



Clubs, Coaches and Skaters:

## **APEX Spring Academy 2019**

### **Mission and Goals**

The APEX Skating Academy is pleased to offer a six-week program where skaters are encouraged to develop their skills while working towards their personal skating goals. Our approach to training focuses not only on a skater's development on the ice, but also includes off-ice training, and other developmental opportunities.

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

Our 2019 Spring programs will run out of the CBS Arena, Robert French Memorial Stadium and Paradise Double Ice Complex.

### **Program Dates**

Spring programs will commence on Thursday, May 2, 2019 and conclude on Wednesday, June 12, 2019. Test day is scheduled for Monday, June 10, 2019.

### **How to Register**

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

Registration for the following programs will begin **Wednesday, March 27, 2019:**

**Senior** – 4:00PM

**Intermediate** – 5:00PM

**Junior** – 6:00PM

**STAR Academy** – 7:00PM

**CanSkate** – 7:00PM

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

## The following programs will be offered in the Spring of 2019:

### **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-week program offers instruction from 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.

**Eligibility:** PreCanSkate and Stage 1-6 skaters.

\*CanSkaters working on Stage 4-6, interested in focusing on figure skating skills, are also encouraged to register for our **STAR Academy Program**.



### **STAR Academy**

The **STAR Academy Program** is an introduction to figure skating and is well suited for skaters working on STAR 1 Assessments. Skaters will learn the fundamentals in the 3 Areas of Skate Canada's STAR Program: Free Skate (Jumps and Spins), Skating Skills (Stroking and Field Movements), Ice Dance. The STAR Academy will be taught in a group format by trained Skate Canada Professional Coaches in a fun and enthusiastic atmosphere.

**\*Skaters in CanSkate Stage 4 and higher may also register for the STAR Academy.**





### **Junior**

The APEX Junior session is geared towards skaters working on their STAR 1 to 4 tests. Our focus is implementing Skate Canada's 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 Free Skate test. Skaters will be offered sessions to progress in the areas of Skating Skills, Dance, and Free Skate. Stroking sessions will also be offered focusing on power, edge/turn and musical development.

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

### **Senior**

The APEX Senior session is designed for skaters who have passed the Junior Silver Free Skate test. Skaters will be offered increased Free Skate 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.

### **Boys/Pairs & Dance**

The NEW APEX Boys/Pairs & Dance session is open to boys of all levels and any pairs/dance teams! Skaters are required to arrange lessons with their individual coaches for this session so please discuss with your coach prior to registering.

## **APEX ON-ICE EXTRAS**

### **On-Ice Jump Technique Classes**

These **NEW** 30-minute group classes will be available on Tuesdays (Intermediate) and Thursdays (Senior) and will focus on teaching exercises to develop strong jump technique.



### **Theme Days**

Our programs combine fun with learning. Skaters will be encouraged to take part in our scheduled "Theme Days" where we will offer Games, Prizes and more!!

## **APEX OFF-ICE EXTRAS**



### **Off-ice Jump & Conditioning Classes**

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 Tuesday sessions you may still avail of the off-ice program at no extra cost.

### **Group Workshops**

There will be group workshops available to all registered Junior, Intermediate and Senior skaters on topics such as, Goal Setting, and Proper Warm-Up/Cool Downs at no additional cost. Details and times to be announced.