



## **2019 Season-End CanSkate Workshop**

with Special Guests KEEGAN MESSING and Jessica Gosse.

Our Year-end workshop is a chance for all our CanSkaters to share the ice with Olympic Team Member Keegan Messing and Guest Coach Jessica Gosse. This session will include interactive warm-ups, fun circuits, skill demonstrations and games. There will also be an off-ice session for the skaters and a parent information session following the on-ice session. All Skaters will also receive and group photo and autograph from Keegan.

### **Seminar Details**

**Who:** All CanSkaters Stage 1-6

**When:** 5:00pm-7:00pm on Monday April 22, 2019

**Where:** Robert French Memorial Stadium, CBS

**Cost:** \$25.00 CBS Skating Club Members & \$35.00 Outside Skaters

**Registration is now open through the CBS Skating Club Website.**

## **Session Facilitators**

**Jessica Goose** started her competitive coaching career in Marystown, NL where she developed young athletes from her CanSkate program to compete at the Skate Canada Junior National Championships. Among those young athletes was World Champion Kaetlyn Osmond and CBS Skating director Matthew Power. Over the past 13 years Jessica has been coaching alongside Ravi Walia a World and Olympic Coach at the Ice Palace Skating club in Edmonton, AB. During her 24 years of coaching experience Jessica has coached Alberta Sectional Champions in Pre-Juvenile, Novice, Junior and Senior events and National Medalists in Pairs. On top of managing her own athletes Jessica has worked with many National and International competitors. Jessica has taken skaters to 14 Junior National Championships and 11 Canadian Championships.

**Keegan Messing** is 2019 Canadian National Bronze Medallist and World Team Member. He finished in the top five at the 2015 and 2017 Canadian Championships, earning him a place on the national team. In October 2015 Messing made his Grand Prix debut at Skate Canada International. In November 2017 he placed an impressive fifth at NHK Trophy, his first Grand Prix event on foreign soil. After winning silver at the 2018 Canadian Championships, Messing made his Olympic debut at PyeongChang 2018, where he placed 12th. A month later, he posted an eighth-place finish at his first world championships, making him the top-ranked Canadian man at the event. Messing's fun-loving attitude and entertaining skating style has made him a worldwide fan favorite.

**Congratulations on an outstanding Season!!**

**CBS Skating Club**