



ICEPALACE

FIGURE SKATING CLUB

icepalace.ca



www.facebook.com/IcePalaceFSC



www.instagram.com/ipfsc

Welcome to the 2017-18 Skating School

We look forward to another year of high quality training for our dedicated athletes and wish all of them a successful skating season! Please check our website regularly for information and updates. The Calendar of Events has been updated for the season, but please note that additional events/revisions may be added.

Welcome Barbecue

Friday, September 8
4:45-8:00pm @ Callinwood Arena
***All skaters and family members welcome!*



Off-ice Classes

Please come to off-ice classes with proper equipment/attire: yoga mat, good cross-training runners, ballet slippers, skipping rope, etc.

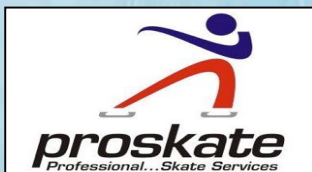


Competition Funding

The Ice Palace FSC pays the coaches' competition expenses (travel, hotel, etc) for home club members at selected competitions. The following competitions will be paid:

- ⇒ 2017 Canmore Invitational – Canmore
- ⇒ 2018 Central STARSkate Invitational – Sylvan Lake
- ⇒ All "Qualifying" competitions (Sectionals, Challenge, Nationals, etc)

Note: Skaters will possibly work with a club coach that is not their primary coach



Simulations

We will be having Competition Simulations to help our skaters prepare for the upcoming competitions. Simulations help athletes find their comfort zone in competitive situations. Our regular schedule will be altered to accommodate these simulations. Please contact Ravi if you are interested in playing music.

