



Clubs, Coaches and Skaters,

The APEX Skating Academy is happy to announce that they had a successful Spring 2017 session! There were 187 skaters registered, 87 successful STAR 1-5 assessments, and 84 evaluated Skate Canada tests. We are now looking forward to the start of the APEX Fall Academy programs.

### **APEX Fall Academy**

#### **Mission and Goals**

The APEX Skating Academy is pleased to offer a four week program where skaters are encouraged to develop their skills and work towards their personal skating goals. Our approach to training focuses on the skater's development both on and off the ice, by including off-ice training sessions and group lectures.

Our mission is to assist in meeting the demand for ice time and offer quality training opportunities for all skaters. We accept all skaters and coaches who are looking for a positive and supportive training environment. Skaters should contact their private coaches before registering for sessions with APEX Skating Academy.

The 2017 Fall Academy will run out of the CBS Arena (Graham Miffen Drive, CBS) and the Robert French Memorial Stadium (Legion Road, CBS).

#### **Program Dates**

Fall programs will commence on Tuesday, September 5th and conclude on Sunday, October 1st. Test days will be scheduled for Monday, October 2nd and Tuesday, October 3rd.

#### **How to Register**

All registration will be completed online at <https://apex.uplifterinc.com> and accepted on a first come first served basis.

Registration for all programs will open on **Saturday, July 29, 2017** at the following times:

**Senior** – 10:00am

**Intermediate** – 1:00pm

**Junior** – 4:00pm

**CanSkate** – 7:00pm

***All registration fees must be paid by August 15, 2017***

If you have any questions please inquire at [apexskatingacademy@gmail.com](mailto:apexskatingacademy@gmail.com)

## **The following programs will be offered in the Fall of 2017:**

### **CanSkate**

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity. This 6 weeks program offers options to skate 1 or 2 times per week under the instruction of NCCP trained professional coaches and program assistants. Lessons will be given in a group format with a maximum coach to student ratio of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Report cards will be distributed at the end of the 6 weeks program which will indicate the skills achieved as well as the elements that still require some work.

Eligibility – STAGE 1-6 skaters **\*ALL skaters must wear a CSA approved helmet.**

### **Junior**

The APEX Junior session is geared towards skaters working on their STAR 1 to 4 tests. Our focus is implementing Skate Canada's new STAR 1-5 test program. This program is designed to encourage quality basics and coach assessments. Through a collaborative approach, skaters and coaches will strive to maximize skill development and acquisition.

Junior skaters have an option of registering for 1-5 days per week.

### **Intermediate**

The APEX Intermediate session is geared towards skaters who have passed the Junior Bronze/STAR 4 FreeSkate test. Skaters will be offered sessions to progress in the areas of Skating Skills, Dance, and FreeSkate. Stroking sessions will also be offered focusing on edge/turn and musical development.

Intermediate skaters have an option of registering for 1-5 days per week.

\*Please note the Wednesday Intermediate divisions

Jr/Int – Skaters not passed the complete Senior Bronze FreeSkate test.

Int/Sr – Skaters passed the complete Senior Bronze FreeSkate test.

### **Senior**

The APEX Senior session is designed for skaters who have passed the Junior Silver FreeSkate test. Skaters will be offered increased FreeSkate time as they start preparing for the competitive season ahead. Stroking sessions will be offered with emphases on skating skills, edge/turn development, and transitions to improve upon program components.

Senior skaters have an option of registering for 1-6 days per week.

## **APEX EXTRAS**

### **Off-Ice Sessions**

Off-Ice sessions will be offered to all registered Junior, Intermediate and Senior skaters. These sessions are scheduled for Tuesdays, however if you are not registered for a Tuesday session, you may still avail of the off-ice program, at no additional cost.

### **Group Lectures**

There will be group lectures available to all registered Junior, Intermediate and Senior skaters on Injury Prevention, Concussions, and Competition Strategies at no additional cost. Details and times will be announced closer to the start date.