

ATHLETE DEVELOPMENT PROGRAM Under 14 Seminar Series Winter Session 2008

Skate Canada - Central Ontario (COS) is pleased to offer this excellent opportunity to eligible COS competitive singles skaters for the third year!

This program provides skaters and coaches with educational information on skating technique as well as music interpretation, off ice jumping, fitness, choreography and movement. This season the program will be directed by COS Coach Consultants Patricia Glenwright and Vesna Markovich in consultation with the COS Skater Development Committee. Attendance at all three (3) Sessions is essential to maximize the benefits of the program.

The selection for the 2008 COS "B" Teams will take place during Session 3. To be eligible for selection you must attend all three sessions. All skaters on the COS "B" teams will have the opportunity to be selected for the COS "A" teams by skating their solos in Session 4. Session 4 will be held in April 2008, more information to follow.

Those skaters having placed 1st at the 2008 BMO Financial Group Skate Canada Sectional Central Ontario Championships and who meet the age requirements will automatically be named to the "A" or "B" Team, based on their skating skills. In order to secure a place on the Team these skaters must attend all three (3) sessions.

COACHES: Coaches are encouraged to attend all the Sessions.

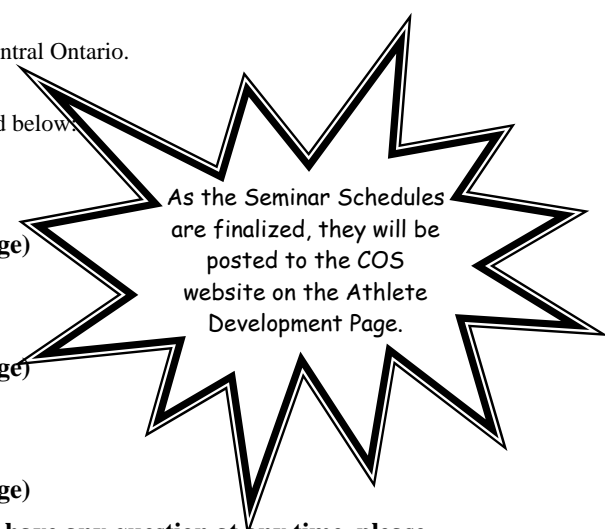
ELIGIBILITY: You are eligible to attend because you competed in a Singles event at the 2008 BMO Financial Group Skate Canada Sectional Central Ontario Championships in November 2007; Pre-Juvenile skaters must have competed in the 2008 BMO Financial Group Skate Canada Sectional Central Ontario Championships, 2007 Summer Skate or 2007 Octoberfest competition. You also meet the age requirement (under the age of 14 as of July 1, 2007).

COST: **\$95.00** Please make cheques payable to Skate Canada - Central Ontario.

DEADLINE: **MONDAY, JANUARY 28, 2008**

All skaters that meet the criteria have been invited by COS to attend all three sessions listed below.

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| 1. | DATE: | February 4, 2008 |
| | LOCATION: | Elgin Barrow Arena, Richmond Hill |
| | TIME: | 9:00am – 1:00pm (Times - Subject to Change) |
| 2. | DATE: | March 3, 2008 |
| | LOCATION: | Elgin Barrow Arena, Richmond Hill |
| | TIME: | 9:00am – 1:00pm (Times - Subject to Change) |
| 3. | DATE: | March 31, 2008 |
| | LOCATION: | Elgin Barrow Arena, Richmond Hill |
| | TIME: | 9:30am – 3:00pm (Times - Subject to Change) |



As the Seminar Schedules are finalized, they will be posted to the COS website on the Athlete Development Page.

Parent Information will be provided by written handouts. If you have any question at any time, please contact Erin d'Eon, Programs & Services Coordinator at 905-760-9100 ext 224.

Sessions 1 and 2 are dedicated to enriching the technical knowledge of skaters with both on ice and off ice components. In Session 3 skaters will be asked to perform prescribed elements and based on their success and quality skaters may be named to the "B" Team. "B" team skaters will have the opportunity to be selected for the "A" team in Session 4. "A" and "B" team skaters will be expected to maintain a certain standard of skating skill and physical fitness in order to remain eligible for the summer program. More details regarding the standards will be covered at the Winter Seminar Series.

Remember your skates for the on-ice session, running shoes for off-ice dance/fitness sessions. We hope that you will take advantage of this opportunity.

RETURN APPLICATIONS TO: Skate Canada - Central Ontario
Attn: Erin d'Eon, COS Programs and Services Coordinator, 905-760-9100 ext 224
111 Snidercroft Road, Unit A
Concord, ON L4K 2J8
DEADLINE: JANUARY 28, 2008