

# Coaches

## Skate Winnipeg Contracted Coaches

Russell, Margo	margo_russell@mymts.net	204-253-2811—Skate Winnipeg Head Coach
Chen, Tina	tinamaichen@gmail.com	204-330-8147 (text only—no calls)
Cybulsky, Carolyne	ccybulsky@gmail.com	204-290-0661
Dawe, Kevin	kevin_48@hotmail.com	204-894-8947
Russell, Deidre	deidskates94@hotmail.com	204-253-2811
Swischuk, Roni	ronis@mymts.net	204-832-4826
Winning, Connie	cdwinn@mymts.net	204-832-0766

## Additional Summer Program Coaches

Bauer, Rosalyn	Rosalyn_g@hotmail.com	204-471-8808
Boychuk, Clarise	rcboy@shaw.ca	204-255-5711
Cameron, Carolyn	Caberfamily@gmail.com	204-996-1878
Hysop, Carolyn	hysopc@gmail.com	204-479-6732
McKee, Dana	marrinsmom@yahoo.ca	204-896-9104
Rafferty, Meghan	meghan_rafferty7@hotmail.com	

**Our Summer Session welcomes all skaters and coaches who are in good standing with Skate Canada and their home clubs. Lessons are booked directly with the coach of your choice.**

**All Parents/Guardians are responsible for their child while at the arena. Do not leave your child unattended. The Club is not responsible to provide child supervision.**

**Simulations:** All Intermediate, Senior and Elite skaters registered for a minimum of 4 weeks, will be scheduled for simulations. Skaters must check the bulletin board for date and time. Feedback will be provided based on CPC format. Skaters are expected to be dressed as they would for competition and to prepare accordingly. Should you wish to opt out of Simulations, please advise the Head Coach.

**Off-ice includes classes in:** strength and conditioning; stretch and flexibility; off-ice jumps, and theatre. Skaters need to have the appropriate clothing and footwear.

**spirit days** throughout the summer, with prizes for all those who participate  
**hot lunch option once per week.**

By pre-order only. Order forms will be made available Monday each week.

## Gordon Linney Memorial Scholarships Are Available

Gordon Linney was a coach and advocate for Summer Figure Skating in Manitoba. To continue his legacy, Skate Winnipeg will again be awarding scholarships this summer in his memory. These scholarships are open to any summer registrant who is registered for a minimum of 4 weeks. Applicants are to prepare and submit 200-300 words on “the person who most inspires you for skating and why”. Mail the completed submission to **Skate Winnipeg, 1188 Dakota St. Winnipeg, Manitoba, R2N 3H4**. Scholarships will be awarded to successful applicants after submissions have been received. Junior, Intermediate, Senior and Elite scholarships are available. **Deadline for submissions is June 15th, 2017**



# skate winnipeg summer session 2017



**July 3<sup>rd</sup> To August 25<sup>th</sup>**  
**Test days will be held on July 28 and August 25.**  
**Manitoba Summer Open Competition—July 29-30, 2017**

**Dakota Community Centre**  
**1188 Dakota St. Winnipeg, MB**

**Sanctioned by Skate Canada**

## Skate Winnipeg Summer Fee Schedule

**To be eligible for maximum discount, register by June 15, 2017**

10% discount for Skate Winnipeg Members

Family discount: 10% off the total bill for families with 2 or more skaters registered.

NOTE: To qualify for FAMILY RATE, each booking must be a min. of 4 weeks.

10% discount for complete summer session (8 weeks)

