COS
SYNCHRONIZED SKATING TECHNICAL SEMINAR

AUGUST 10, 2010
4:00 pm – 10:00 pm
Skate Canada – Central Ontario Office
111 Snidercroft Road, Unit A
Concord, Ontario

PRESENTER: Cathy Dalton, ISU SYS Technical Committee

Cathy Dalton will lead discussion on Topics that include:

- *New Difficulty Groups & Explanations*
- *Technical Updates*

PRE REGISTRATION IS REQUIRED.

REGISTRATION FEE: $15.00 PER PARTICIPANT
(Dinner will be provided)

DEADLINE FOR REGISTRATION: Thursday August 5, 2010

This seminar is open to all COS Coaches, Technical Specialists and Technical Controllers. Out of section coaches, Technical Specialists and Technical Controllers are welcome if space is available. All coaches interested must submit an application and payment to ensure their registration to the Skate Canada - Central Ontario office.

PLEASE RETURN REGISTRATION FORM TO:
SKATE CANADA – CENTRAL ONTARIO
111 Snidercroft Road, Unit A
Concord, ON L4K 2J8
Attn: Patricia Glenwright, Administrative Coordinator
Telephone: 905-760-9100 ext 222
patricia@skatecanada-centralontario.com

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FIRST NAME _____ **SURNAME** _____

ADDRESS _____

CITY_____ **POSTAL CODE** _____

PHONE (____)_____ **EMAIL** _____

NCCP LEVEL _____ **SC#**_____ **CC#** _____

TEAM NAME:_____ **TEAM CATEGORY:**_____

REGISTRATION FEE: $15.00 PER PARTICIPANT (Dinner will be provided). Cheque payable to *Skate Canada – Central Ontario*.

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