



2024 | Coaches Seminar



Ravi Walia Seminar

Monday, 6th May – Tuesday, 7th May, 2024

Bio & Experience

Ravi Walia

I am extremely passionate about the sport of figure skating and have been involved as a skater, coach, official, volunteer, and club administrator. In each of these roles, I have experience at all levels – Club, Provincial, National, and International – which gives me a deep understanding of the skating community as a whole.

I began figure skating at the age of nine in Vancouver and competed for many years at the National and International level. I then became a coach and work in Edmonton with skaters at all levels from grassroots to Olympic medalists. As a coach, I have expertise in the technical aspects of skating and thoroughly understand our daily training environment.

Soon after I began coaching, I became the club's Skating Director, which has given me extensive knowledge of the inner workings of a club. My post-secondary education in the Business/Accounting field has been instrumental in helping me manage the club effectively.

As an ISU official and Technical Specialist, I have worked with the International Skating Union over the past 17 years, where I have gained a broad perspective of the sport and its emerging international trends. I have a great passion to improve skating in Canada and have served on many committees, advisory groups, and think tanks at the national and provincial levels.

From all of these experiences, I have developed a clear understanding of the sport and can offer a broad view from many different perspectives. As a Skate Canada Board Member, I strive to contribute to the long-term success of Skate Canada and add value by representing the voice of all stakeholders – clubs, coaches, officials, volunteers, and especially the athletes!



Highlights



Coaching Highlights

Coaching and Education highlights include:

- Coach to Kaetlyn Osmond
 - 2018 Olympic Bronze medallist
 - 2018 Olympic team Gold medallist
 - 2018 World Gold medallist
 - 2017 World Silver medallist
 - 2014 Olympic team Silver medallist
 - Three-time Canadian national champion.
- Coach to Patrick Chan
 - Coached Patrick to a 10th Canadian National title
 - Olympic team Gold medal
- Awarded the Skate Canada Competitive Coach Award of Excellence in 2013 and 2018.
- Awarded the Petro-Canada Coaching Excellence Award 2014, 2017 and 2018.
- Skating Director at Ice Palace Edmonton leading a coaching team of 12 Coaches since 2005.
- Oversees all club programs from CanSkate to private lesson programming, growing the club from 300 skaters to over 1800 skaters.
- Guest coach for numerous seminars across Canada and around the world.
- Moderator at ISU seminars for skaters and coaches in Europe and Asia.

Additional Presenter Sessions

Additional Presenters



Adam Zalegowski
Spinner

Originally from Poland Adam was the Polish Junior National Champion competing at International level (Jr. World Championships and Youth Olympics).

Now with a Masters Degree in Physical Education, Level 2 Coach in Australia and Level 3 Coach in Canada, Adam's primary motivation is to maximise every skater's potential and help them achieve their best.

Specialising in the pole harness jump techniques, Adam has assisted athletes from Juniors through to Senior national and international, across all levels.



Danielle Baret
Physiotherapist

Danielle Baret graduated from has a Masters Degree in Physiotherapy and a Bachelor of Applied Science in Exercise and Sports Science. Previously, an elite athlete, and Sports Science intern at NSWIS (New South Wales Institute of Sport), Dani has a keen interest in all types of sporting injuries, low back pain, and hip and pelvis conditions.

Having been a competitive ice-skater at World Championship level, Dani is especially passionate about ice-skating, dancing, gymnastics and other sports that require high degrees of flexibility, mobility and strength. With a Pilates and personal training background Dani utilises both manual therapy techniques and active recovery with her clients to achieve the best possible outcomes.

Seminar Schedule



Schedule

Monday, 6th May
7:45am – 5:00pm

- Off Ice warmup planning and technique with Ravi
- On Ice Sessions with Ravi
- Off Ice with Ravi
- Q&A with Ravi
- Spinner Demo with Adam and Ravi

Tuesday, 7th May
7:45am – 5:00pm

- Off Ice warmup planning and technique with Ravi
- On Ice Sessions with Ravi
- Session with Danielle Baret Physio
- Off Ice Technique with Ravi
- Judges / Technical Specialist Session
- Q&A and Wrap up with Ravi

NSWPSA Wild Apricot Seminar Announcement



NSWPSA Ravi Walia Coaching Seminar

Date:

Monday 6th May – Tuesday 7th May, 2024
7:45am – 5pm

Schedule:

Two full days of expert guidance and targeted training from Ravi Walia and specialist professionals with lunch, morning and afternoon tea included.

Locations:

Ice Zoo Ice Rink

689 Gardeners Road, Alexandria, NSW, 2015

Academy of Music and Performing Arts (AMPA)

4/85 O’Riordan Street, Alexandria, NSW, 2015

Accommodation is available close to Ice Zoo at:

<https://www.meritonsuites.com.au/our-hotels/nsw/airport/coward-street/>

Cost for Coaches:

NSWPSA Subsidised cost is \$100 for the 2 days or \$75 for 1 day.

Close of Registration:

Sunday, 21st April, 2024

The Seminar:

International Coaching Expertise: Ravi Walia is a Canadian Olympic and World Figure Skating Coach and former international competitor with 26 years of Coaching experience. He is the 1995 Canadian National Bronze medallist and the 1993 Canadian National Junior Champion. Coach to Kaetlyn Osmond and Patrick Chan.

Technical Guidance: Ravi is an ISU Technical Specialist (since 2005) and has served at numerous domestic and international competitions including ISU World Championships. He is also a Moderator at ISU and Skate Canada seminars to train new Technical Specialists.

Topics & Learning Outcomes:

Thanks for participating in the pre-seminar survey to help us shape this seminar.

Athlete Preparation & Support: Deepen your knowledge on how to prepare skaters for successful training, competitions and testing.

Skater Engagement & Development: Learn from Ravi on performance pathways and how to build a skater’s skills through practical observation with skaters of varying levels.

Strength & Conditioning: Off-ice warm up training sessions and techniques designed to enhance your skater’s performance on the ice.

Skater Health & Wellbeing: Gain insights on managing skater’s injuries and recovery as well as supporting their external commitments for a skating career.

Judging & Technical: Focusing on understanding what qualities are necessary to gain judging points and what skills are required to achieve technical level.