

# Seminar

With

# Elizabeth Manley

Sanctioned by Skate Ontario

February 21, 2022

**Robert Hartley Sports Complex**

Hawkesbury, Ontario

9:00am – 4:00pm



- ❖ 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 Seminar with Elizabeth Manley

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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: \_\_\_\_\_

List skaters attending:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Skaters attending:

- 1-4 \$20
- 5+ FREE

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

Please send this form filled out **AND** etransfer payment  
(password Elizabeth) 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