



OKANAGAN REGION  
SKATE CANADA - BC SECTION

To: All Okanagan Region Clubs, Coaches & Star 1, Star 2, Star 3, and Star 4 Skaters

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Again, this season, the Okanagan Region and the Kelowna Skating Club are pleased to present a Learn To Train Clinic for Star 1, Star 2, Star 3, Star 4 skaters in the Okanagan. This event, which will be offered in Kelowna BC, on Saturday, Sept 24, 2022, is an excellent opportunity for young skaters to attend their very first skating seminar. Please note: This clinic is not suitable for skaters that have already competed higher than the Star 4 level.

Attached you will find the Registration Form for the Learn To Train Clinic being offered. There will only be the one Clinic for all the areas of the Region. The Clinic will be held in Kelowna at the Capital News Centre. This will be for all the skaters of the Okanagan in the Star 1-4 categories.

The clinic will be moderated by Jason Mongrain and Karen Mongrain. Jason Mongrain is an NCCP Level 5 Certified coach and the Director of the Kelowna Skating Club and Centre of Excellence, a top producing training center in Canada. Karen is NCCP Level 3 (partial Level 4) Certified. International level coaches Jason and Karen Mongrain have coached for 26 and 28 years, respectively, including the past 20 years at the Kelowna Skating Club and Centre of Excellence.

Possessing exceptional technical skill and a clear understanding of grassroots and competitive skater development, Jason and Karen have coached and choreographed for BC and Yukon Provincial Champions, Canadian National Champions, and International medalists. Over the past 12 years, they have coached over 90 BC and Yukon Sectional medalists, including over 30 champions from the Juvenile through Senior levels. In this time, they also coached 11 different female skaters to 22 Canadian National level medal wins, including 7 champions.

**TO REGISTER:** Please complete the attached Google Registration Form and be sure to indicate which **Group** is requested. **All correspondence will be by email,** so please be reminded to include an **email address**. Make all cheques payable to Kelowna Skating Club and bring them to the check in desk at the seminar.

[https://docs.google.com/forms/d/e/1FAIpQLSc8wPtiMLxBqSH5zXnbW2wFzBJO3bdyQ1lj5jqrA41Aps6ryg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc8wPtiMLxBqSH5zXnbW2wFzBJO3bdyQ1lj5jqrA41Aps6ryg/viewform?usp=sf_link)

Registration Deadline is **SEPTEMBER 16<sup>th</sup>, 2022** (NO REFUNDS GIVEN AFTER DEADLINE DATE) **Please Note:** Due to limited space, registrations accepted on a 'first come' basis.