

Annual COE Membership Registration Form

Name: _____

Skate Canada Home Club: _____

Skate Canada Membership Number: _____

Base Coach(s): _____

Home Address: _____

City, Province, PC: _____

Temporary Regina Address & Phone, if applicable:

Home Phone, Cell Phone: _____

Email Address 1: _____

Email Address 2: _____

Parents Names: _____

Parents Phone: _____

Highest Test Passed: _____

Competitive _____

Freestyle _____

Dance _____

Skills _____

Competitive Level for 2012-13 Season: _____

Membership Fee \$ 25 _____

Program Fee _____

25 sessions (\$200) _____

10 sessions (\$100) _____

TOTAL PAID _____

- Cheques payable to *Skate Canada Saskatchewan Centre of Excellence*
- Ice fees paid directly to the Cooperators Centre: daily drop-in fee of \$5 per day for up to 3 hrs of ice per day for COE members (\$10 per day for non-members). Accompanying coaches must be current registered members of Skate Canada.

REGISTRATION DATE: _____

SCHEDULE

The Centre of Excellence Skating School operates from September to June, offering programming Tuesday, Wednesday, and Thursdays of each week. Drop in ice is usually available on Monday and Friday for independent training. Additional COE programming may be available on these days at the discretion of the Skating School Program Director. Cancellation of any COE sessions may occur due to Co-operator Centre special events pre-empting the drop-in ice.

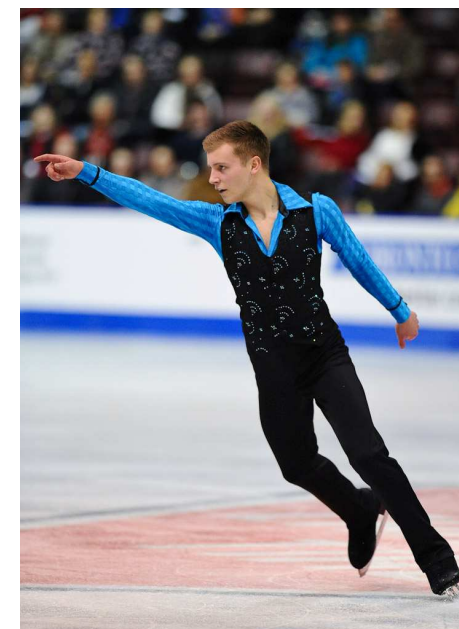
Session	Mon	Tues	Wed	Thurs	Fri
COE On-Ice Instruction	12:30 to 3:30	12:30 to 3:30	12:30 to 3:30	12:30 to 3:30	12:30 to 3:30
COE On-Ice Group Programming	(by arrangement with Skating School Program Director)	1:45 to 2:00	1:45 to 2:00 and 3:15 to 3:30	1:45 to 3:30	N/A
COE Off-Ice Group Programming	N/A	3:45 – 4:30		3:45 – 4:30	N/A

Thank you to our major sponsors:

- ***SaskTel***
- ***Creative Display***
- ***Oracle Canada***
- ***Co-operators Centre***



Co-operators Centre, Regina, Saskatchewan
1700 Elphinstone Street



Garrett Gosselin, Senior Men, 2013

**Skate Canada Saskatchewan
Centre of Excellence
Skating School**

SKATER CENTRED HIGH PERFORMANCE TRAINING

The Skate Canada Saskatchewan Centre of Excellence(COE) is a sanctioned Skate Canada non-profit skating school located at the Co-operators Centre in Regina, Saskatchewan, Canada. It is intended to create a nationally recognized elite competitive figure skating training centre designed to support aspiring figure skaters at all levels in an affordable high performance training environment. Skate Canada Saskatchewan's High Performance Coach, Sylvie Wandzura, is the Skating School Program Director.

Any Skate Canada registered coach or any figure skater registered with a Skate Canada home club will be able to use the ice, to a maximum of 25 athletes on the ice at any given time. Skaters can be coached by their base coach; or, under the supervision of a registered Skate Canada coach, they can train independently; or, customized coaching support can be arranged for athletes through the Centre.

