Dear skaters and coaches,

VKSB are happy to invite you to their skating seminar conducted by the skating legend Mr. Gary Beacom. Gary Beacom is well known in the skating world due to his excellent skating technique, skills, steps and creativity on the ice. He is still active on the adult competition scene.

Some interesting links:

<https://www.youtube.com/watch?v=-iJLlBn8-pE&t=122s>

<https://www.youtube.com/watch?v=pbBs-1aIT0k&t=21s>

<https://www.youtube.com/watch?v=PuOD1jQRWg4>

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| ***The program:*** | ***3 x 60min sessions on ice, 3 x 60min sessions off ice*** |
|  ***Date:*** | ***Sunday April 23rd 2017*** |
|  ***Schedule:*** | ***Will be published later*** |
|  ***Place:*** | ***Icerink Kristallijn Ghent, Warmoezeniersweg 20*** |
|  ***Theme:*** | ***On ice 1: Gary’s performance and demonstration + edges******Off ice 1: Foot alignment and lean******On ice 2: Jumps and spin******Off ice 2: Musicality******On ice 3: Musicality and creative movement******Off ice 3: Self-care and preventing injury*** |
| ***Prices:*** |

*Coaches as well as skaters can participate in the seminar. Participation will be limited. Priority*

 *will be given to those who take part in the whole seminar.*

 *75eur (all 6 modules with small lunch)*

 *50eur for coaches with VKSB-license*

 *15eur/module ( lunch excl.****)***

Your participation in the seminar is official after sending an email to Mrs.Maria Bouwens, mariabouwens@hotmail.com, in cc Mrs. Marleen van Dyck vandyck.marleen@telenet.be, **before March 25**  **2017** and when your payment is received on the account number E52-7775-9701-8609. When you register for only one or more modules, please be clear which module you want to take part in.

We are looking forward to welcoming you.

With sportive regards,

VKSB Bestuur