

## Packages

Package fees will be derived by totalling the daily rate specific to your desired number of weeks and sessions. Weeks 1, 4, 5, and 6 are four day weeks while weeks 2 and 3 are five days of programming. Note, Star 2 & 3 skaters are limited to 1 or 2 session(s) per day packages.

Packages Offered						
	1 Week	2 Weeks	3 Weeks	4 Weeks	5 Weeks	6 Weeks
Sessions Per Day	Daily Rate	Daily Rate	Daily Rate	Daily Rate	Daily Rate	Daily Rate
1	50.00	45.00	43.00	42.00	41.00	40.00
2	60.00	55.00	53.00	52.00	51.00	50.00
3	70.00	65.00	63.00	62.00	61.00	60.00

\*\*Registered skaters may add a session at a cost of \$22 for each session added. Additional sessions are only available Monday to Thursday. These sessions cannot be purchased on a stand alone basis and are only offered as supplements to the weekly packages. Simulations are \$22 each.

## Level of Skating Guideline

**Junior/Intermediate.:** Star 2 to Pre-novice

**Intermediate/Senior:** Pre-novice and higher

\*\*Final groupings will be at the discretion of the summer school directors based on skaters registered and coaching availability.

## All packages include:

- Group Instr. (Jr./Int only) (15min Tues/Thur/Fri)
- Edge Classes (30min Mon/Wed) (all levels)
- Daily off-ice training (45min) (all levels)

## To Register

Please visit the homepage of the skaterregina.ca website for registration instructions. Due to the limited spots available for the school, particularly simulations, the spots are granted on a 1st come 1st served basis however simulations are finalized at the discretion of the camp directors.

## Cancellation Policy

No cancellations after Monday, May 27th unless accompanied by a doctor's certificate. There will be an administration fee of \$60.

## Coaching Staff

**David Czerniak** - 15 min. rate: \$12.50  
(306) 550-9963, email: toepix\_2009@hotmail.com  
NCCP Level 2, partial Level 3

**Leslie Dueck** - 15 min. rate: \$7.00  
(306) 533-8145, email: Lesliedueck@icloud.com  
NCCP Level 1 (Primary StarSkate)

**Nicole Gee** - 15 min. rate: \$9.00, (306) 540-7423  
Email: nicolejw33@gmail.com, NCCP Level 2 trained

**Sheena Goodbrand** - 15 min. rate: \$10.00  
(306) 696-7182, email: sgoodbrand@sasktel.net  
NCCP Level 2, partial level 3

**Christine Laprairie** - 15 min. rate: \$9.50,  
\$11.50 choreography, (306) 591-4034,  
email: christine.laprairie@hotmail.com  
NCCP Level 1

**Theresa Millette** - 15 min. rate: \$13.50  
(306) 533-5437, email: tmillette@sasktel.net  
NCCP Level 2

**Brittney Musleh** - 15 min. rate: \$8.25  
(306) 535-0827, email: brittney.musleh@gmail.com  
NCCP Level 1

**Taylor Phillips** - 15 min. rate: \$7.50  
(306) 690-7728, email: taylorreneaphillips@gmail.com  
NCCP Level 1

**Barb Roberts** - 15 min. rate: \$14.50  
(306) 790-7827, email: barbroberts@sasktel.net  
NCCP Level 3 (National coach)

**David Schultz** - 15 min. rate: \$15.50  
(306) 570-5118, email: sk.hpteam@sasktel.net  
NCCP Level 3 (National coach)

**Vicki Schultz** - 15 min. rate: \$15.50  
(639) 571-2324 email: vickischultz@me.com  
NCCP Level 3 (National coach)

**Cathy Wright** - 15 min. rate: \$13.50  
(306) 949-6972, email: coachcathywright@hotmail.com  
NCCP Level 3 (National coach)

**Detailed coaches bios are available on Skate Regina's website at skaterregina.ca.**



# 2019 Summer Skating School

Cooperators Centre  
Regina, Saskatchewan

**6 Weeks**  
July 2<sup>nd</sup> to August 9<sup>th</sup>, 2019

## LOOKING FOR A PLACE TO?

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....

**LOOK NO FURTHER THAN THE  
SKATE REGINA SUMMER SCHOOL!**

**Training Centre for Skate Canada  
National & Provincial  
Champions & Challenge Qualifiers**



## Contact information:

Email: skaterregina@myaccess.ca  
Telephone: 306-586-4898  
Website: skaterregina.ca

## Schedule for all Mondays and Wednesdays

**Mondays:** July 8, 15, 22, 29

**Wednesdays:** July 3, 10, 17, 24, 31, August 7

**NO SKATING** Monday July 1 & August 5

### **Mondays & Wednesdays**

8:00 – 8:45 Jr/Int FS1

8:45 – 9:00 Flood

9:00 – 9:45 Int/Sr FS1

9:45 – 10:00 Flood

10:00 – 10:45 Int/Sr FS2

10:45 – 11:00 Flood

11:00 – 11:30 Jr/Int Edge

11:30 – 12:15 Jr/Int FS2

12:15 – 12:30 Flood

12:30 – 1:15 Open FS

1:15 – 1:30 Flood

1:30 – 2:00 Int/Sr Edge

2:00 – 2:45 Int/Sr/ FS3

### **Off-ice**

Mon Jr/Int - Off-Ice Training 9:00 to 9:45

Wed Jr/Int - Off-ice Training 10:00 - 10:45

Mon & Wed Int/Sr - Off-ice Training 11 to 11:45

### **Competitive Pair**

12:00 to 1:00 (rinks and times may vary)

