

Skate Saskatoon

Seminar

September 9th – 10th

Presenting Karen Preston



- Two time National Champion of Canada
- Three time World competitor
- Olympian
- Double Master Rated PSA Coach
- NCCP Level 3
- National Level Technical Specialist for Canada
- Director of Figure Skating Canadian Ice Academy

Karen has taught skating for over 25 years in both the USA and Canada. She has coached skaters from the grass roots level to National Medalists. She works with Brian Orser as part of the team at the Toronto Cricket club and has studied under USA Olympic coaches at numerous PSA events. She now lives and coaches in the Toronto area.

Additionally presenting Shelley Prosko



- Physical Therapist, Professional Yoga Therapist, Pilates Instructor
- Accomplished figure skater and has traveled the world with many professional Ice Shows.
- Combines the practices of physiotherapy and yoga into a unique engaging experience!
- Will be leading Off-Ice instruction

The seminar is for: Advanced Canskaters, Star 1- 5 skaters, all levels of Star and Competitive skaters, Coaches of all levels and Parents!

Registration begins in August. Keep watch for more information!