

Figure 8 Skating Club



Kick Start Week for Private & IFS skaters September 6-10 2016 Kenilworth arena

Tuesday Sept 6th 2016

- 3:45-4:00pm: Independent Warm Up
4:00-4:45pm: Open
4:45pm-5:45pm: Clinic with Carey and Ashlee
5:45pm-6:15pm: Team Building w/Carey and Ashlee *
6:20pm-6:50pm: Fitness Testing w/Carey (off-ice) *
6:20pm-6:50pm: Parent Talk w/Ashlee *
 - NEW Star 1-10 Explained
 - NEW Star Tests Explained
 - Group Classes/Stroking/Off Ice
 - Nutrition
 - Questions



Thursday Sept 8th 2016

- 3:45-4:00pm: Independent Warm Up
4:00-4:45pm: Open
4:45pm-5:45pm: Clinic with Jen/Ashlee
5:45pm-6:15pm: Team Building w/Jen and Ashlee *
6:20pm-6:50pm: Fitness Testing w/Carey (off-ice) *
6:20pm-6:50pm: Parent Talk w/Jen *
 - Equipment
 - Group Classes/Stroking/Off Ice
 - What you can expect your skaters to test/compete
 - Preparing your skater for tests/competitions (checklist, etc.)
 - Missing lessons/Being punctual
 - Questions

Saturday Sept 10th 2016

- 12 :15pm-12 :30 : Registration and meet Leonard and Antoinette
12:45pm-2:45pm: On Ice Seminar with Leonard and Antoinette
3:00pm-3:30pm: Off Ice with Leonard and Antoinette followed by a Q and A

* Introduction to Figure Skating (IFS) and private skaters. All other sessions are for private skaters only.

A**C****P****C**

Artistry, Choreography & Performance Clinic

Conducted By Antoinette Hempel-Bakker and Leonard Bakker

Kenilworth Arena, Saturday September 10th, 2016

12:15pm registration & meet Antoinette & Leonard

12:45-2:45pm On Ice class

3:00-3:30pm Off Ice class followed by a Question & Answer period



Unleash your inner superstar and wow the crowd. Your class conductors will aim to improve your skating artistry and performance through developing your ability to bring any audience into the heart of your story.

Antoinette and Leonard have 14 years of combined professional skating and performing experience. Performing in front of millions of people in over 50 countries on 6 continents as principle soloists and pairs, specialized characters and ensemble routine skaters.

Antoinette was a national competitor in Great Britain 6 times in Singles and is currently a Level 3 certified coach.

Leonard was a Canadian national competitor 6 times, including Sr. Men and Pairs. Has 5 Gold level tests and is currently a Level 2 trained coach.

Antoinette and Leonard currently coach full time and draw from their professional experience to enhance their teachings, they are look forwarding to sharing their experience with you.



Cost of the Kick Start Week is included in your registration fees. No extra charge to attend the clinics.