Preference will be given to those who register for the full 8 weeks

**Maximum total discount allowed 30%**

### SESSION PRICE PER WEEK

SENIOR DANCE	25.00
ELITE	260.00
SENIOR	250.00
INTERMEDIATE	215.00
JUNIOR—Weeks 1-4	160.00
JUNIOR—Weeks 5-8	155.00

**Register at [www.skatewinnipeg.ca](http://www.skatewinnipeg.ca)**

2017 Skate Winnipeg Summer Session Schedule - Wks 1-4

	Monday/Tuesday/Thursday/Friday		Wednesday—No Off Ice
	On Ice	OFF ICE	On Ice
6:45-7:45	Harness/Choreography*		Harness/Choreography*
7:45-8:00	Senior Spins		Senior Spins
8:00-8:45	Senior FreeSkate		Senior FreeSkate
8:45-8:55	FLOOD		FLOOD
8:55-9:55	Elite FreeSkate		Elite FreeSkate
9:55-10:05	FLOOD		FLOOD
10:05-10:35	Elite/Sr. Skills/Ft work		Elite/Sr. Skills/Ft work
10:35-11:20	Senior FreeSkate		Senior FreeSkate
11:20-11:30	FLOOD		FLOOD
11:30-11:45	Elite Spins	11:30-12:15 Sr	Elite Spins
11:45-12:45	Elite FreeSkate		Elite FreeSkate
12:45-1:10	Elite/Sr. Stroking		FLOOD—12:45-12:55
1:10-1:20	FLOOD		SIMULATIONS - 12:55-1:50
1:20-1:50	Sr/Int Dance	1:45-2:30 Elite	
1:50-2:00	Int Spins		Int Spins
2:00-2:45	Int. FreeSkate		Int. FreeSkate
2:45-3:00	Int. stroking	2:30-3:00 Jr.	Int./Jr. Stroking
3:00-3:10	FLOOD		FLOOD
3:10-3:40	Int/Jr Skills		Jr./Int Skills
3:40-4:25	Int/Jr. FreeSkate		Int/Jr. Free—3:40 - 4:30
4:25-4:35	Jr. Stroking		Int/Jr. Dance—4:30-5:00
4:35-5:00	Jr. Dance	4:30-5:00 Int.	

**\*Harness/Choreography Sessions:** Open to skaters of all levels. Ice-time is purchased through the Dakota Community Centre. This is not Summer Session ice. Drop in fee is at a cost of \$10.00 per session and must be paid prior to the skater participating in the session. Money must be deposited in Dakota Training Centre binder at music station.

**Payment & Refund Policies:** Skate Winnipeg reserves the right to change or cancel any program for which there is insufficient paid registration. Session levels are guidelines only. Skaters will be placed on the correct session based on skating ability, test level, age, space, and competitive record. No refunds after closing date of June 15, 2017.

Information 2017—www.skatewinnipeg.ca

**Elite (Must book 8 weeks)** Max. 14 skaters per session.  
Skate Manitoba Elite or High Performance Team members. Other Novice to Senior competitive skaters, space permitting. Includes 2 FS, Footwork/Skills, Spins, Stroking/Edges, Off-ice and Simulations.

**Senior** Max. 20 skaters per session.  
Pre-Novice Competitive and Up/Completed Jr. Silver FreeSkate. Includes daily schedule of 2 Senior FS, Footwork/Skills, Spins, Stroking/Edges, Off-ice and simulations.

**Senior Dance** - Available for Seniors as not included in Elite or Senior.  
Passed complete Jr. Silver dance tests or higher. Working on Sr. Silver to Diamond dances.

**Intermediate** Max. 24 skaters per session.  
Completed Star 5 FreeSkate Test to Completed Sr. Bronze FreeSkate. Includes daily schedule of 2 Intermediate FS, Footwork/Skills, Spins, Stroking/Edges, Dance, Off-ice and simulations.

**Junior** Max. 28 skaters per session.  
Jr. Academy (CanSkate Stage 5 to STAR 2) to STAR 5. Includes daily schedule of 1 Jr. FS, Skills, Dance, Stroking, and Off-ice.

2017 Skate Winnipeg Summer Session Schedule—Wks 5 - 8

	Monday/Tuesday/Thursday/Friday		Wednesday—No Off Ice
	On Ice	OFF ICE	On Ice
6:45-7:45	Harness/Choreography * Sr. Dance Option		Harness/Choreography * Sr. Dance Option
7:45-8:00	Senior Spins		Senior Spins
8:00-8:45	Senior Freeskate		Senior Free
8:45-8:55	FLOOD		FLOOD
8:55-9:55	Elite Freeskate		Elite Freeskate
9:55-10:05	FLOOD		FLOOD
10:05-10:35	Elite/Sr. Skills/Ft work		Elite/Sr. Skills/Ft work
10:35-11:20	Senior Freeskate		Senior Freeskate
11:20-11:30	FLOOD		FLOOD
11:30-11:45	Elite Spins	11:30-12:15 Sr.	Elite Spins
11:45-12:45	Elite Freeskate		Elite Freeskate
12:45-1:10	Elite/Sr. Stroking	12:30-1:00 Int.	FLOOD—12:45—12:55
1:10-1:20	FLOOD		SIMULATIONS - 12:55-1:50
1:20-1:50	Jr/Int/Sr Dance	1:45-2:30 Elite	
1:50-2:20	Jr./Int Skills		Int Free —1:50 - 2:35
2:20-3:05	Jr./Int Freeskate		Jr/Int Skills - 2:35-3:05
3:05-3:15	FLOOD		FLOOD
3:15-3:30	Int. Spins	3:15-3:45 Jr.	Jr/Int Spins
3:30-4:15	Int. Freeskate		Jr/Int Freeskate
4:15-4:30	Int. Stroking		Jr/Int Stroking