

2017 Western Ontario Coaches Seminar Series

PART A with Tracy Wilson - May 12, 2017

Deadline May 11, 2017

Where: Middlesex Wellness and Recreation Centre 1 Tunks Lane, Komoka, ON N0L 1R0

When: Friday, May 12, 2017 12:00 noon – 2:00 pm

Topic: *Stroking Exercises and Skating Skills*



TRACY WILSON

- Senior Canadian Dance Champion 1982 through 1988
- 1988 Olympic Bronze Medalist
- Inducted into the Canadian Olympic Hall of Fame
- Order of Canada
- Sports Commentator for CBS, NBC, TNT in US & CTV, CBC, TSN in Canada

PART B with Christy Krall - June 16 & 17, 2017

Deadline June 12, 2017

Where: Friday June 16 Four Points by Sheraton 1150 Wellington Rd South London N6E 1M3
Saturday June 17 Earl Nichols Arena 79 Homeview Rd., London N6C 5J4

When: Friday, June 16, 2017 7:00 pm – 10:00 pm
Saturday, June 17, 2017 8:30 am – 4:00 pm

Topic: Friday: *Defining the “Basic 8” positions in jumping utilizing Dartfish Analysis*
Saturday: *Language of Landings / Training for Jumps & Spins*
Turning Adversity into Victory – “My renewed perspective of success”

- World & Olympic Team Member, World & Olympic Coach
- Sr Director of Athlete Programs with USFSA 1996 – 2002
- Coached Josh Farris to his 2012 Junior World Men Title & World Team member 2015
- Master Rated Coach with Professional Skaters Association
- PSA Lifetime Achievement Award 2001, PSA & US Olympic Committee Sports Science Award 2008, 2011, 2013



CHRISTY KRALL



MORE INFORMATION AND TO REGISTER: www.skating-wos.on.ca / COACHING PAGE