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***Pair Coaches’ Seminar***

**Where: 2013 Canadian Figure Skating Championships at the Hershey Centre in Mississauga**

**Sunday, January 13th to Tuesday, January 15th, 2013**

**Seminar Leader** Louis Stong

**Guest Coaches** Lee Barkell, Alison Purkiss, Kris Wirtz, and Bryce Davison

**Who should attend:** All coaches interested in starting a pair program!

All coaches interested in improving an existing pair program**.**

**Format:** Classroom discussions as well as observations and teaching during the novice pairs event.

**Tentative Schedule**

**Sunday, January 13**

Meeting Room 13:00 Introduction - Louis

ISU DVD How to put a pair team together.

Guest coach #1

Rink #2 14:45 Practice Gp #1

15:15 Practice Gp #2

16:00 Practice Gp #3

Meeting Room 16:45 Discussion & conclusion of day #1

**Monday, January 14**

Rink #2 9:45 Warm Up Gp #1

10:05 Warm Up Gp #2

10:25 Warm Up Gp #3

Meeting Room 10:45 Louis

Guest coach #2

12:15 Lunch (on your own)

Spectator Rink 14:45 Short program competition

Meeting Room 16:45 Louis - Discussion of the event

**Tuesday, January 15**

Spectator Rink 14:00 Free program competition

Meeting Room 15:30 Louis - Discussion of the event

Guest coach #3

16:30 Seminar completed

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***2013 Canadian Figure Skating Championships***

**Registration:**

**Name:**

**Skate Canada #:**

**CAC #:**

**Email address:**

**Phone number:**

**Fee:** $25.00 Ontario coaches

$50.00 all other coaches

Please make cheque payable to: Skate Ontario

**Please mail cheque and registration form to:**

Skate Ontario  
908 Schaeffer Outlook  
Newmarket, Ontario  
L3X 1V9

You will receive confirmation via email.