

Seminar

With

Elizabeth Manley

Sanctioned by Skate Ontario

December 27, 2021

Robert Hartley Sports Complex

Hawkesbury, Ontario

9:00am – 4:30pm



- ❖ 1988 Olympic silver medalist
- ❖ 1988 World silver medalist
- ❖ Three-time Canadian National Champion
- ❖ Spokesperson for mental health issues

- ✓ On ice with Elizabeth
- ✓ Off ice:
 - Ballet
 - Flexibility
 - Strong Nation workout
- ✓ Talk with a judge

\$75 per skater

Coaches: 1-4 skaters attending: \$20

5+ skaters attending: free

(if space permits due to COVID restrictions)



Registration Form

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Name of Skater: _____

Email: _____

Level of Skater:

Working on FreeSkate:

- Star 1-2 (working on up to flip)
- Star 3-4 (working on lutz, axel)
- Star 5+ (working on double jumps)

Coach registration:

Name of coach: _____

Email: _____

Skaters attending:

- 1-4 \$20
- 5+ FREE

List skaters attending:

Schedule will be sent once payment has been received
and a spot has been secured

Please send this form filled out and etransfer payment to:
(for inquiries, please email)

hawkesburyseminar@gmail.com

Registration accepted on a first come, first serve basis
Coaches will be able to attend if space permits