



Boot Breaker

Invite: Ice Edge Star and Group Star Skaters

Date: Sunday September 18, 2022

Overview & Purpose

Get back on the ice in an interactive environment while getting a chance to break in new skates and meet your friends and coaches, set goals for the year for tests and competitions, and learn some nutrition tips for training. Coach Candice and Coach Michelle will be working on Annie's edges, jumps, spins and performance on the ice.

Schedule

- 10:30-12:00 Goal Setting and Nutrition Workshop (parents are encouraged to attend)
- 12:00-1:00 Off-Ice Fitness Testing
- 1:00-1:30 Bring your own LUNCH
- 1:30-2:30 On Ice

Materials Needed

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

Coach Candice Campbell-Behm

Candice has been 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 and Chartered Professional Coach. She is a hockey edge and agility specialist working with learn to skate to pro and college players.

Coach Michelle

Michelle is National Coach Certified and holds a Bachelor of Science in Biological Science and Physics. She was a Canada Winter Games Coach in 2003 and 2011. Michelle is also a recipient of the 25 year Alberta NWT/ Nunavut Section Coach Award. She has presented at the Movement and Theater workshops.