



Boot Breaker

Invite: Ice Edge Star Skaters

Date: Sunday, September 13, 2020

Overview & Purpose

Get back on the ice in a safe and fun interactive environment while getting a chance to meet your new coaches in a seminar format with group rotations of stroking, spins, jumps and create movement for 2020-2021, learn off-ice you can do on your own to improve your figure skating on ice performance and help prevent injury and set your goals. Skaters will leave with material at the end of the lecture and off-ice and will be expected to build off of it for the season.

Schedule

11:00-12:00 Goal Setting workshop (parents are encouraged to attend)

12-1:00 Off-Ice outside

1:00-1:30 Bring your own LUNCH

1:30-3:30 On Ice station rotation

Materials Needed

1. Water bottle
2. Lunch and snacks
3. Folder or binder (doesn't have to be new)
4. Pen or pencil
5. Running shoes and clothes for outside
6. Skates and skating clothes
7. Towel or mat for outside
8. Skipping rope (if you own one)
9. Great attitude
10. Smile



Coach Candice Campbell-Behm

Candice's is a personal trainer at the Glencoe Club since 2000. She has presented at the Skate Alberta high-performance seminar. Candice has also presented at skating clubs for fitness, nutrition, goal setting and mental training workshops.

Candice has her Bachelor of Science, Personal Fitness Trainer Certificate and Physical Education Diploma as well as is National Certified Professional Figure Skating coach. She is a hockey edge and agility specialist.

Coach Kerri Brauner

National Certified coach who has coached provincial champions, quad gold skaters and national competitors. She has her Junior competitive and Novice Pairs tests.

Coach Brenda Burger

National Certified coach with over 30 years coaching experience and was a provincial champion for pre-novice and novice ladies. She has coached many competitive and gold skaters in BC and Alberta.

Coach Annette Campbell

Nationally certified coach with over 30 years of coaching experience and has coached athletes who won the Alberta Winter Games, provincials, and many quad gold skaters in figures, skills, freeskate, artistic and dance in Sask, Ont and AB.