

## Contact Information:

Registrar: Bruno Delmaestro

Club Line: (604) 461-5171

Club Website: [www.skatecoquitlam.com](http://www.skatecoquitlam.com)

Club E-mail: [info@skatecoquitlam.com](mailto:info@skatecoquitlam.com)

## What's Happening This Winter:

### Get Into Gear for Winter 2009-2010

Saturday, September 12<sup>th</sup>, 2009 10:00-1:00pm

Annex Arena:

### On-Site CanSkate Registration and Club Information

**Bring a Friend Day.** Come test out those skates with your friend for free! (11:30-1:00pm)

**Early Figure Skating Academy Auditions.** Have you completed at least Level II CanSkate or have some basic skating skills and are eager to get figure skating? Our Academy program might be for you. If you are a young, keen skater, contact us and we will arrange an audition for you. (604) 936-0707.

### Used Skate and Apparel Sale

### Pre-PowerSkating for the beginner:

Bruno will also be teaching the Skate Canada Pre-PowerSkating program for beginners aged 5 and up with some basic skating experience. Check out the program on-line at: [www.skatecoquitlam.com](http://www.skatecoquitlam.com)

For more information, please contact Bruno at:  
(604) 461-5171  
or  
e-mail ([bruno44@telus.net](mailto:bruno44@telus.net))

## Mail PowerSkating Registrations to:

Mr. Bruno Delmaestro  
8-2929  
St. John's Street  
PO BOX 31152  
Port Moody, BC  
V3H 2C0

**Coquitlam Skating Club**  
[www.skatecoquitlam.com](http://www.skatecoquitlam.com)

Club Business Address:  
PO BOX 64554  
1942 Como Lake Ave  
Coquitlam, BC  
V3J 7V7

(Please mail all registrations directly  
to registrar)

The Coquitlam Skating Club is a member club of  
Skate Canada.



Coquitlam Skating Club

Presents:

## Pre-Power: An introduction to PowerSkating



A PowerSkating Program de-  
signed by Bruno Delmaestro

## Winter 2009-2010 Pre-PowerSkating Program

# WINTER 2009-2010 REGISTRATION FORM

Skater: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
(Surname) (Given) (Initial)  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ P Code \_\_\_\_\_  
Home Phone: (604) \_\_\_\_\_  
Mother: \_\_\_\_\_  
Father: \_\_\_\_\_  
Birth date: (\_\_\_\_ / \_\_\_\_ / \_\_\_\_)  
MM DD YYYY  
Male \_\_\_\_ / Female \_\_\_\_  
Skate Canada # \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Health # \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Phone: (604) \_\_\_\_\_  
E-mail: \_\_\_\_\_

## FEES

(please circle program)

Program Fee **\$317.00**

With 3% Discount if paying by  
paying cash or cheque \$ **307.49**

Skate Canada/BC YT Fee \$ **32.00**

**TOTAL FEES OWING:** \$ \_\_\_\_\_

Credit Card Payments:  
VISA / MASTERCARD

Card # \_\_\_\_\_ EXP \_\_\_\_ / \_\_\_\_

Date: \_\_\_\_\_

### Signature

Card holder will pay card issuer above amount (TOTAL FEES) pursuant to cardholder agreement.

Credit Card payments will be processed on September 16th, 2009. Cheque payments in 3 installments may be dated: September 16th, 2009, November 15th, 2009 and January 15th, 2010.

A \$25.00 fee will be charged on all returned cheques and declined credit cards

## The Program

This introductory program, geared to hockey and ringette players 5 years of age and older, has been designed to teach basic skating skills and technique in a power skating specific environment. Skaters should have completed at least Level 2 CanSkate (or equivalent) and be able to skate in full hockey gear.

Pre-PowerSkating is an excellent program for those skaters wanting to develop good skating skills for hockey and ringette and for those wanting to improve or keep up their skating for the upcoming season.

Its progressive format is presented in three sequential levels – A, B and C. Focus is on the basic fundamentals including balance skills, forward and backward skating, stopping, turning and agility skills.

Full hockey gear is required including hockey sticks.

## Dates and Fees

September 16th - December 16th, 2009  
January 6th - March 3rd, 2010

Annex Arena, Coquitlam Sports Centre 633  
Poirier Street, Coquitlam  
Wednesdays: 6:00– 6:45 pm  
(21 Sessions) No Ice Nov 11, 2009  
(sessions are run in conjunction with CanSkate)

Cost for program: \$317.00\*\*\$307.49 if paying by cash or cheque

All skaters must pay a non-refundable \$32.00 registration fee to Skate Canada for the 2009-2010 season.

Cheques may be made payable to the Coquitlam Skating Club.

Please note there will be no skating: November 11, 2009

## The Instructor

Bruno Delmaestro has a strong background in skating, having been a three-time Italian National Figure Skating Champion, European and World Competitor, and a hockey player. He has been able to transfer this success to his coaching and has been training hockey players, figure skaters and coaches for the past 25 years. He has developed his own theory and methods for teaching hockey, ringette and figure skaters. He is the CanPower-Skate Course Conductor for BC and NCCP Level 3 Certified in figure skating.

Bruno has worked with many different minor hockey associations who have used his skating programs.

Some of the players he has trained have played junior level hockey in Canada and received university hockey scholarships. Recently, players he has coached have played in the NHL, WHL, BCHL. In 1999, 2001 and 2006 he was selected as the Competitive Coach of the Year by the British Columbia and Yukon Section of Skate Canada.

Bruno Delmaestro is sponsored by:

