



STARSKATE

 **Skating**  
*Development*

# Skater's Handbook

2014-2015



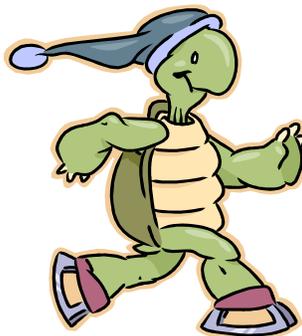
# Crowsnest Pass Skating Club

## Welcome!!

If you are a seasoned veteran of the skating scene, welcome back for another year. If this is your first year, you have now joined the ranks of the infamous skating parent. These are a unique group of people who recognize one another by the following:

1. You talk a new language about toe loops, three turns, edges and arabesques.
2. You are forever driving to or from the arena.
3. Your toes are permanently frozen – you will likely start carrying a fuzzy blanket in your vehicle.
4. Someone is always phoning or e-mailing you about ice changes or asking for your help and your hands are full.
5. Your hair has that arena smell to it. (No one has been able to define it)
6. Family members are always complaining about dinner being late or the refrigerator being empty.

On the more serious side, skating does provide you child and yourself with many positive experiences. When your child lands his/her first jump, executes three turns or learns the Dutch Waltz, it is a very exciting time for him/her. They are learning new skills and developing confidence in themselves. Educators claim that children involved in a sport that uses their minds and skills are usually better students in school.



## **Expectations for StarSkate & JumpSkate Programs**

Safety First!! Always keep you head up, watch for other skaters.

Skaters having a lesson or going through their program with the music have the right-of-way.

IF you fall, get up right away... it is dangerous to sit on the ice.

If you fall, always try to fall so you land on your bottom.

Dress properly (mittens/gloves and a sweater are a must)

Skaters should bring a water bottle.

Ask your coach before leaving the ice. Before coming on the ice, make sure you have used the washroom and have everything you need (Kleenex, water bottle, mittens, sweater, etc.) Leaving the ice is discouraged.

If you need rest, sit in the box for a few minutes.

Skaters are not allowed to sit on the boards.

Absolutely NO gum, candy, etc. allowed on the ice.

Please be on time for your lessons.

Make good use of your ice time. Practice what you have been taught in your lessons.

Standing around is discouraged.

Remember to say Thank You and coaches always love a big hug!

Have FUN and work hard!!!

## **Equipment and Clothing**

It is important at this level that skaters have good quality equipment. Better quality boots and blades will provide the needed support as your child advances technically and will help to prevent injury. Used skates are readily available for a fraction of the cost of new ones and a good used pair is a better investment than poor quality new ones or ones that need a long period of breaking in.

Your skater's skates are an investment and should receive proper care. Make sure hard guards are worn when walking around off the ice (even on the rubber matting) or you may damage your blades and lessen their life span. Once the skates are taken off, both the blades and the soles should be wiped thoroughly dry with a towel or chamois. If you have soft guards with a wicking material on the inside, leave them on after they have been dried, as hard guards may cause rusting of the blade. Make sure all screws holding the blades are on tight at all times.

How do you know when skates need sharpening? Skates should be sharpened after approximately 15-25 hours of ice time. If in doubt, feel the blade crosswise with your thumb. If it feels flat or round, they need sharpening. If your skater starts to fall more than usual, especially when going in a circle, they may need to be sharpened. Skates must be sharpened at Pro Skate in Calgary, we will have people going to Calgary to take in skates. All skate sharpening will have to be paid before skates are taken to Calgary 11.00 a pair. E-mails will be going out to when skates will be going up.

If you have not already acquired them, JumpSkate and StarSkaters will need appropriate skating clothes. Girls should have skating skirts or dresses and warm up tights or athletic pants. Boys need athletic pants with straps to keep them from flapping (if they are baggy). Both should have warm sweatshirts, sweaters or jackets that are not bulky or restrictive.

Test days and/or competitions are formal occasions and require something fairly dressy, as well as clean laces and polished skates.

### **Stores**

Bert and Mac 1108 1ave South Lethbridge 403-327-3221 (Skates, Hard Guards, Soft Guards)

Classique 322 7st South Lethbridge 403-329-8778 (Tights, Dresses, Bags)

Professional Skate 3514 18 Street S.W. Calgary 403-243-3663 (Everything)

## ***Skate Canada***

Skate Canada has a very informative website at <http://www.skatecanada.ca>, here you can follow some of the athletes and get updates on major competitions and members as well information on all of the Skate Canada sanctioned programs. Also, you can use your Skate Canada number provided on your Member Card to log into the Members Only section for additional information.

## ***Definitions***

### **FREESKATE**

Free Skate is a series of jumps, small spins, field movements and footwork. When skaters are ready to compete, these elements are performed to a specific times piece of music and choreographed in a pleasing and artistic way.

