

Camrose Skating Club

www.camroreskatingclub.com



General Program Overview

Revised: July 2010

Contact Information 2010-2011

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PROFESSIONAL COACHING STAFF:

POSITION	NAME	PHONE #	E-MAIL
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Coach - STARSkate	Kylie Kuchnerek	780-679-2283	kyliekuc@telus.net
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Visit our website regularly for updated and current information. It will contain all current news and contact information as well as pictures and updates of skaters and events in our club. Check it out at www.camrosekatingclub.com

Please see **Appendix A** for individual programs and schedules for the current season.

Parent and Skater Obligations

Fundraising:

All skaters (if old enough) or parents are expected to participate in fundraising activities. Fundraising is the only method for keeping fees lower - without it, registration fees can become quite astronomical. Ice time is the biggest expense of any skating club, ours is no exception and it is towards this expense that most of our funds are applied. Most years, registration fees are not enough to cover all expenses of the club and fundraising is the only way to make up the shortfall and keep the club stable and viable.

Each program has its own fundraising sources, such as bottle drives, selling items, raffle tickets, skate-a-thons, etc. In all cases, a deposit cheque(s) is collected at registration time. How does it work? All registrants must give a cheque of a set value at registration time. If you do your part in fundraising, your cheque is returned to you at the end of the season. If you choose not to, your cheque is cashed and the value is deposited towards the fundraising account. This is considered by most sport-oriented clubs as the only way to keep things fair amongst volunteers.

Our club may from time to time, offer other fundraising options with the proceeds benefiting your skater fees directly. In this case, any fundraising dollars or a portion thereof is applied to your account with the club. You can use this account balance against fees owed the club over the year, or apply it to the upcoming year. In some cases, you may also receive a refund cheque for the amount due to you at the end of the year. In the past, some parents have been able to work off an entire season of fees in this manner.

Camrose Skating Club is an affiliate of the Camrose Minor Sports Association (CMSA). As such, all parents are required to work one shift per child at the concession booth, which is run by CMSA. This rule applies to every member of any sport club or association which belongs to CMSA. A deposit cheque of \$150.00 is collected at registration for this purpose. The cheque is given to CMSA and you are assigned a shift to work at some point during the year. If you decline to work or fail to show up your cheque is cashed by CMSA.

Club Policies:

It is your responsibility to familiarize yourself with club policies & procedures, including the by-laws and skater etiquette on the ice. These documents are available on the web site for download and also at registration. Please ensure you read them at least once, it will aid you greatly in understanding how we operate and why & how decisions may be made. You should also ensure your child is familiar with what is acceptable and what is not, behaviour wise and otherwise.

Meetings:

Although not mandatory, your participation when meetings are called is greatly appreciated. Attending meetings is the best source of accurate information. Your input in the decision making process is important!

Club Programs Overview

CanSkate: Stages 1 to 6

- Child must be 4 years of age or older as of September 1.

STARSkate Group (Junior Development) : (Free Skate, Dance, Skating Skills & Stroking)

- Skaters begin already having basic skating skills
- Group format, less time commitment than STARSkate

STARSkate: (Free Skate, Dance, Skating Skills and Interpretive)

- Recreational
- Test Stream
- Competitive

CanSkate

Main Objectives:

- To provide basic skating instruction in a group based format.
- To introduce the skaters to the six fundamentals movements of figure skating - going forward, going backward, stopping, spinning, turning and jumping.
- To improve the child's skating ability in a safe and fun environment.

Older qualified skaters (Program Assistants or PA) assist the professionally trained coaches by working with the skaters in small groups. The coaches are responsible for checking the skaters' skills every session. There is no specific testing day; the skaters get tested every session on their six fundamental movements. There are 6 badge levels to be awarded in CanSkate. Skaters receive a badge for each level completed. A Report Card is also utilized and given to parents as a permanent record of the program levels achieved.

There is on average, 60-90 skaters enrolled in the CanSkate Program. Each session normally consists of a warm-up, lesson time, activities and/or action games, and a cool-down. The sessions are one hour in duration and run once a week typically starting in October each year. Contact the CanSkate coordinators for more details.

Make sure that your skater dresses in warm layers and mittens so that they do not need to leave their sessions because they are cold. **Skaters should go to the washroom before their session begins.** Parents are encouraged to stay out of the players boxes during the CanSkate sessions. This area is reserved for skaters, coaches and **scheduled supervision** parents. Parents must remain in the arena just in case their child needs to use the washroom; the supervisor will be unable to leave the rink and cannot take the skaters to the washroom each time a skater has to go. Skaters should also have a pair of guards to protect their blades from damage. Please see further on in this document under *Equipment Information*.

If you need to talk to the CanSkate coaches, please approach them when the session is finished or call them at home. Coaches should not be approached during a session, as this disturbs their lesson time with the skaters.

CanSkate is an excellent program for any child who wants to learn how to skate. It is not just for students who want to figure skate, but great for hockey players wanting to gain extra skills and agility.

CanSkate is also offered in our Summer School in August each year. This is an excellent way to get skaters started or to finish badges before proceeding to STARSkate programs. Check the website for details of dates and times and to download the Summer School brochure and registration form.

