

## Report written by Blaise Kirchgerner – Karen Preston / Shelly Prosko Fall Seminar

### Skate Saskatoon – Sept. 9 & 10, 2017

The initial planning for the Seminar began in December of 2016. I had made contact with Karen Preston and suggested the idea that she come to Saskatoon in September of 2017 for a Seminar. We had to secure a date that did not interfere with Canmore, Isabelle Henderson, and SaskSkate. By April, 2017, a date had been select – September 9 & 10. The ice time was scheduled from 8:30 AM – 5:00 PM both days.

Once that date was secured, I contacted Shelly Prosko (former professional skater and world traveller promoting fitness) to conduct the off ice fitness portion. In addition, I secured Russ Prosko to give a presentation on skate sizing, purchasing, maintenance, etc.

On April 29, 2017, it was announced at our club that this seminar was taking place via a “save the date” announcement. Online registration became activated on July 16. All members of Skate Saskatoon from the last 3 seasons were notified, as well as approximately 40 coaches throughout the province. Our promotions included reminders on Facebook, blog, website, and gmail. Posters were hung throughout the arena, and email registration reminders were sent every week (approximately).

Karen Preston flew into Saskatoon on Sept. 8, and taught private lessons for 4 hours in the afternoon. She was lodged at the Best Western East Side (approximately 5 minutes from the arena). Shelly flew into Saskatoon on Sept. 8, and stayed at her parents’ house.

Skaters from Saskatoon and 7 other clubs (Regina, LaRonge, North Battleford, Meadow Lake, Shellbrook, Eyebrow, Unity) attended the Seminar. The cost of the Seminar was: Advanced PreStar (\$60); StarSkate 1-5 (\$160); Competitive (\$160); Coaches (\$20); Parents (no charge). The registration numbers were:

Advanced Prestar (CS badges 4-6) = 12; StarSkate 1-5 = 20; Competitive (PreJuv – Jr) = 13

There were 5 coaches that attended (Susan Walsh, Blaise Kirchgerner, Neil Tymoruski, Sherryl Britton, Chantel Norman). Registered coaches were permitted to attend ANY on or off ice classes (some classes had specific invitations to coaches). Karen was very gracious with her time in utilizing her dartfish program with the coaches.

Karen’s on ice classes included – spins, jumps, transitions, field moves, edges, choreography, and movement. She utilized her catalogue of dartfish material for the all skaters. She also gave off ice presentations to the parents. Karen’s off ice classroom sessions discussed coaching, parenting, competitions, motivation, etc.

Shelly’s off ice fitness classes included – relaxation, yoga, movement, recovery, flexibility. Her on ice classes included movement, stretch, rhythm. Shelly’s classroom session educated parents on the importance of a healthy lifestyle and fitness. Shelly’s on ice classes educated the students and rhythmic movement, stretching, creative movement, edges, and turns.

Neil Tymoruski presented on the provincial team structure in Saskatchewan and the new StarSkate System.

Russ Prosko presented on blade sharpening, maintenance, sizing, quality, etc.

The off ice fitness classes took place at Mawson Fitness (next door to A.C.T. Arena). The classroom sessions took place in Dressing Room #4 at A.C.T. The classroom sessions had from 16-26 attendees for each session.

A survey monkey was distributed to the participants at the conclusion of the Seminar. The results of the survey were shared with the Board. A report was also submitted to the Section and Coaches Core Committee.

Blaise Kirchgerner  
Club Manager – Skate Saskatoon