Examples of the elements your skater will learn or be introduced to are:

Jumps – Waltz, Salchow (pronounced sow-cow), toe loop, loop, flip, and jump combinations

Spins – Two foot, forward one foot spin, backward one foot spin, sit, camel

Field Movements – Spiral, arabesque, Ina Bauer, spread eagle, pivot

Footwork – Three turns, Mohawks, edges, mazurkas, gallops

### **DANCE**

Ice dancing is like Ballroom dancing done on ice. There are several levels of dances ranging from Preliminary to Gold and Diamond. Each dance has specific steps, a specific pattern on the ice and is skated to music with the appropriate rhythm.

When they are ready, your skater may be introduced to the Preliminary Dances. These are the Dutch Waltz, the Canasta Tango and the Baby Blues. After these dances are learned, they will continue on with the system of dances, Jr. Bronze, Sr. Bronze, etc.

### **SKATING SKILLS**

Skating skills are exercises containing edges, turns and field movements designed to teach fundamental movements to skaters of all levels. These skills have basically replaced the old “figures” that were done in a patch session.

They are similar to the dances but they cover more of the ice surface and are more intricate. They are a very important discipline as they teach the basics of every skating move.

### **Off-Ice Training**

Off ice training is anything that a skater does to complement and help improve their skating ability. This includes endurance, strength and flexibility training as well as eating a healthy diet. CNPSC encourages healthy, positive attitudes during the season and in conjunction with this, runs a program that helps the skater build on posture, strength and flexibility. It is open to all skaters who wish to participate.

Please come to the lesson prepared with shorts, t-shirt, athletic shoes and water bottle is a must. Skaters may also purchase a Yoga-type mat to make floor exercises more comfortable. All other supplies will be provided.

## **Skate Canada Tests**

Skating Tests in Free Skate, Dance and Skating Skills challenge skaters to learn and develop more advanced figure skating skills. Skaters also work independently along with their group lessons to obtain certificates and crests from Preliminary to Gold. When your skater is ready for a Skate Canada Test, the coach will let you know and give details of taking the tests. There is a fee to take Skate Canada tests.

### **Competitions**

Once a skater reaches the Introductory level, they may be eligible to perform a Free Skate, Skating Skills or Dance program against other skaters who are working at the same skill level in a competition. There is no pressure to enter competitions. There are entry and coaching fees associated with competitions.

Registrations for these events will generally be required 6-8 weeks prior to the event and the fees are set by the host club. If the event is out of town, skaters will be responsible for their own travel and accommodations if necessary. You may also be required to pay additional fees to your coach for time, programs and individual private lessons.

### **Private Lessons**

Although your skater will learn all the necessary elements to become a skilled skater, you or your skater may find that private lessons, either individual or group, are needed to help them develop further. The registration fee you paid in the beginning of the season covers the regular lessons set out for your particular session. Coaches charge for semi-private and private lessons. It is up to the parent to make arrangements for any extra lessons with the coach. The fees are paid directly to the coach who will bill you on accordingly, below are our coach's fees for this season.

Private Lessons	\$7.50 every fifteen minute
Competition or Test Day Lessons	\$5.00 every event entered except creative
Partnering for Dance Test	\$7.50-\$20 for every Dance test taken
Music for individual Solo	\$20.00 for every solo CD
Travel expenses	mileage of \$0.50 a kilometer, 60.00 food allowance and accommodations if required will be divided by the number of skaters going to a test or competition

## **Program Assistants (PA's)**

Program Assistants or PA's as they are generally referred to, are usually senior or experienced skaters that help out with the PreSchool and/or CanSkate programs. This program has been established and encouraged by Skate Canada to develop pre-coaching skills. If your skater is in grade 4 and would like to be a part of the program please let your coach know. The program assistants help on the ice as well as creating different theme days, props, circuits and promotional items off ice. Program assistants are paid 5.00 an hour in gift certificates at different stores. They can choose the hours that they would like to help out but are required to be there on time when they are scheduled to assist.

## ***How the Club Runs***

Coaches, skaters and the executive all have separate responsibilities as members and are expected to hold them to the standards set forth by Skate Canada and their individual club. The Crowsnest Pass Skating Club adheres to all guidelines set forth by Skate Canada. Many of our rules and regulations are set forward in our Club's Constitution and Bylaws. Other guidelines such as the Coach's Code of Ethics, Club Code of Ethics, and Parent Codes of Conduct can be found on our website at [www.crowsnestpassskatingclub.com](http://www.crowsnestpassskatingclub.com) under Parent Info & Guides. As with many non-profit societies, the Crowsnest Pass Skating Club is entirely driven by volunteers. Without them, our club would not be able to operate. Occasionally, the Executive positions held must be re-elected. If you are interested in helping with any of these positions, please attend the AGM, which will be publicized in the local papers as well as by e-mail to all our members or contact the club president at [cnpse@live.com](mailto:cnpse@live.com). Any involvement in these positions will be credited towards your volunteer hours.

