



2014 Skate Ontario Performance Enhancement Camp

**Coaches and parents of 2014 Challenge Skaters take note!
If your skater represented Ontario at
2014 Skate Canada Challenge event in Regina they should have
received an invitation to SOPEC.**

It's back... SOPEC! As a skating development initiative, Skate Ontario will host the **Skate Ontario Performance Enhancement Camp 2014 (SOPEC)** on **Saturday August 23rd, 2014**. The goal of this program, combined with the Skate Ontario Super Series, is to assist Ontario skaters to be 'competition ready' for Sectionals. The four Ontario Sections fully endorse and support this initiative.

This event will be held at Angus Glen Community Arena in Markham and will include both on ice and off ice activities.

Skaters will perform one program, which will be monitored by a judge and a technical specialist. You will then receive feedback on your performance. In addition, each skater, pair or dance couple will be given time to "Show & Tell" various elements in front of experts and receive feedback on levels of difficulty and grades of execution. It is recommended that your coach attend with you and we would strongly recommend that a parent accompany you for the day. There will be several sessions for the parents to attend and much learning for your entire team. We hope you will be able to participate in this camp and be exposed to all of this incredible talent. What a fantastic way to start off your 2014-15 season.

Some of the classes will include (subject to change):

- Nutrition
- Ballet
- Proper warm up and cool down
- Off Ice Jump & Movement
- Parent Meeting
- Coach Meeting

We have exceptional facilitators for all these classes!

The cost per skater is \$100.00. We would like to thank the Ministry of Tourism, Culture and Sport for their continued support. This subsidized registration fee is made possible due to the generous support of the Sport Priority Excellence Grant. The day will begin at 9:00 am and conclude at 5:00 pm. A BBQ lunch will be provided on site.

If your skater qualifies and would like to attend please register by Friday August 1st:

To register please follow the link <https://www.emailmeform.com/builder/form/ne3Eh1pRMV3Q5Tm8>
This will allow you to register and pay on line. Once you have registered, you will receive an information package via email the week of July 28th. If you have any questions, please email Tracey McCague-McElrea, Executive Director at tracey@skateontario.org.