



SKATECANADA

NATIONAL PERFORMANCE CENTRE

Coach Development Opportunity

Presenter: Monica Lockie

Date: Monday, Oct 26th, 2015

Location: Memramcook – Arena Eugene LeBlanc

450 Centrale Street, Memramcook, NB E4K 3S5

Time: 12:30 pm – 6:30 pm

Cost: FREE

Topic: The new STAR 1-5 program (all disciplines) and Session Strategies (Please bring your skates)

This workshop will explore the content of the new STAR 1-5 program along with strategies to build solid technique at the Learn to Train level of development.

Time	OFF ICE	ON ICE
12:15 pm	Sign in	
12:30 – 1:20 pm	Overview Motivation	
1:30 – 3:30 pm		Warm Up STAR 1-5 Skills STAR 1-5 Dance
3:40 – 4:20 pm	Overview of NEW STAR 1-5 program (skills, dance, freeskate)	
4:30 – 6:30 pm		STAR 1-5 Freeskate STAR 1-5 Session Strategies

To register visit npc.skatecanada.ca

Click Locations (top right), select Atlantic. Once on the Atlantic site, go to Login and create an account. Once an account is made, select the Registration tab to register. If you have any questions, please email: mlockie@skatecanada.ca