## **Executive Members**

The executive is also a volunteer board, elected by individuals from the community and the current holding board members at the Annual General Meeting, often held in late spring. This season's executive board is as follows:

President.....	Linda Dorge
Vice President.....	
Treasurer .....	Taryn Wilson
Secretary .....	Sheila-Rae Olivieri
Membership Chair .....	Sheila-Rae Olivieri
Test Chair.....	Linda Dorge
Director 3 .....	Lydia Syryca
Coaching Representative .....	Irene Fraser
Director 1 .....	Cara Phillips
Director 2 .....	Nichole Herman

Meetings for this group are often conducted on the first Tuesday of the month (dates are set at the end of the Handbook). All members are welcome to attend providing you have sent in a request to the president, however, they will not be allowed to participate in the conversation or vote on any items. If you would like to add an item to the agenda, you must contact the President at least one week prior to the meeting to arrange this.

## **Special Committees**

As well as an executive board, there are also committees that help to organize special events throughout the season. Executive members as well as parents may assist with and sit on these committees. Members in the committees will generally meet once every two months or as necessary to discuss any issues. They may also attend the Executive Meetings. Volunteering to be a part of any committee will be credited towards your volunteer hours.

## **Volunteering**

All skating club members (except PowerSkate) are required to give a \$100 post dated check (dated April 30, of the following year) in lieu of 10 volunteer hours (per skater) that must be completed throughout the season in order to have their check returned. Any member that does not complete their hours will have to pay out their time at \$10 per hour. Any person to take a coordinating position will have all hours completed. If anyone would like to mentor under a coordinator they will receive 5 hours towards their volunteer hours.

The coordinators will keep track of the volunteer hours, if you have completed any volunteer hours please make sure the coordinator, you are working for knows. All volunteer hours need to be completed by March 31 2015. Your total hours will be calculated at a \$10 per hour rate to determine if you have completed your \$100 requirement. If you have completed all your required hours, your post-dated check will be mailed back to you. If you have only finished partial hours, you will be contacted to discuss payment arrangements

## **Fund Raising**

As a non-profit society, we also depend on some fundraising activities to continue to keep our program running and to improve existing programs. A postdated check will be required for March 15 of the following year due at time of registration.

## **Registration & Fees**

Fees are expected in full prior to skating commencement. Payment may be made by cash, cheque or money order to the Crowsnest Pass Skating Club. All forms must be filled out completely and accurately. Any cheques returned to the club will be subject to an NSF fee along with the re-submitting of registration fees before a skater will be permitted on the ice.

Registration fees are set out on the Club Brochure under program fees. Any family with more than two skaters participating in the program is eligible for a 10% reduction of fees towards the third registrant's fees (does not apply to any optional fees).

A refund of membership fees less \$80.00 for office fees will be issued up to 30 days from the date of registration.. After 30 days, **no refunds** will be issued except for a medical reason. If there is a medical reason why a skater cannot continue after the two week period, a pro-rated refund may be granted, providing that the skater can show proof (such as a doctor's note) of medical attention. Please note that this does not apply for short-term instances, only such instances where a skater can no longer participate for the remainder of the season.

Registrations are only accepted until December 31 of that season to ensure that all skaters are able to perform in the carnival in March.

**\*\*Fees and volunteer hours are not prorated.**

## Keeping in Touch

### **E-Mails & Phone**

The club will e-mail you to notify you of any upcoming events or changes to the program.. You can contact the club at [cnpsc@live.com](mailto:cnpsc@live.com)

### **Club Web Site**

The website at [www.crownsnestpassskatingclub.com](http://www.crownsnestpassskatingclub.com) contains all of the information found in this booklet, or where to attain it. Please check the calendar page of the website for any updates to the schedule as they are posted here first. Alternatively, you can also find a copy of the calendar on the bulletin board at the Coleman Complex.

### **Parent or Skater Concerns**

If a parent or skater has any concerns or questions regarding the program or anything else, please refer your question to any club executive. They will contact the appropriate person(s) and will contact the member back with an answer, if applicable. Alternatively, you may direct your question or concern to the President via e-mail at [cnpsc@live.com](mailto:cnpsc@live.com) or through snail mail at Box 128, Blairmore, AB T0K 0E0. If you feel that your concerns have not been addressed, you can investigate the dispute resolution process on the Skate Canada Alberta/NWT-Nunavut website.(Posted as a link on website)