

CPC Made Easy for STARSkate



Coaches, do you feel overwhelmed? Lost? Can't keep up with the changes and all the rule updates?? Well, here is your chance. This seminar will get you caught up!! We will start from the beginning and get you in the loop, and when you walk out the door at the end of the day, you will feel like you are back in control!

*Here is your chance to stop the roller coaster, get caught up and feel like you are in charge and understand our ever changing sport called **FIGURE SKATING**.*

- ❖ **Sunday, January 8, 2012**
- ❖ **12:00 – 4:00pm**
- ❖ **COS Office**
111 Snidercroft Rd, Unit A
Concord, ON

COST:	CEP Gold, Silver or Bronze	\$20.00
	No CEP Status	\$30.00
	Late Registration (including the day of)	\$50.00

Registration Deadline – January 3, 2012

Facilitator: Jeff Caan – Skate Canada Technical Specialist (Singles, Pairs & Ice Dance)