



Markham Skating Club

Markham Skating Club is very proud to present our new COMPETITION TRAINING PROGRAM (CTP)

New in the 2009 – 2010 Season for Markham Skating Club is a program that is designed to assist skaters interested in training hard to achieve their goals and offers a more competitive skating experience. Skaters will benefit from competition simulation, feedback from coaches and fellow skaters, enhanced knowledge and skills in equipment preparation, visualization and the psychology of competing.

This session will be held on SATURDAY'S at 9-10 a.m.

The cost for the session is \$500 for the 2009-2010 season. This fee includes group lessons, coach led drills and other coaching by Markham Skating Club Coaches.

This program will have the following format:

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| 9-9:10 | Off Ice preparation including |
| 9:10-9:15 | Timed warm up - to simulate a competition warm up. |
| 9:15-9:30 | Competition simulation (skaters will perform their program based on a schedule or rotation.) |
| 9:30-9:35 | Feedback session |
| 9:35-10:00 | Drills and exercises designed to enhance overall skating and presentation taught by Markham Skating Club Coaches. |

This format may change at the discretion of the Coaches to meet the needs and goals of the skaters.

Skaters must meet the following criteria:

- Register for a minimum of 2 days of free skating as well as the CTP.
- Only skaters who have registered for this program are able to skate on this program. We are unable to accommodate "walk-on's".
- Skaters must be in Intermediate, Senior, or Advanced/Gold sessions.
- This program is by invitation only. Your Private Coach will contact you if they feel that this is a program that will meet your current skating needs and goals.