



Welcome to the
Spring Intersession

May 10-June 17, 2010
(6weeks)

South Courtice Arena
1595 Prestonvale Road
Courtice, Ontario

Directed By;
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At the Clarington Skating Academy, our goal is to provide the best training environment possible for all levels of skaters. We promote high quality, intense, on and off ice training sessions. Please ensure that all skaters arrive prepared to push themselves to their maximum potential and ready to work very hard everyday to ensure maximum results. We expect the skaters to set their goals high and achieve results everyday. To successfully train an athlete for sport, and life, requires more than on ice training time. All factors must be considered such as schooling, off ice training, nutrition, mental training, time management, and more.

We offer years of combined experience involving every level from the beginner up to and including National Champions. This experience is focused on developing each skater's needs and potential as an individual.

It takes more than one person to create a champion. With top-level coaches, choreographers and off ice trainers, nothing can be overlooked. You will get out of your sport what you put into it. If we all work together, "we can make great things happen"