

Extra Morning Ice Training

All Star Skaters



If you love gliding across the smooth morning ice and hearing the grinding sound of your blade as it bites the ice, and you cannot get enough of the exhilaration that comes with spinning, jumping, twisting in the air, and landing a jump, we have scheduled extra morning ice!

Morning ice time training will focus on Annie's Edges, jumps and spins. Annie's Edges will improve your stroking and edge quality, which are crucial with the judging system. Strong skating skills are rewarded in competition and tests, and spins can be worth as much as a double jump, so this will be an excellent opportunity to improve in these areas. This training will help you become a fundamentally stronger skater in freeskate, skills and dance.

Who should attend?

StarSkaters who desire an extra training in edges, jumps and spins. Annie's edges will benefit a competitive skater in improving their skating skills and being rewarded with transition marks during competitions, thereby resulting in a higher point total.

Annie's Edges

Annie's Edges is a system developed by Anne Schelter, the world renowned Edge Specialist. It consists of patterns, exercises and games that are essential for any skater, from beginner to world class, to attain the best edge control and quality. Her system is taught in seminars and clinics around the world.

Training Coach

Morning ice will be coached by Annette Campbell. She is a nationally certified coach with over 30 years of coaching experience. She has coached athletes who won the Alberta Winter Games, provincials, and many quad gold skaters in figures, skills, freeskate, artistic and dance in Saskatchewan, Ontario and Alberta.



Schedule

Wednesdays 6:30-7:30AM
Fridays 6:30-7:30AM

Each class will consist of:
30 min Annie's Edges
30 min Jumping and Spins

Cost

Registration in the morning ice program includes your ice time AND the coaching fees. You will NOT be invoiced for additional coaching fees from the morning sessions.

What to Bring

1. Water
2. Skates
3. Positive morning attitude!