



COACH SEMINAR WITH CATHY DALTON
OFFICIAL APPLICATION FORM
DUMFRIES ICE BOWL

THURSDAY 5 APRIL 2012 – 09:00 – 12:30

Coach Name: _____ Rink: _____

Country: _____ Email Address: _____

_____ (UK Coaches only NISA Licence No. _____)
 (Accreditation of NISA 5 Licence Points)

Address: _____

Post/Zip Code: _____ Tel Home: _____ Mob: _____

Signed: _____ Date: _____

Category of current teams coached (if any): _____

I confirm my bank transfer of £35:00 Dated _____ Signed _____

Please indicate your order of preference of topics you would like covered at the Seminar by writing 1-4 in each box and then highlighting the sections of particular interest:

TOPIC A Mental Preparation

- Team Building
- Motivational Techniques
- Visualization
- Key words

TOPIC B Planning

- Yearly plans - Suitable Event Identification
- Practice plans
- Competition Plans

TOPIC C Coaching Strategies – in terms of selecting element and feature levels for your team

TOPIC D The total package:

- Music & Choreography
- Costuming and Make-up

It will not be possible to cover all of the above but Cathy would like to focus on areas chosen by the majority of those attending if possible.

Applications and payment to be received by 23rd February 2012 Early registration would be really helpful to the organisers so please do let me know by email if you are planning on attending.

Please return this form to:
**JUDY CLINTON, SK8SCOTLAND SYNCHRO DEVELOPMENT CAMP, EXCALIBUR,
 NAIRNSIDE, INVERNESS. IV2 5EX.**

Or email to
sk8scotlandsynchro@hotmail.co.uk



Coaches Seminar Application

Payments should be made by direct bank transfer to:

Bank: Bank of Scotland, 8 Lochside Avenue, Edinburgh EH12 9DJ
Account Name: NISA Scotland
Sort Code: 12-24-81
Account Number: 06199357

International Entries should additionally quote:

BIC Code: BOFSGBS1BBL
IBAN No: GB34 BOFS 1224 8106 1993 57

Clearly indicate reference: COACH NAME / CAMP TWO DUMFRIES

And confirm by email that you have made your transfer

sk8scotlandsynchro@hotmail.co.uk

FINAL CLOSING DATE FOR ALL APPLICATIONS

23 February 2012