



MPPSC Seminar

January 3 & 4, 2019

Glacier Arena Rink 2



Guest Coach - Jennifer Jackson

A coach for over 29 years, Jen is a technical specialist and former director of the Riverside SC competitive program. She has coached men and women at all competitive levels and has had podium finishes at Challenge and Canada Games.

"I have been privileged to teach most of these skaters from an early age, most right from CanSkate. I have learned over the years the importance of training solid reliable technique from day one. You never know if the athlete whom you are training in CanSkate may develop into the next Canadian champion. Treat everyone like it is a possibility".

Jen Jackson

2 Day Seminar Registration Cost: \$100.00 per skater

Refunds only with medical certificate, \$25.00 admin fee shall apply.

Payment is due within 24 hours of registration by e-transfer to mppscreg@gmail.com

Thursday, January 3 & Friday, January 4, 2019 *

On Ice

9:00am-10:00am	Group A
10:00am-10:15am	FLOOD
10:15am-11:15am	Group B
11:15am-11:30am	FLOOD
11:30am-12:15pm	Group A
12:15pm-12:45pm	FLOOD/Lunch
12:45pm - 1:30pm	Group B
1:30pm - 2:30pm	Group C
2:30pm-2:45pm	FLOOD
2:45pm - 3:30pm	Group C

Off Ice

10:15am-11:00am	Yoga/Stretch Group A
11:30am-12:15pm	Yoga/Stretch Group B
12:30pm - 1:15pm	Yoga/Stretch Group C
1:00pm - 2:00pm	Conditioning Group A
2:15pm - 3:15pm	Conditioning Group B
3:45pm - 4:45pm	Conditioning Group C

* NOTE: Final schedule may change slightly.

Skaters

Group A	Senior	18
Group B	Intermediate	20
Group C	Junior	25

Online registration for MPPSC skaters opens on Sunday, November 18th @ 6pm
 Online registration for MPPSC associate skaters opens on Monday, November 19th @ 6pm

www.mppsc.ca