



Spread the Word



**February 6, 2012**  
**STARSkate Athletes**  
**On Ice with ...**  
**Jeffrey Buttle**

*Skate Canada – Eastern Ontario, Skating Programs committee is pleased to present a seminar for STARSkate Athletes.*

**Criteria** This seminar is open to all EO STARSkaters from Preliminary to Gold. **Skaters must have passed half of the Preliminary FreeSkate Test (minimum) to attend.** Coaches are welcome to attend all sessions.

**When** **February 6<sup>th</sup>, 2012** Registration: 8:30 am ☞ Seminar: 9:00 am – 4:00 pm

**Where** **Invista Centre Kingston** - 1350 Gardiners Road, Kingston, ON K7P 0E5 Tel: 613-544-4442

**Fee** **SKATER: \$50.00 ea. COACH: \$25.00 ea.**

**Information** Skaters will be divided into groups. Comfortable off-ice attire is required. Workout mat or towel is recommended for floor work. There is a canteen located at the facility with a full menu, skaters may bring lunch if they prefer.

**For additional information please contact Glenda Cartwright – Telephone: 613.547.4495  
Email: [gk.cartwright@cogeco.ca](mailto:gk.cartwright@cogeco.ca)**

**Applications** Application forms are available on the Skate Canada – Eastern Ontario website

**Facilitators** On-Ice Facilitator – Olympic, World & National Champion: **Jeffrey Buttle**  
Off-Ice Facilitator – **Fine Line Fitness & Conditioning**  
Nutritionist – **Ellie Steele** will be conducting “Nutrition in Sport”

**Deadline** **Registration (Entry form and payment) must be received no later than February 3<sup>rd</sup>, 2012 – Fax to: 613-925-1314 or Email to: [eos@bellnet.ca](mailto:eos@bellnet.ca)**

**Applications:** Applications will be accepted on a “first come first served” basis. Confirmations will NOT be sent. Notices will only be sent should the application NOT be accepted.

**Refunds:** Refunds will be provided only in the case of cancellation of the clinic due to low registration **or** for medical reasons (doctors note is required) – subject to a \$10 administration fee.

**Payment:** Payment through PayPal without completing the applicable entry form is not considered a registration.

**Late entries will not be accepted!!**