

**Subject line 2009 National Coaches' Conference - don't miss it!**

**To: All coaches**

Dear Skate Canada coach,

We are gearing up for our conference and wanted to let you in on what's coming up!

### **Wed. June 3**

- Pre-conference coaching module: NCCP Level 4 Task 16: Long-term athlete development
- Coaches' Trade Show– local vendors, skate manufacturers, new products, coach services and new SC coach apparel will be on display for the upcoming season.
- Coach Wine and Cheese Reception – join us for a wonderful evening to celebrate **you** – the Skate Canada coach. This year's hosts will be Edmonton's own Jan and Cynthia Ullmark who have had remarkable coaching careers and shaped the lives of numerous athletes in our sport. Stephen Norris of Calgary, a leading sport expert, will be our dynamic and motivational featured speaker. We will celebrate all coaches including this year's Best of the Best CanSkate coaches! Don't miss out!

### **Thursday June 4**

- ISU Technical Specialist Scott Davis and ISU Judge Dr. Jodi Abbott will get things started with an update on the upcoming season's CPC changes and new information on how to maximize points (higher levels and positive GOE) when building programs for your skaters
- Scott and Stephanie Davis will show coaches how to build simple and practical warm-up, cool down and off-ice jumping sessions into your programs for all levels of athletes. In addition, Stephanie will introduce two additional ways to train skaters: Pilates and flexibility! Vaughn Chipeur will be on hand to demonstrate.
- On-ice with the best for a spin, jump and stroking/steps/turns session! **Brian Orser**, coach of World Champion Yu-Na Kim, **Lise-Lotte Kinding**, spin specialist of the Royal Glenora in Edmonton, **Manon Perron** and 2009 World Silver medalist **Joannie Rochette** and 2009 World competitor **Vaughn Chipeur** will share their on ice expertise with you!
- Doug Swanson, a sport psychologist who has worked with athletes in golf, hockey, track and figure skating, will help you instill in your skaters the belief that they can perform the desired skill or best program ever! Take your mental training skills to the ice to use in everyday practices.
- The evening will include a casual coach social at a local restaurant before the official Skate Canada convention opening at the Westin - an evening with some of Canada's World gold medalists including Don Jackson, Brian Orser and Jeffrey Buttle!

## Friday, June 5

- Skate Canada is celebrating 25 years of CanSkate! Join us for live on-ice demonstrations of the best learn-to-skate program in Canada with top coach **Monica Lockie** leading the way with assistance from the 10 Best of the Best CanSkate coaches selected from across Canada! Off-ice sessions will include tips on club administration with coach Carolyn Allright from Kitchener, ON and club marketing ideas with Skate Canada's own Annie Bellemare and Debbi Wilkes!
- There will be three sessions to choose from in the afternoon with an LTAD update, Synchronized Skating update and Member Communications session.
- The coaches' conference will close with a Q&A with Canada's top coaches! If there is anything you wanted to ask a top Canadian coach and their athlete – this will be your opportunity! **Lee Barkell**, long-time coach of 2008 World Champion Jeffrey Buttle, **Manon Perron**, coach of 2009 World Silver Medalist Joannie Rochette and **Scott Davis** will all be on hand for this session!

[Click here](#) to register now! Registration closes Friday, May 15<sup>th</sup> at 16:30 ET.