



Presents:

# Gary Beacom Masterclass

A Learning Opportunity for Coaches

**Tuesday, February 23, 2010**

**9:30 AM - 12:30 PM**

**Granite Club**

**2350 Bayview Avenue, Toronto**

Skate Canada-Central Ontario is pleased to provide coaches with this rare opportunity to step into Gary's world. Spend a morning exploring his innovative approach to technique, performance and learning.

**9:30-10:15 AM- Off ice.** Gary will discuss topics such as competition warm-up, the physics of rotation in spins and jumps and the psychology of turning an idea in a coach's head into action in a skater's body with reference to nurturing the skater/coach relationship, effective communication, testing comprehension, overcoming the strange feelings associated with making changes, mental and muscle memory and using games or challenges to motivate progress.

**10:30-11:45 AM- On ice.** Here is your chance to skate with Gary! Coaches will have an opportunity to try out his moves. However, if you choose not to skate, you can watch from the comfort of the carpet surrounding this board-less rink. Gary will cover such topics as creative turns, creative steps, spin technique, features and variations, deflutzification, the use of visual focus in performance and creative jump sequences. Gary may even run through one of his recent pieces.

**12:00-12:30 PM- Off ice.** Musicality and Q & A with Gary

**Cost: \$35.00**

**Special rates for COS Coaches:**

Coaches currently holding Gold CEP status: \$20.00

Coaches currently holding Silver CEP status: \$25.00

Coaches currently holding Bronze CEP status: \$30.00

This is a Coaches' Only clinic. Attendance will count 2.5 points towards coaches' CEP.

Parking at the Granite club costs \$10.00. Bring your parking stub to the Q&A session and receive a \$5.00 rebate. No outside food or beverages are allowed in the club. Coffee and snacks are available for purchase at the club. Please bring your skating clothing and skates for the on ice session. (you are not required to skate if you don't want to). Jeans are NOT allowed in the club.

All coaches interested must submit a registration form and payment to ensure their registration to the Skate Canada - Central Ontario office. Cheques made payable to Skate Canada – Central Ontario.

**Deadline for registration: Monday, February 22, 2010**

For more information and the registration form, please go to the COS website at [www.skatecanada-centralontario.com](http://www.skatecanada-centralontario.com) or contact Patricia Glenwright, Administrative Coordinator at 905-760-9100 ext 222