



Coaches Program 2015 Skating Symposium



Overview

Date: Saturday, August 29, 2015
Location: [Pyramid Recreation Centre](#)
317 James St. S., St. Marys, ON
Fee: \$75.00 – includes Lunch
PD Credit: 6 Professional Development points
To Register: Participants must register on-line via the OMHA website at www.omha.net

For additional Information, contact:

John Murphy, RDL – Region 3 | murphyj2@sympatico.ca

The 2015 OMHA Skating Symposium will include the new Hockey Canada - Skating Level 1 Instructional Stream course and feature guest speaker, Kathy Jankowski-Slegers, Professional Skating Coach with Skate Canada-Western Ontario.

Efficient and effective skating is the foundation for all other hockey skills. Skating ability is directly related to puck control, shooting, and checking, and improving a player's skating ability works towards improving all aspects of his/her game and greatly enhance their enjoyment of the game.

The new **Hockey Canada Developing Defensemen - Level 1 Instructional Stream course** will include: Balance & Agility; Edge Control; Striding; Backward Skating; Turning & Crossovers

Agenda

Time	Module / Topic
8.30am	Registration
8.45am	Welcome & Introduction
9.00am	Hockey Canada Instructional Stream Skating • Level 1 Classroom
10.30am	Break and prepare for ice session
10.45am	Hockey Canada Instructional Stream Skating • Level 1 Ice Session
12.15pm	Lunch
1.00pm	Guest Presenter • Kathy Jankowski-Slegers Skate Canada Classroom
2.15pm	Guest Presenter • Kathy Jankowski-Slegers Skate Canada Ice Session
4.00pm	Q & A / Wrap-up

NOTE: Participants must be prepared to participate on-ice and wear appropriate Coaching gear including CSA Approved Helmet, skates, stick, gloves and rink suit (no jeans) - Goaltending equipment is not required

Guest Presenters Profile

Kathy Jankowski Slegers | Skating Coach – Skate Canada-Western Ontario

Kathy Jankowski-Slegers has been coaching skating with Skate Canada since 1980 taking on roles such as the Western Ontario Section Representative to the Skate Ontario Competitive Coach Program and has worked with Laurie Bauer and Tania Srdanovic at the Canadian Championships in Ottawa.

She has worked with players at every level from Novice to Junior in the South-Western Ontario and worked locally with Delhi, Tillsonburg, Brantford, Woodstock, and Port Dover hockey associations.