

RTC June Schedule

May 28 to June 28, 2012

Monday to Friday

7:00 - 8:00 am - Open Ice
11:00 - 12:00 pm - Competitive
12:10 - 1:00 pm - Competitive
1:10 - 2:00 pm - Competitive
2:10 - 3:00 pm - Open Ice
3:10 - 4:00 pm - Open Ice
4:10 - 5:00 pm - Open Ice

Ice Fee

Individual session rate \$13.00.

Please Note:

- Skaters must sign in for every session.
- Billing will be at the end of the month.
- Please make cheques payable to the RICHMOND TRAINING CENTRE.

Mailing Address

RICHMOND TRAINING CENTRE Tel: 905-884-1361
BOX 30507, 10660 Yonge Street Fax: 905-884-5605
Richmond Hill, Ontario L4C 0C7
Email: richmondtc@rogers.com
Website: www.richmondtc.com

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

Nutrition

Ms. Robin Silverstein
Dietician & Nutritionist
Toronto, Ontario
(416) 787-0829

Sports Psychology

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



2012



DARTFISH COMPUTER VIDEO ANALYSIS

AVAILABLE ON REQUEST

JUNE FREESTYLE SEMINAR

From Preliminary Freeskate through Competitive

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

COS Summerskate Competition

Thornhill Community Centre
August 16 - 19, 2012

Check our website regularly for the most up to date information about RTC.

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

SKATE SHARPENING & PRO SHOP

Bob Emerson 416-520-8978

Ken Rose 905-717-3595

TOM GRAHAM SPORTS COMPLEX
1300 Elgin Mills Road East

Harness Lessons

Mobile & Stationary
Kent Grice
647-222-8584

Jump & Stretch Classes

Monday & Wednesday (Directed by Robert Burk)
9:00 - 9:30 am Competitive
10:00 - 10:30 am Pre-Elite/Elite
1:00 - 1:30 pm Pre-Competitive

Please see insert for further information

A Training Centre For Excellence In Figure Skating

Affiliated with Richmond Hill Figure Skating Club

June Schedule

May 28th to June 28th, 2012

Summer Program

July 2nd to August 17th, 2012

TOM GRAHAM SPORTS COMPLEX

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

Sanctioned by Skate Canada

Seven Week Schedule - Singles

Monday to Thursday

8:00 - 8:45 am	-	Competitive
8:55 - 9:40 am	-	Pre-Elite Competitive
9:50 - 10:35 am	-	Competitive
10:35 - 10:50 am	-	Stroking & Spins
11:00 - 11:45 am	-	Pre-Elite Competitive
11:45 - 12:00 pm	-	Stroking & Spins
12:10 - 12:55 pm	-	Elite Competitive Jr, Sr, only
1:05 - 1:50 pm	-	Elite Competitive Jr, Sr, only
2:00 - 2:45 pm	-	Intermediate & Pre-Competitive
2:55 - 3:40 pm	-	Elite Competitive
3:40 - 3:55 pm	-	Stroking & Spins
4:05 - 4:50 pm	-	Intermediate & Pre-Competitive
4:50 - 5:00 pm	-	Stroking & Spins

Friday

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

Six Week Learn To Skate

July 2 - Aug 13, 2012 (6 wks)

(Monday August 6 - holiday)

Monday

4:55 - 5:45 pm

Thursday

5:25 - 6:15 pm

Off-Ice Classes

Dance Routines and Off-Ice Conditioning

Monday to Thursday

11:15 - 12:00 pm	-	Competitive
12:15 - 1:00 pm	-	Pre-Elite
3:00 - 3:45 pm	-	Pre-Competitive & Intermediate
4:00 - 4:45 pm	-	Elite

Fridays – Special Guest

Week 1 - 6

11:30 - 12:15 pm & 12:30 - 1:15 pm

Membership & Information

Includes Stroking, Spins, Dance and Off-Ice Conditioning each twice weekly

- Membership change subject to a fee of \$50.00.**
- Intermediate **5 Sessions per week** (7 wks) \$1,050.00
- Pre-Competitive, Competitive, Pre-Elite & Elite Competitive **2 Sessions per day** (7wks) \$2,100.00 (Third Session Required - see the office)
- Elite Competitive **3 Sessions per day** (7 wks) \$2,730.00
- 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.

NOTE:

- Partial Membership Fee - \$50.00.
- Guest Fees - \$35.00 per Session.
- No Refunds for missed classes.**
- Test Days - 4th & 7th week (July 25 - August 15).
- Rink is heated.
- Accommodation can be arranged. Please check on your application form.
- 50% Reduction on 3rd skater in a family.
- Closed August 6th for Holidays.**
- NO REFUNDS or ADJUSTMENTS will be made due to the lack of ice time on test days or holidays.**
- NO REFUNDS or CREDITS without a Medical Certificate.**

Professional Staff

Skate Canada Members Coaching Staff 2012

Director

Bob Emerson 905 884-1361 x22

Administrative Assistant

Carmen James 905 884-1361 x21

Coaches

Neil Barnett	647	202-8745
Jana Kim Batka	647	308-7470
Mark Batka	647	460-3715
Allie Biederman	416	817-8449
Linda Bridge	905	773-0297
Robert T. Burk	416	488-1357
Josée Chouinard	905	830-0034
Rachel Davis	416	333-8509
Bob Emerson	905	642-1692
Debbie Emerson	905	642-1692
Kent Grice	647	222-8584
Shannon James	416	617-1366
Monica Johnston	905	430-9063
Mary Angela Larmer	416	923-9631
Vesna Markovich	905	751-0134
Adelina Munge	647	999-1970
Leisa Rau	416	799-7935
Danielle Rose	905	252-0223
Ken Rose	905	717-3595
Brett Schrader	647	283-1965
Sandra Sheppard	905	239-7886
Brenda Tanner Ferreira	905	833-6758
Cherry Weizhang	416	261-0584
Kathy Kahakos	416	737-0637

RTC Coaches Room 905 884-1361 x24

General Information

Music - Cassette, CD, must be labeled properly.

Video - For use by coaches only.

Deposit

A deposit of 50% or more of the total membership fees for the school to which this application applies must be enclosed herewith. The balance is to be paid by post-dated cheque enclosed with this application and dated no later than one week prior to commencement of school. All payments are to RICHMOND TRAINING CENTRE. 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.** Applications will not be processed without 50% of the application fee plus post-dated cheque. For your convenience, VISA or MasterCard is accepted.

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