4
9:55 – 10:25 Group B	9:55 – 10:25 Group A	9:55 – 10:25 Group B
10:40 – 11:15 Group A	10:40 – 11:15 Group B	10:40 – 11:15 Group A
11:35 – 12:20 Group B	11:35 – 12:20 Group A	11:35 – 12:20 Group B
12:20 – 1:05 Group A	12:20 – 1:05 Group B	12:20 – 1:05 Group A
1:15 – 1:45 Group C	1:15 – 1:45 Group C	1:15 – 1:45 Group C
2:00 – 2:30 Group D1	2:00 – 2:30 Group D1	2:00 – 2:30 Group D2
2:40 – 3:20 Boys	2:40 – 3:20 Boys	
	3:40 – 4:10 Group D2	
	4:20 – 4:50 CanSkate	

## Costs:

Group	Includes	CBS Member	Non-CBS Member
Group A	6 On-Ice Sessions & 6 Off-Ice Sessions	\$130.00	\$150.00
Group B	6 On-Ice Sessions & 6 Off-Ice Sessions	\$130.00	\$150.00
Group C	6 On-Ice Sessions & 3 Off-Ice Sessions	\$110.00	\$130.00
Group D1	3 On-Ice Sessions & 2 Off-Ice Sessions	\$65.00	\$85.00
Group D2	3 On-Ice Sessions & 2 Off-Ice Sessions	\$65.00	\$85.00
Boys	2 On-Ice Sessions & 2 Off-Ice Sessions	Free	Free
CanSkate	1 On-Ice Session & 1 Off-Ice Session	\$30.00	\$40.00
Atlantics	Price is per Session	\$10.00	\$15.00

## Registration:

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

**CBS Skating Club Members** – Registration will begin at 12:00PM on **Tuesday March 6, 2018**.

**Non-CBS Skating Club Members** – Registration will begin at 12:00PM on **Tuesday March 13, 2018**.

**Boys Seminar** - Registration will begin at 12:00 PM on **Tuesday March 13, 2018** for (both CBS Skate Club and non-CBS skating club) male skaters and is sponsored by Skate Canada NL.

If you have any questions or concerns regarding the seminar, please feel free to contact our Technical Director Matt Power at: [cbscoaching@hotmail.com](mailto:cbscoaching@hotmail.com)