

# Sharpen Your Edge

Off-Ice Workshops and  
On-Ice Instruction  
for advanced skaters

The advanced skating  
program from Liverpool  
Catholic Club

For skaters in Aussie Skate  
Intermediate 2 to I.S.A. Primary



**TUESDAY 13th April**

**WEDNESDAY 14th April**

**THURSDAY 15th April**

**Sharpen your Edge** is designed for advanced skaters to strengthen their skating and competition skills. It covers a comprehensive range of on-ice training, off-ice activities and special guest speakers over a three day program.

The all-encompassing approach of the program takes skating skills further by highlighting other important aspects of athletic competition.

These include:

- **Drama and Performance** workshops
- **Fitness and nutrition** information sessions
- Guest speakers including coach **Gloria Pracey**, Olympic Winter Institute Figure Skating Coordinator and Olympic commentator **Belinda Noonan** and Olympic Representative **Jo Carter**.

Please see overleaf for a more detailed overview of the program.

**Attendance prices:**      **LCC members: \$50 per day or \$130 for 3 days**  
   **Non-members: \$60 per day or \$160 for 3 days**

The program commences at 6:00am and will conclude at approx 5:30pm (See over page for daily schedule).

Breakfast, lunch and snacks will be provided for all participants in the program. (Skaters will be fully supervised between the hours of 6:45am and 5:30pm by our qualified coaches and Sports Complex staff.



*For more information and to enrol ask at Sports Complex Reception or contact:*

Liverpool Catholic Club Sports Complex  
Cnr Hoxton Park & Joadja Rds, Liverpool      Ph: 8784 4800  
www.liverpoolcatholic.com.au

Fax: 87844806



## **Sharpen Your Edge Schedule:**

**6:15-6:45: Skaters arrive, register and warm up for on ice workshop.**

**6:45-9:00: On-Ice workshops with LCC's qualified coaching staff and/or special Guest Speaker.**

**9:00-9:45 Breakfast is served**

**10:00-11:00: Talk by Guest Speaker**

**11:15-12:15: Gym and Fitness training session**

**12:30-1:30: Lunch is served**

**1:45-3:00: Off-Ice workshop**

**3:00-3:15: Short Recess**

**3:15-4:30: On Ice workshop**

**4:30-5:30 Free skating**

Please be aware that LCC Sports Complex holds the right to alter these times as it sees fit.

**Skaters are asked to bring the following clothing/equipment with them:**

- Ice skates and equipment
- Gym clothing (1 set)
- Skating clothing (2 sets)
- Swimming costume and towel
- Notepad and pen
- Drink bottle
- Good attitude and willingness to learn and have fun!