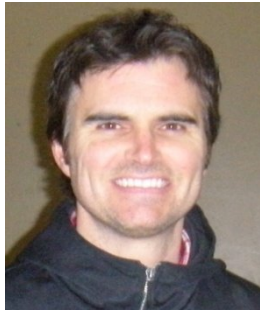


FALL CLINIC

We are pleased to announce that we will be having a clinic on September 10th and 11th with Kelowna Skating Club / BMO Kelowna Centre for Skating Excellence coaches Jason and Karen Mongrain conducting.

Jason and Karen have a long list of credentials (see below) and the club is very excited to have them coming to Grande Prairie to work with our skaters. Please mark these dates on your calendar and watch for more info to come soon. This is not something skaters should miss! The clinic will be open to junior through senior GPSC skaters first. If we do not reach our minimums we will open the clinic up to other skaters after that. The clinic will be Freeskate focused with technical and presentation as the main focus. Any questions talk to your coach!



Jason Mongrain – Director of Skating – jasonmongrain@shaw.ca

NCCP Level 4 Certified, Singles (Partial Level 5)
NCCP Level 2 Certified, Pairs
NCCP Level 3 Technical, Pairs
16 years of coaching experience

Coach/Choreographer of Provincial and National Champions,
International Competitors

- Coached skaters through Skate Canada Senior Competitive tests
- Coached skaters through Skate Canada Gold Freeskate and Skills tests
- Choreographer of BC/YT Sectional Artistic Award Winners
- Skate Canada Technical Specialist – Singles and Pairs
- NCCP/CBET Course Conductor
- 2003 and 2007 Canada Winter Games Coach – Team BC
- Skate Canada Junior National Team Coach
- Member of Skate Canada Long Term Athlete Development Sub-Committee “Learning to Compete” stage
- Member of BC/YT Section Skater Development Committee 2002-present
- Canadian Champion
- 5-time BC/YT Sectional Medalist



Karen Mongrain

NCCP Level 3 Certified Singles (Partial Level 4)
CanPowerskate Certified
18 years of coaching experience

Coach/Choreographer of Provincial Champions, National Champions,
and International Competitors

- Coached skaters through Skate Canada Senior Competitive tests
- Coached skaters through Skate Canada Gold Freeskate, Dance, and Skills tests
- Choreographer of BC/YT Sectional Artistic Award Winners
- Skate Canada Junior National Team Coach
- Triple Gold Medallist
- 5-time Sectional Champion
- National Competitor

