



2010-2011 COS High Performance Synchronized Skating Program



**COS Junior and Senior Synchronized Skating Teams
Sanction Application
Deadline: March 31, 2010**

Team Name _____

Level _____

Home Club _____

Team Manager: _____

Team Manager Phone: _____

Team Manager email: _____

Coaching Team:

Head Coach _____

NCCP Level _____

Assistant Coach(es) _____

Choreographer _____

Other _____

Number of years in existence _____

Existing Team:

Anticipated openings for the upcoming season: _____

If applicable: How many skaters will age off your Junior team? _____

Dates and location of Tryouts

Briefly Outline plan for the upcoming skating year:

SPRING

Start date: _____

End date: _____

Number of hours of ice time / week: _____

Training Goals for this period of time:

SUMMER

Start date: _____

End date: _____

Number of hours of ice time / week: _____

Training Goals for this period of time:

FALL

Start date: _____

End date: _____

Number of hours of ice time / week: _____

Training Goals for this period of time:

WINTER

Start date: _____

End date: _____

Number of hours of ice time / week: _____

Training Goals for this period of time include dates of competitions you are considering :

Goal(s) for the season _____

Estimated budget per skater for the season _____

This number must include the following: coaching fees(all), ice cost (all ice time including extra ice – not at competitions)

Excluding the following: All team clothing (off ice, practice and competitive), all travel and accommodation costs, etc.

Suggestions as to how COS can help you reach your goals _____

NEW TEAMS ONLY:

Rationale for forming a new team _____

Where will the skaters come from _____

How will this impact existing teams _____

RETURN APPLICATION BY MARCH 31, 2010 TO:

Skate Canada - Central Ontario
Attn: Kim Hanford, Technical Advisor
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Concord, ON L4K 2J8
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Fax: 905-760-9104