

Build a Winning Team!

A skater's success is often tied to their support team. From time to time, it may be necessary to access professionals beyond your coach. The following list of professionals have been used successfully by our RTC skaters and coaches.

Sports Injury

Toronto Semi
Dr. Douglas W. Stoddard
Sports Medicine Specialist
2 Sheppard Ave., E., Suite 601
Toronto, Ontario M2N 5Y7
(416) 223-7364

Sports Psychology

Dr. Judy Goss, PHD
(416) 426-7272

FLEXAFIT OFF-ICE TRAINING

For Figure Skaters by Signe Ronka
Certified Strength & Conditioning Specialist
www.flexafit.com
info@flexafit.com (416-554-9456)

SKATE SHARPENING & PRO SHOP

Bob Emerson 416-520-8978
Ken Rose 905-717-3595
TOM GRAHAM ARENA COMPLEX
1300 Elgin Mills Road East

Harness Lessons

Mobile & Stationary
Kent Grice
647-222-8584

RTC Spring Schedule

May 1 to June 29, 2017

Monday to Friday

- 7:00 - 8:30 am - Open Ice
- 11:00 - 12:00 pm - Competitive Jr. Sr. Mandatory
- 12:10 - 1:00 pm - Competitive Jr. Sr. Mandatory
- 1:10 - 2:00 pm - Open Ice
- 2:10 - 3:00 pm - Pre-Elite Novice & up
- 3:10 - 4:00 pm - Open Ice
- 4:10 - 5:00 pm - Open Ice
- *5:10 - 6:00 pm - Open Ice Mon, Tues, Wed, Thur

Ice Fee

- Individual session rate \$14.00.
- * Mon, Tue, Wed, Thur. session rate \$21.00

Please Note:

- Skaters must sign in for every session.
- Billing will be at the end of the month.
- Payment: Visa, MC, Cheque, Debit, Cash

Summerskate Competition

Thornhill Community Centre
August 17 - 20, 2017

SEMINARS

From Preliminary Freeskate through
Competitive

Check our website at www.richmondtc.com
for details. Great start to the summer!!!

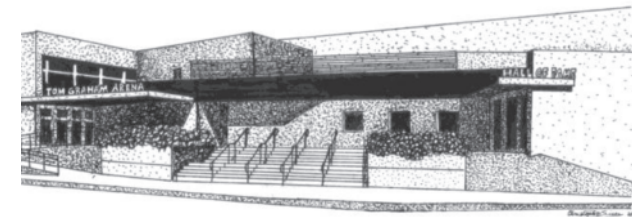
Mailing Address

RICHMOND TRAINING CENTRE

BOX 30507, 10620 Yonge Street
Richmond Hill, Ontario L4C 4H0
Tel: 905-884-1361
Fax: 905-884-5605
Email: richmondtc@rogers.com
Website: www.richmondtc.com



2017



**A Training Centre For
Excellence In Figure Skating**

Spring Schedule

May 1st to June 29th, 2017

Summer Program

July 3rd to August 11th, 2017

TOM GRAHAM ARENA COMPLEX

1300 Elgin Mills Road East
Richmond Hill, Ontario
L4S 1M5

Sanctioned by Skate Canada

Six Week Schedule - Singles

Monday to Thursday

7:00 - 7:45 am	-	Competitive
7:55 - 8:40 am	-	Competitive
8:50 - 9:35 am	-	Pre-Elite Competitive
9:45 - 10:30 am	-	Competitive
10:40 - 11:25 am	-	Pre-Elite Competitive
11:35 - 12:20 pm	-	Pre-Elite Competitive
12:30 - 1:15 pm	-	Elite Competitive Jr. Sr. Mandatory
1:25 - 2:10 pm	-	Elite Competitive Jr. Sr. Mandatory
2:20 - 3:05 pm	-	Intermediate & Pre-Competitive
3:15 - 4:00 pm	-	Elite Competitive Jr. Sr. Mandatory
4:10 - 4:55 pm	-	Intermediate & Pre-Competitive

