



# SUMMER SCHOOL

July 1<sup>st</sup> – August 30<sup>th</sup>, 2019

*9 Exciting Weeks*

**A.C.T. SKATING CENTRE**

**107 – 105<sup>th</sup> Street East, Saskatoon, SK S7N 1Z2**

Email: [office@skatesaskatoon.com](mailto:office@skatesaskatoon.com)

Blaise Kirchesner (clubmanager@skatesaskatoon.com)

Sanctioned by SKATE CANADA  
<http://skatesaskatoon.weebly.com>



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## SUMMER 2019 SCHEDULE (MONDAY – FRIDAY)

\*schedule in effect July 1 and August 5\*

#1 OPEN FS	7:00—7:45
#2 OPEN FS	7:45—8:30
FLOOD	
#3 SENIOR FS	8:45—9:30
#4 INTER/SR FS	9:30—10:15
FLOOD	
#5 OPEN FS	10:30—11:15
#6 OPEN FS	11:15—12:00
FLOOD	
#7 JR/INTER FS	12:15—1:00
#8 OPEN SKILLS & DANCE	1:00—1:45
FLOOD	
#9 SENIOR FS	2:00—2:45
#10 OPEN FS	2:45—3:30
FLOOD	
#11 OPEN FS	3:45—4:30
#12 JR/INTER FS	4:30—5:15
#13 OPEN FS	5:15—6:00
FLOOD	
#14 OPEN FS	6:15 – 7:00 (WEEK 1 ONLY)
<b>CANSKATE/ADV PRESTAR/STAR 1, 2/POWER EDGES GROUP INSTRUCTION</b>	
<b>6:15 – 7:00 (WEEKS 2-9)</b>	
#15 OPEN FS/S/D	7:00—7:45
FLOOD	
#16 OPEN FS/S/D	8:00 – 9:00 (Week 9 – GROUP INSTRUCTED POWER SKATING)

### Groups:

**JUNIOR** – Advanced PreStar, StarSkate 1 and 2

**INTERMEDIATE** – StarSkate 3, 4, 5

**SENIOR** – StarSkate 6-10 and Gold (competing Juvenile and up at Sectionals, Nov. 2019)

**OPEN** – any and all levels of skaters

**POWER SKATING** – must be playing NOVICE or ATOM for 2019 season

## **CALENDAR OF SKATING WEEKS:**

- WEEK 1** Monday, July 1 – Friday, July 5  
**WEEK 2** Monday, July 8 – Friday, July 12  
**WEEK 3** Monday, July 15 – Friday, July 19  
**WEEK 4** Monday, July 22 – Friday, July 26  
**WEEK 5** Monday, July 29 – Friday, August 2  
**WEEK 6** Monday, August 5 – Friday, August 9  
**WEEK 7** Monday, August 12 – Friday, August 16  
**WEEK 8** Monday, August 19 – Friday, August 23  
**WEEK 9** Monday, August 26 – Friday, August 30

**OPTIONS CAN BE PURCHASED BY THE WEEK OR ON A WEEKLY BASIS**

**CANSKATE/ADVANCED PRESTAR/STAR 1, 2/POWER EDGES  
RUNS WEEKLY WEEKS 2 - 9  
MONDAY – THURSDAY 6:15 – 7:00 PM**

**TEST DAYS** – **Test day scheduling and level of tests will be determined by judges' availability.** Skaters should book their summer skating to include the test day at their level. In order to host test- days, regularly scheduled ice time has to be used. The summer school attempts to keep schedule disruptions to a minimum.

Test days will be held on the Thursdays and/or Fridays of **Week 4, Week 6, and Week 8** (up to and including Gold Freeskate, Skills, Dance). Test fees will be posted at the rink and must be paid (on-line) before tests can be taken.

**OFF ICE FITNESS PROGRAM** – *the Off Ice program will be organized, designed, and programmed by BROOKE (ELLIS) ROBERTSON.* Brooke is a former National level figure skater, and now owns and operates Competitive Edge Training. Check out [www.competitiveedgetraining.ca](http://www.competitiveedgetraining.ca) for Brooke's history, classes, workshops, and training philosophy. The fitness classes will take place at the A.C.T. Hall, and focus on overall fitness, performance, and training geared toward figure skating. In order to sign up for classes, please contact Brooke directly for programming and pricing.

**306-280-1772**

**[brooke@competitiveedgetraining.ca](mailto:brooke@competitiveedgetraining.ca)**

## **SUMMER SCHOOL COACHES**

### **SKATE SASKATOON COACHES:**

#### **DALE HAZELL (306-374-4925)**

NCCP Level 5 Certified International Coach; Coach/Trainer/Manager of Provincial, Canadian, and International Competitors and Medalists; Saskatoon Sports Hall of Fame Inductee; 50 years coaching experience at all levels; Former Program Developer for Skate Canada Saskatchewan. Accepting new students at all levels (CanSkate, Advanced, STAR & Competitive); Contact for complete resume and coaching fees. [dhazell@sasktel.net](mailto:dhazell@sasktel.net)

#### **SANDRA NICHOLAT**

National Coach Certified Level 3, Partial Level 4; Gold Free Skate, Gold Figures, Gold Dance; Junior Competitive Singles: Junior Competitive Pairs; Partial Diamond Dance; Certified CanPowerSkate. Professional Coach since September 1981.

