



**SKATECANADA**  
CBS SKATING CLUB

# **2019 CBS Skating Club Easter Seminar**

**With Special Guests**

**KEEGAN MESSING, LANCE VIPOND  
& JESSICA GOSSE**

**April 22 to 24, 2019**

## Seminar Facilitators

**Lance Vipond** is an Olympic & World level choreographer whose clients include 3-time Olympic Medalist, 2018 World Champion and 3-time Canadian Champion, Kaetlyn Osmond, Olympic & World team member and 2018 Canadian Men's Silver Medalist, Keegan Messing and Olympic and World team member Kevin Reynolds. Lance has had skaters medal in every level at the National Championships in all events over the past 15 seasons and currently has skaters competing internationally on the Junior Grand Prix and Grand Prix circuit. He has a diploma in Theatre Arts from McEwan and studied acting at the Liverpool Institute for Performing Arts in England. His background in many areas of the arts, including theatre, dance and music, greatly informs his approach to skating choreography which, in turn, helps his skaters become well rounded entertainers and on ice story tellers. He is a highly energetic and enthusiastic facilitator, who strives to draw the "inner artist" out of every skater he works with as well as helping them find their "authentic selves" when it comes to movement and the delivery of choreography. Lance resides in Paris Ontario and travels throughout the country, from Newfoundland to Vancouver, choreographing and conducting clinics for skaters of all levels and disciplines.

**Jessica Goose** started her competitive coaching career in Marystown, NL where she developed young athletes from her CanSkate program to compete at the Skate Canada Junior National Championships. Among those young athletes was World Champion Kaetlyn Osmond and CBS Skating director Matthew Power. Over the past 13 years Jessica has been coaching alongside Ravi Walia a World and Olympic Coach at the Ice Palace Skating club in Edmonton, AB. During her 24 years of coaching experience Jessica has coached Alberta Sectional Champions in Pre-Juvenile, Novice, Junior and Senior events and National Medalists in Pairs. On top of managing her own athletes Jessica has worked with many National and International competitors. Jessica has taken skaters to 14 Junior National Championships and 11 Canadian Championships.

**Keegan Messing** is 2019 Canadian National Bronze Medallist and World Team Member. He finished in the top five at the 2015 and 2017 Canadian Championships, earning him a place on the national team. In October 2015 Messing made his Grand Prix debut at Skate Canada International. In November 2017 he placed an impressive fifth at NHK Trophy, his first Grand Prix event on foreign soil. After winning silver at the 2018 Canadian Championships, Messing made his Olympic debut at PyeongChang 2018, where he placed 12th. A month later, he posted an eighth-place finish at his first world championships, making him the top-ranked Canadian man at the event. Messing's fun-loving attitude and entertaining skating style has made him a worldwide fan favorite.

## Seminar Details

**When:** Monday April 22-Wednesday April 24, 2019

**Location:** Conception Bay South, NL

**Who:** The seminar will be opened to the following levels...

<b>Group:</b>	<b>Requirements:</b>
CanSkate	CanSkaters Stages 2-5
Synchro Group 1	Any Skaters currently skating on a Synchro Team at the Elementary & Pre-Juvenile Level.
Synchro Group 2	Any Skaters currently skating on a Synchro Team at the Juvenile & Pre-Novice Level.
Synchro Group 3	Any Skaters currently skating on a Synchro Team at the Novice, Intermediate, Open & Adult 1 Level.
Group A	Skaters who have completed the Senior Bronze or STAR 5 FreeSkate Test.
Group B	Skaters who have completed the full STAR 3/Preliminary FreeSkate Test.
Group C	Skaters who have completed the full STAR 2 Freeskate Test.
Group D	Skaters who have completed CanSkate Stage 5 but have not yet completed their STAR 2 FreeSkate Assessment.

<b>Cost:</b>		
<b>Group:</b>	<b>Details:</b>	<b>Fees:</b>
CanSkate	Monday Only. 1 Hour On-Ice + 1 Hour Off-Ice	<b>\$50.00 CBS SC Members</b> \$60.00 Outside Members
Synchro Group 1	Monday Only. 1 Hour On-Ice + 1 Hour Off-Ice	<b>\$45.00 CBS SC Members</b> \$60.00 Outside Members
Synchro Group 2	Monday Only. 1 Hour On-Ice + 1 Hour Off-Ice	<b>\$45.00 CBS SC Members</b> \$60.00 Outside Members
Synchro Group 3	Monday Only. 1 Hour On-Ice + 1 Hour Off-Ice	<b>\$45.00 CBS SC Members</b> \$60.00 Outside Members
Group A	Monday-Wednesday 2 On-Ice + 1 Off-Ice Per Day	<b>\$150.00 CBS SC Members</b> \$170.00 Outside Members
Group B	Monday-Wednesday 2 On-Ice + 1 Off-Ice Per Day	<b>\$150.00 CBS SC Members</b> \$170.00 Outside Members
Group C	Monday-Wednesday 2 On-Ice + 1 Off-Ice Per Day (Only 1 on-ice Session on Monday)	<b>\$110.00 CBS SC Members</b> \$130.00 Outside Members
Group D	Tuesday-Wednesday 2 On-Ice + 1 Off-Ice Per Day	<b>\$80.00 CBS SC Members</b> \$100.00 Outside Members

***If you also register for the Seminar you will save \$20.00 on the Synchro Session.***

## Registration Details

### **CBS Skating Club Members**

Registration will open for **CBS Skating Club Members ONLY** on **Friday April 5, 2019** at the following times...

Group A: 10:00am

Group B: 10:30am

Group C: 11:00am

Group D: 11:30am

CanSkate: 12:00pm

All Synchro Sessions: 1:00pm

### **Outside Members**

Registration will open for all **Outside Members** on **Wednesday April 10, 2019** at the following times...

Group A: 10:00am

Group B: 10:30am

Group C: 11:00am

Group D: 11:30am

CanSkate: 12:00pm

All Synchro Sessions: 1:00pm

All registration will take place through the CBS Skating Clubs Online Registration System.

[https://www.cbsskatingclub.com/registration/?sort=start\\_date](https://www.cbsskatingclub.com/registration/?sort=start_date)

If you have any questions about the seminar, please contact Matt Power at [cbssctechnicaldirector@hotmail.com](mailto:cbssctechnicaldirector@hotmail.com).