Friday

7:00 - 7:45 am	-	Competitive
7:55 - 8:40 am	-	Competitive
8:50 - 9:35 am	-	Pre-Elite Competitive
9:45 - 10:30 am	-	Competitive
10:40 - 11:25 am	-	Pre-Elite Competitive
11:35 - 12:20 pm	-	Elite Competitive Jr. Sr. Mandatory
12:30 - 1:15 pm	-	Pre-Elite Competitive
1:25 - 2:10 pm	-	Elite Competitive Jr. Sr. Mandatory
2:20 - 3:05 pm	-	Elite Competitive Jr. Sr. Mandatory

Six Week Learn To Skate

July 3 - Aug 10, 2017 (6 wks)

(Holiday August 7)

Monday

5:10 - 6:00 pm

Thursday

5:10 - 6:00 pm

Check our website regularly for the most up to date information about RTC at www.richmondrtc.com.

Registration for current RTC members will be given priority until APRIL 1st. Register early to avoid disappointment.

Membership & Information

FOR OFF ICE CLASSES PLEASE MAKE ARRANGEMENTS WITH YOUR COACH.

- Membership change subject to a fee of \$50.00.**
- Intermediate **4 Sessions per week** (6 wks) \$720.00
- Pre-Competitive, Competitive, Pre-Elite & Elite Competitive **2 Sessions per day** (6 wks) \$1,800.00
(Third Session Required - see the office)
- Elite Competitive **3 Sessions per day** (6 wks) \$2,430.00
(Fourth Session Required - see the office)
- 13% HST Included.

Session Qualifications

- INTERMEDIATE & PRE-COMPETITIVE - Working on Preliminary Freeskate.
- COMPETITIVE - Must be competing at a Juvenile or Pre-Novice level or passed Jr. Bronze Freeskate.
- PRE-ELITE COMPETITIVE - Must be competing at a Novice level or passed Gold Freeskate.
- ELITE COMPETITIVE - Must be competing at a Junior/Senior level. **No Exceptions.**

NOTE:

- Partial Membership Fee - \$50.00.
- Guest Fees - \$35.00 per Session.
- No Refunds for missed classes.**
- Test Day - Wednesday August 9.**
- Rink is heated.
- Accommodation can be arranged. Please check on your application form.
- 50% Reduction on 3rd skater in a family.
- Closed for Holiday August 7.**
- NO REFUNDS or ADJUSTMENTS will be made due to the lack of ice time on test days or holidays. No make ups**
- NO REFUNDS or CREDITS without a Medical Certificate.**

Professional Staff

Skate Canada Members Coaching Staff 2017

Director

Bob Emerson 905 884-1361

Administrator

Carmen James 905 884-1361

Coaches

Kevin Alves	416	564-5780
Neil Barnett	647	202-8745
Jana Kim Batka	647	308-7470
Andrei Berezintsev	289	338-3601
Allie Biederman	416	817-8449
Robert T. Burk	647	618-1358
Bob Emerson	416	520-8978
Debbie Emerson	416	520-8978
Kent Grice	647	222-8584
Sherri Hunt-Serazin	905	939-7980
Shannon James	416	617-1366
Adelina Munge	647	999-1970
Robert O'Toole	416	922-7659
Natalia Popova	647	535-7585
Signe Ronka	416	554-9456
Danielle Rose	905	252-0223
Ken Rose	905	717-3595
Brett Schrader	647	283-1965
Sandra Sheppard	416	918-4214
Inga Zusev	416	271-5642

RTC Coaches Room 905 884-1361

General Information

Music - Cassette, CD, must be labeled properly.

Video - For use by coaches only.

Deposit

Applications will not be processed without 50% of the membership fee.
A deposit of 50% or more of the total membership fees to which this application applies must be enclosed herewith.
The balance is to be paid with a post-dated cheque, Visa, MC, # with this application and dated no later than June 23 applies to full membership only.
There is a \$50.00 service charge on any refund, or adjustment to the membership. No refunds will be paid after school opens without a medical certificate.

Payment: Visa, MC, Cheque, Debit, Cash

All ice schedules are subject to change at the discretion of the Director.