## Schedule for all Tuesdays and Thursdays

**Tuesdays:** July 2, 9, 16, 23, 30, August 6

**Thursdays:** July 4, 11, 18, 25, August 1, 8

### **Tuesdays & Thursdays**

8:00 – 8:45 Jr/Int FS1

8:45 – 9:00 Flood

9:00 – 9:45 Int/Sr FS1

9:45 – 10:00 Flood

10:00 – 10:45 Simulations (weeks 2 to 6 only)

10:45 – 11:30 Jr/Int FS2

11:30 – 11:45 Jr/Int Group

11:45 – 12:00 Flood

12:00 – 12:45 Int/Sr FS2

12:45 – 1:00 Flood

1:00 – 1:45 Open FS

1:45 – 2:00 Flood

2:00 – 2:45 Int/Sr/ FS3

### **Off-ice**

Tues & Thurs Jr/Int - Off-ice Training 12 to 12:45

Tue & Thurs Int/Sr Fitness 3:30 to 4:15 Level 10

### **Competitive Pair**

12:00 to 1:00 ( rinks and times may vary)

\* Week 1 there are no simulations so the schedule will be slightly different than what is reflected above.

## Schedule for all Fridays

**Fridays:** July 5, 12, 19, August 9

**NO SKATING** July 26, August 2

### **Fridays - Weeks 1 thru 6**

8:00 – 8:45 Jr/Int FS1

8:45 – 9:00 Flood

9:00 – 9:45 Int/Sr FS1

9:45 – 10:00 Flood

10:00 – 10:45 Jr/Int FS2

10:45 – 11:00 Jr/Int Group

11:00 – 11:15 Flood

11:15 – 12:00 Int/Sr FS2

12:00 – 12:15 Flood

12:15 – 1:00 Open FS

### **Off-ice**

9:00 to 9:45 Jr/Int - Off-ice Training

10:00 to 10:45 Int/Sr - Off-ice Training

### **Competitive Pair**

1:00 to 2:00 (rinks and times may vary)

### **Summer Competitions**

**Minto** July 25 to 28, Ottawa

**Manitoba Summer Skate** July 26 to 28, Winnipeg

**Wild Rose** August 2 to 4, Leduc

**BC Summer Skate** Aug 16 to 18, Burnaby



# 2019 Summer Skating School

## Other Programming Information

1. **Daily Buy-on Ice**
2. **Add-on Packages**
3. **Competitive Pair Ice Fee**
4. **Replacement Ice Policy**
5. **Jr. Prep Program**

### 1. Daily Buy-on Ice

Note, must be Star2 or higher to buy-on. Daily buy-on rates include all dryland training and edge/group ice sessions. The buy-on rates are as follows:

- 1 FS/Pair session + all of the above = \$60
- 2 Freeskate sessions + the above = \$70
- 3 Freeskate sessions + the above = \$80

### 2. Add-on Packages

Fees for skaters adding an extra week(s) will be assessed a fee according to the daily rate applicable for the total number of weeks registered (Add-on week included).

### 3. Competitive Pair Ice Fee

Pair skaters will be assessed a fee of \$34/per skater/per week in addition to their chosen summer school package fee.

### 4. Replacement Ice Policy

At the discretion of the skating directors, skaters may replace missed sessions due to competitions.

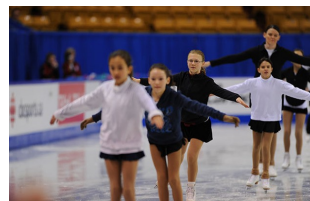
## 5. Junior Prep

The Jr Prep program offers opportunities to skaters who are currently at a level of skating from Stage 4 CanSkate to Star 1.

### *Skaters will:*

- Develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating
- Learn figure skating skills in a group lesson format in a progressive and sequential manner
- Have the opportunity to arrange private lessons, take Skate Canada tests
- Use the program as a springboard towards the STARSkate or the Competitive streams of figure skating
- Maintain and develop your current skills
- Meet new friends & have fun!

**Register early to avoid disappointment as space is very limited!!**



## Jr. Prep Program Details

### Program dates and fees:

- Week 1 (Jul 2<sup>nd</sup> to Jul 5<sup>th</sup>) = \$120
- Week 6 (Aug 6<sup>th</sup> to 9<sup>th</sup>): \$120

### The Jr. Prep program includes:

- 1 daily ice session
- all coaching instruction
- 2 off-ice training sessions per week

### Jr. Prep Schedule for July 2nd to 5th:

#### **Ice times for July 2nd to 5th**

- No skating on Monday July 1st
- Tues, Thurs, Fri 10:00 - 10:45am
- Wed @ 11:30 - 12:15pm

#### **Off-ice Training July 2nd to 5th**

- Wednesday 10:30 - 11:00am
- Friday 11:00 - 11:30am

### Jr. Prep Schedule for August 6th to 9th:

#### **Ice times for August 6th to 9th**

- No skating on Monday August 5th
- Tues, Thurs 10:45 - 11:30am
- Wednesday 11:30am - 12:15pm
- Friday 10:00am to 10:45am

#### **Off-ice Training August 6th to 9th**

- Wednesday 10:30 - 11:00am
- Friday 11:00 - 11:30am

### Additional Week Option

As an add-on to one week purchased of the Jr. Prep program, skaters may purchase an add'l week of ice sessions for private lessons. Please consult Skate Regina for details and costs.

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