Lesson Information: Please contact for availability and pricing. Available weeks 1-8. [sandynicholat@gmail.com](mailto:sandynicholat@gmail.com)

#### **PADGET RIEDIGER**

CERT. LEVEL 3, (National Coach), partial LEVEL 4, Skate Canada Diamond Dance, Gold Figure, Freeskate, Junior Competitive Dance, Novice Competitive Singles. 38 Years Coaching. Please contact for availability. [pried@shaw.ca](mailto:pried@shaw.ca)

#### **ROSEMARY ARMSTRONG (306-280-4764)**

Certified National Level Coach; NCCP Level 3 singles certified and partial Level 4; NCCP Level 2 dance certified; Skate Canada CanPower certified; Trained Special Olympics; NCCP Learning Facilitator; Skate Canada Coaches CEP Silver Status; 43 years coaching experience. Accepting new students in all programs. Please contact for availability and coaching fees. [rosemary.a@shaw.ca](mailto:rosemary.a@shaw.ca)

#### **BLAISE KIRCHGESNER, B.A., M.Ed. (306-343-9676)**

LESSON RATE: \$13.00

NCCP CERT. LEVEL 3 (National Coach), Partial LEVEL 4, Skate Canada Gold Figure, Freeskate, Dance, Senior Competitive, Novice Pair, Bronze Rhythm, 3 years with Ice Capades. Certified CanPowerskating Coach. Available for harness lessons & all levels of skills, freeskate, & dance. 29 years coaching. Please contact by email for Summer Availability. [kirchgesner@sasktel.net](mailto:kirchgesner@sasktel.net)

#### **NEIL TYMORUSKI, B.A. (306-491-4825)**

LESSON RATE: \$13.00

NCCP Level 3 Certified (National Coach); 7<sup>th</sup> Figure Test, Gold FS, Gold Dance, Gold Interpretive Dance, Junior Pair, Novice Singles, Previously coached at Springbank FSC, AB. Certified CanPowerskating Coach. 33 years experience. Diploma in Child & Youth Counseling, Bachelor of Applied Child Studies. [ntymoruski@gmail.com](mailto:ntymoruski@gmail.com)

#### **CHANTEL (NORMAN) MCDOUGALL (306-260-0988)**

LESSON RATE: \$11.00

NCCP Certified Level 2, Level 3 Theory, General, Partial Singles and Dance, Partial level 4/5 tasks. Advanced Coaching Diploma, Trained National Coach; Gold Skills & Dance; Junior Silver Freeskate; Silver Interpretive; 19 years coaching [sk8chantel@gmail.com](mailto:sk8chantel@gmail.com); [www.chantelmcdougall.com](http://www.chantelmcdougall.com); facebook Chantel McDougall—figure skating coach

### **LESSON RATE:**

**Paid directly to the coach. GST, where applicable, is not reflected in the lesson rate. The lesson rate is for a 15 minute lesson. Registration fees are separate from lesson fees.**

### **PLEASE ARRANGE LESSONS DIRECTLY WITH THE COACH**

## **ADDITIONAL SUMMER COACHES:**

**KAITLYN BENKO** (306-514-1314)

LESSON RATE \$6.00

1 year coaching experience, Regional and CanSkate Coach. Skate Canada Gold Freeskate, Gold Dances, Gold Skills and Gold Interpretative.  
kaitlynbenko@gmail.com

**SHERRYL BRITTON** (306-232-7549)

LESSON RATE: \$13.00 (includes expenses)

34 yrs coaching experience, Level III Theory, General Subjects, Singles, Dance, Certified Level II all disciplines.  
CanPowerSkate & new CanSkate Certified, CanSkate Coach University, Skate Canada Gold Skills, partial Gold Dance, Dance Variation,  
Senior Bronze Freeskate, Bronze Singles Interpretive, Introductory Couples Interpretive, CEP Gold Status. icesk84me@hotmail.com

**MICHELLE COWELL** (306-863-2391)

LESSON RATE \$10.50

Certified National Level (formerly Level 3, Partial Level 4), CanPower, Special O. CanSkate University and new CanSkate Certified.  
Coached skaters to Gold level in all disciplines. Coach of provincial and national competitors & medalists in Dance, Singles, Adult, and  
Special O. Gold status for Skate Canada Coaches Continuous Education Program 19 years coaching cowell@staffcomm.com

**KENDRA MacDONALD**, B.Sc. (306-380-1921)

LESSON RATE: \$7.00

CanSkate/Regional Coach in Training. Gold Freeskate, Dance, Skills, Interpretive. 6 time singles Challenge competitor (PreNovice – Senior).  
2 years coaching experience. kendrajmacdonald@gmail.com

**HEATHER MARTIN (REDDICK)** (306-229-2616) Warman Osler S.C.

LESSON RATE: \$9.50

National Coach Trained, Special Olympics Trained. Skate Canada Gold Dance, Gold Freeskate, Gold Artistic, Junior Competitive Singles.  
Coaches Core Committee Chairperson. 27 years coaching experience. mouse\_hr@hotmail.com

**JESSICA PENNER** (306-380-0956)

LESSON RATE: \$7.00

NCCP Certified Level 1, Skate Canada Senior Silver Skills, Partial Gold Dance, Junior Silver Freeskate, Bronze Interpretive. 6 years  
coaching experience. Available all weeks (booking dependent) jessica-penner@outlook.com

**SHELBY STUPAK** (home 382-5372, cell 370-7171)

LESSON RATE: \$7.00

NCCP Certified Level 1, Skate Canada Gold Skills, Junior Silver Dances, Senior Ladies Competitive test. 6 years coaching experience.  
sbs508@mail.usask.ca.

**CINDY TYMORUSKI** (306-937-7354) Skate Battlefords

LESSON RATE: \$14.25

Certified National Coach; Skate Canada Gold Figure, Freeskate, Dance, Variation Dance. Specialty – Spins. 42 years coaching experience.  
Available weeks 1, 3, 4, 5. Other weeks dependent on booking