



SKATECANADA
CBS SKATING CLUB

2019 CBS Skating Club Easter Seminar

With Special Guests

**KEEGAN MESSING, LANCE VIPOND
& JESSICA GOSSE**

April 22 to 24, 2019

Seminar Facilitators

Lance Vipond is an Olympic & World level choreographer whose clients include 3-time Olympic Medalist, 2018 World Champion and 3-time Canadian Champion, Kaetlyn Osmond, Olympic & World team member and 2018 Canadian Men's Silver Medalist, Keegan Messing and Olympic and World team member Kevin Reynolds. Lance has had skaters medal in every level at the National Championships in all events over the past 15 seasons and currently has skaters competing internationally on the Junior Grand Prix and Grand Prix circuit. He has a diploma in Theatre Arts from McEwan and studied acting at the Liverpool Institute for Performing Arts in England. His background in many areas of the arts, including theatre, dance and music, greatly informs his approach to skating choreography which, in turn, helps his skaters become well rounded entertainers and on ice story tellers. He is a highly energetic and enthusiastic facilitator, who strives to draw the "inner artist" out of every skater he works with as well as helping them find their "authentic selves" when it comes to movement and the delivery of choreography. Lance resides in Paris Ontario and travels throughout the country, from Newfoundland to Vancouver, choreographing and conducting clinics for skaters of all levels and disciplines.

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.

Seminar Details

Revised April 11

When: Monday April 22-Wednesday April 24, 2019

Location: Conception Bay South, NL

Who: The seminar will be opened to the following levels...

Group:	Requirements:
Synchro 1	Any Skaters currently skating on a Beginner 1, 2 or Elementary Team.
Synchro 2	Any Skaters currently skating on a Synchro Teams at the Pre-Juvenile Level and Higher
Group A	Skaters who have completed the Senior Bronze or STAR 5 FreeSkate Test
Group B	Skaters who have completed any 2 parts of STAR 3/Preliminary Test
Group C	Skaters at the STAR 1 & 2 Levels
Private Lesson	There will be private lessons available with all 3 Guest coaches on Wednesday April 24, 2019. There will be more information on this send out to seminar registrants by Wednesday April 17.

Cost:		
Group:	Details:	Fees:
Synchro	Monday or Tuesday Only. 1 Hour On-Ice + 1 Hour Off-Ice	\$45.00 CBS SC Members \$60.00 Outside Members
Group A	Monday-Tuesday 3 On-Ice + 2 Off-Ice Per Day	\$150.00 CBS SC Members \$170.00 Outside Members
Group B	Monday-Wednesday 3 On-Ice + 2 Off-Ice Per Day	\$150.00 CBS SC Members \$170.00 Outside Members
Group C	Monday-Tuesday 2 On-Ice + 2 Off-Ice Per Day	\$100.00 CBS SC Members \$120.00 Outside Members
Private Lessons	15 Minute Time Slots on Wednesday.	\$35.00 per 15 Minute Lesson.

If you also register for the Seminar you will save \$20.00 on the Synchro Session.

Schedule

(Revised April 11)

Monday April 22			Tuesday April 23		
Time:	Session:	Rink:	Time:	Session:	Rink:
8:00am-8:55am	Group B	CBS Arena	8:00am-8:55am	Group B	CBS Arena
8:55am-9:50am	Group A	CBS Arena	8:55am-9:50am	Group A	CBS Arena
9:50am-10:00am	FLOOD	FLOOD	9:50am-10:00am	FLOOD	FLOOD
10:00am-10:50am	Group B	CBS Arena	10:00am-10:50am	Group B	CBS Arena
10:50am-12:00pm	Break- Change Rinks		10:50am-12:00pm	Break- Change Rinks	
12:00pm-12:50pm	Group A	RFM	12:00pm-12:50pm	Group A	RFM
12:50pm-1:00pm	FLOOD	FLOOD	12:50pm-1:00pm	FLOOD	FLOOD
1:00pm-1:50pm	Group A & B	RFM	1:00pm-1:50pm	Group A & B	RFM
1:55pm-2:40pm	Group C	RFM	1:55pm-2:40pm	Group C	RFM
2:40pm-2:50pm	FLOOD	FLOOD	2:40pm-2:50pm	FLOOD	FLOOD
2:50pm-3:50pm	Group C	RFM	2:50pm-3:50pm	Group C	RFM
3:50pm-4:50pm	Synchro 1	RFM	3:50pm-4:50pm	Synchro 2	RFM
4:50pm	Day End		4:50pm	Day End	
Off-Ice			Off-Ice		
10:05-10:50	Group A	CBS Arena	10:05-10:50	Group A	CBS Arena
12:05-12:50	Group B	RFM	12:05-12:50	Group B	RFM
12:20-12:50	Group C	RFM	1:00-1:45	Group C	RFM
1:00-1:45	Group C	RFM	2:00-2:45	Group A & B	RFM
2:00-2:45	Group A & B	RFM	2:40-3:40	Synchro 2	RFM
5:00-6:00	Synchro 1	RFM	4:00-4:30	Group C	RFM

If you have an issues with the drop-off and pick-up time please email cbssctechnicaldirector@hotmail.com. We will be planning numerous skating related activities, videos and games throughout the day for anyone who is there before/after their session times to avail of.

Registration Details

All registration will take place through the CBS Skating Clubs Online Registration System.

https://www.cbsskatingclub.com/registration/?sort=start_date

If you have any questions about the seminar, please contact Matt Power at cbssctechnicaldirector@hotmail.com.