The Skating School Program Director reserves the right to set requirements for minimum skill levels on the ice in the interest of skater safety. Coaches wishing to bring CanSkate level skaters on the ice should consult with the Skating School Director in advance.

CONSISTENT, SPECIFIC, CHALLENGING TRAINING

Utilizing drop-in afternoon ice available through the Co-operators Centre at Evraz Place, Skate Canada Saskatchewan's High Performance Coach will co-ordinate on-ice and off-ice group training programs three days per week from September to early June (usually Tuesday - Thursday) as well as supplementary "SkateFit" program days that focus on key topics or skills designed to give skaters a competitive edge.

AFFORDABLE GROUP & INDIVIDUAL TRAINING

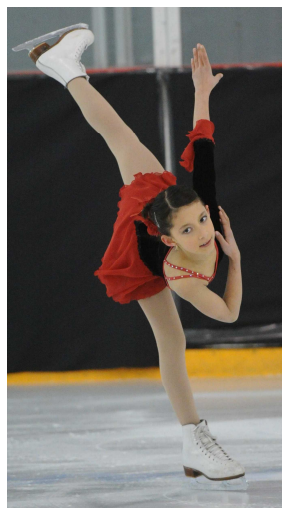
Membership Fees:

Annual Centre of Excellence Skater membership fee is \$25, effective September 1 – August 31 of each year. No pro-rating available. Members benefit from easy access to the High Performance Coach or other specialized coaching resources, regular communication, and preferred pricing for ice time and on-ice or off-ice programming.

Ice Fees:

Skaters pay a nominal drop-in ice fee directly to the facility upon arrival on a daily basis. Registered members of the COE pay \$5 daily for up to three hours of afternoon ice; non-members pay a \$10 drop in ice fee for up to three hours of afternoon ice per day.

Program Fees:



Hannah Lingenfelter

A separate Centre of Excellence fee covers the cost of instruction for a daily on-ice programming such as stroking, power, edges and turns, and 45 minute off-ice sessions that will include a variety of cardio, stretch, dance, yoga or other similar complementary athletic training. Off-ice is offered on Tuesday and Thursday, and extra on-ice instruction is provided on Wednesday.

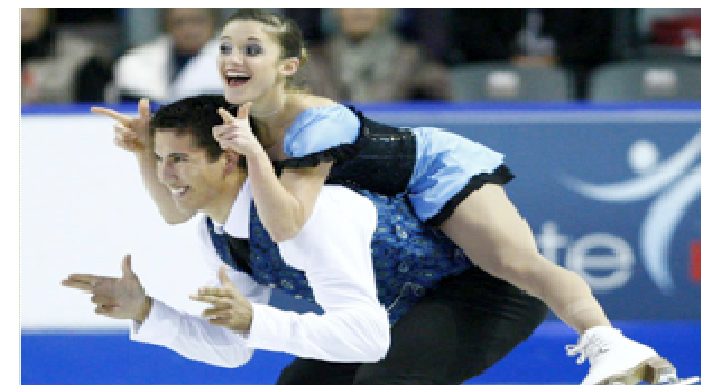
For regular users, a pre-paid 25 session punch card is recommended at a cost of \$200

(\$8 per day.) A 10 day punch card option is also available for \$100 (\$10 per day.)

Non-members must pay a daily drop-in fee of \$12 per day to participate in on-ice and off-ice group instruction, payable to a Skating School representative prior to stepping on the ice. No refunds are available for partially used cards and cards do not expire. There are over 110 days planned for the Centre of Excellence in the 2012-13 season.

SkateFit Fees:

From time to time the Skating School Director may organize specialized extended programming known as *SkateFit Days* which may feature guest coaches and/or specific instruction for fostering high performance. Separate fees will be charged, subject to costs, for skaters wishing to participate in *SkateFit Days* and members will benefit from preferred pricing.



*Rudi Swiegers and Paige Lawrence
Canadian Senior Pairs Bronze Medalists 2013*

For more information on fees or membership, contact COE Treasurer, Leslie Gosselin at lgosselin@sasktel.net or 586-8633 in Regina.