

February Spin/Jump Seminar

With Robert O'Toole & Paige Aistrop



Hosted by Forest Hill Figure Skating Club

Visit www.fhfsc.ca to register

Please email foresthill1@bellnet.ca for more information

When: February 16th 2018

11am – 3pm

Where: St Michaels College-1515 Bathurst St. Toronto, ON M5P3H4

Open to Starskate 1-5 (Group 1) & competitive skaters Starskate 6 and above (Group 2)

This seminar will focus on spin & jump technique, with key points to achieving higher spin/jump levels. The seminar will also review different difficult variations, and focus on how to build strong spins/jumps with plusses in GOE.

About the Presenters



Robert O'Toole - Jumps

Robert has worked with athletes from the grassroots level through to Olympic athletes. He has been a Director / Head Coach for over 35 years. He is a specialist in jump exercises.



Paige Aistrop- Spins

Paige is a level 3 certified coach. She is a triple gold medallist, and has coached everyone from grassroots to World and Olympic athletes. Coached at one hundred international competitions and 31 international competitions.