

Gary Beacom



Blade Master Seminar

Squamish, BC Canada

April 14th 2019

	Group A Beginner	Group B Advanced
Noon - 1 PM	ALONE ON THE ICE Conquer Nerves in Competition	
1:15-2:15	BIOMECHANICS IN FIGURE SKATING Posture and Movement Fundamentals	
	Break to get Skates on	
2:30-3:15	EFFECTIVE WARM-UP STRATEGY	
3:15-4:00	BREAK	CHOCTAWS & DIFFICULT TURNS
4:00 - 4:45	MOHAWKS & 3 TURNS	BREAK
4:45 - 5:00	FLOOD	
5:00 - 5:45	SPINS & JUMPS	BREAK
5:45 - 6:30	ART in SPORT Musicality	
6:30 - 7:15	DONE	SPINS & JUMPS

Price : \$100

(all inclusive : on ice / off ice / ice fee / snack)

Reserve by email : **Kari-Ann MacDonald** skatesea2sky@gmail.com

<https://garybeacom.pivotshare.com/home>

www.garybeacom.com

GARY BEACOM Canadian Olympian 1984 Sarajevo

1984 Sarajevo Olympic Men's Single 1988 World Professional Champion

2014-18 ISU Adult Elite Masters Men's Free skate /Artistic Champion

"The highest Scores in the history of the ISU Adult Competition Oberstdorf in May 2018"