



**COACH SEMINAR WITH CATHY DALTON**  
**OFFICIAL APPLICATION FORM**  
**DUMFRIES ICE BOWL**

**THURSDAY 5 APRIL 2012 – 09:00 – 12:30**

Coach Name: \_\_\_\_\_ Rink: \_\_\_\_\_

Country: \_\_\_\_\_ Email Address: \_\_\_\_\_

\_\_\_\_\_ (UK Coaches only NISA Licence No. \_\_\_\_\_)  
 (Accreditation of NISA 5 Licence Points)

Address: \_\_\_\_\_

Post/Zip Code: \_\_\_\_\_ Tel Home: \_\_\_\_\_ Mob: \_\_\_\_\_

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

Category of current teams coached (if any): \_\_\_\_\_

I confirm my bank transfer of £35:00 Dated \_\_\_\_\_ Signed \_\_\_\_\_

**Please indicate your order of preference of topics you would like covered at the Seminar by writing 1-4 in each box and then highlighting the sections of particular interest:**

**TOPIC A** Mental Preparation

- Team Building
- Motivational Techniques
- Visualization
- Key words

**TOPIC B** Planning

- Yearly plans - Suitable Event Identification
- Practice plans
- Competition Plans

**TOPIC C** Coaching Strategies – in terms of selecting element and feature levels for your team

**TOPIC D** The total package:

- Music & Choreography
- Costuming and Make-up

It will not be possible to cover all of the above but Cathy would like to focus on areas chosen by the majority of those attending if possible.

Applications and payment to be received by 23<sup>rd</sup> February 2012 Early registration would be really helpful to the organisers so please do let me know by email if you are planning on attending.

Please return this form to:  
**JUDY CLINTON, SK8SCOTLAND SYNCHRO DEVELOPMENT CAMP, EXCALIBUR,  
 NAIRNSIDE, INVERNESS. IV2 5EX.**

Or email to  
[sk8scotlandsynchro@hotmail.co.uk](mailto:sk8scotlandsynchro@hotmail.co.uk)



**CAMP TWO**  
**Coach Application**

**Payments should be made by direct bank transfer to:**

**Bank:** Bank of Scotland, 8 Lochside Avenue, Edinburgh EH12 9DJ  
**Account Name:** NISA Scotland  
**Sort Code:** 12-24-81  
**Account Number:** 06199357

International Entries should additionally quote:

**BIC Code:** BOFSGBS1BBL  
**IBAN No:** GB34 BOFS 1224 8106 1993 57

**Clearly indicate reference: COACH NAME / CAMP TWO DUMFRIES**

**And confirm by email that you have made your transfer**

[sk8scotlandsynchro@hotmail.co.uk](mailto:sk8scotlandsynchro@hotmail.co.uk)

**FINAL CLOSING DATE FOR ALL APPLICATIONS**

**23 February 2012**