STARSkate Group (Junior Development)

This program is a learn-to-figure skate program, where skaters are taught the basics of figure skating in a group format. This program is taught by a Professional Coach, while Program Assistants are used to help with the practice and reinforcement of new skills. STARSkate Group is not a beginner skating program, therefore skaters must have mastered certain basic skating skills such as stopping, turning, and forward/backward skating. Throughout the season we will learn skills from the following disciplines:

- *Free skate* : Jumps, spins, field moves and footwork
- *Ice Dance* : Dance techniques, patterns, timing with music, expression and partnering
- *Skating Skills/Stroking* : Skating technique, speed, flow, power, control, edges, turns, etc.

Skate Canada testing is also available to skaters in this program, just as it is for skaters in private lessons. The coach will let you know if your skater is ready for testing. Skaters may also have an opportunity to participate in Competitions if they are so inclined.

A skating dress is not mandatory although it will be needed later if a skater is involved in testing. Warm, sport appropriate clothing (stretchy, loose fitting), as well as warm gloves are recommended to help the skater remain on the ice feeling comfortable. Please avoid clothing that is too long or baggy as this may pose safety concerns.

Social interaction is a big part of a group program. This is very important for a lot of skaters. For some skaters, this may be more important than the actual skating. If this is the case for your skater, then group lessons may be the answer. The cost of this program is slightly lower and the time commitment is less than what is required for private lessons (depending on your skater's goals). This program is fun, social and enjoyable while also providing skaters with the opportunity to further their skating skills and achievements while learning at their own pace.

STARSkate Private Lessons

Skaters that are interested in private lessons should have completed the CanSkate program or be recommended by a coach. Lessons are taught one on one or in a small group with the coach. Skaters must book lessons with a coach prior to, or at registration time and will receive lessons according to the arrangements you have outlined with them. The amount of ice and lesson time depends on what you and your coach deem affordable and necessary for your skater's progress. **Private coaching fees are NOT included in your registration fees and must be paid directly to your coach** on a monthly or bi-weekly basis. Please inquire with the coaching staff of your choice on fees and availability prior to registration.

Coaches discuss with one another the skaters they are thinking of putting on each session and decide as a group which skaters will fit best in each session. Division of the skaters into sessions is made both in the interests of safety and convenience - it is easier to gauge your moves if everyone on the ice is within a known range of competence. The number of skaters allowed on the ice at any time may differ from a low test to a high test session or from lesson to lesson depending on coach availability.

Star Skate Sessions:

Free Skate Sessions: Jumps, spins, footwork, moves in the field, spirals, etc. Skaters usually take 2-3 free skate sessions per week (ask your coach what they recommend for your skater) During free skate sessions skaters may play their program music, and while their music is on they have the right-of-way on the ice. Coaches with students in a lesson are always given right-of-way.

Ice Dance Sessions: A period of time in which only ice dancing may be practiced unless otherwise specified. This includes isolated moves or entire patterns all traveling in the same direction. Coaches and their students as well as the dance partners and their students always have right-of-way. Also, when a particular dance is playing, skaters doing that particular pattern have the right-of-way. Skaters usually skate one 45 minute session per week.

Skating Skills Sessions: Usually 30 – 45 minutes in duration, one session per week. Set steps and patterns are followed, traveling both clockwise and counter-clockwise around the ice. Music is used for this session also. Again, right-of-way goes to the skater using the music and to the coaches/students in lessons.

Stroking Sessions: All skaters enrolled in this session participate as one large group, with one coach leading the session. Skaters are put through a series of drills, exercises and skating patterns to help develop their edges, agility, strength and physical endurance.

Open Sessions: A period of time in which any type of skating (free skate, skills or ice dance) may be practiced. Again, the person whose music is playing or is in a lesson has right-of-way.

Equipment Information

Everything you need to know about skating will eventually be learned through your experiences in the skating world and from your skating coach(es). Your coach is your most accurate source for skating information. This handout is only to help inform you of some of the decisions you might come across while learning the ropes. Always check with your coach for advice and recommendations, they know your skater and what is best for individual training.

New or Used ???

- Used skates are an option for younger skaters who are in CanSkate or Junior Development sessions.
- Skaters at a higher level will not want to use this option since their skating requires skates to be in the best shape possible when starting out the competitive year.
- Be sure that you are getting a quality product before you make any final purchases.

Skate Fit:

- Every parent has had the experience with buying shoes or other clothing for a growing child and having them no longer fit after only a few weeks -- and not due to shrinkage, but due to a growth spurt. If you buy children's skates too loose, they will interfere with the skating and may actually be dangerous because of lack of support. They may also repeatedly raise blisters. If you buy them too small, or have your skater continue to skate in them for some time after they have become too small, the skater and the skating will both suffer.
- To check the fit of the skates your child has now, ask him to put his skates on loose and put his foot right to the front of the boot. If you can put an index finger between his heel and the back of the boot, he has enough room to grow.

Blades:

- Look at how thick the dull strip is on the sides of the blades along the edges. They were three or four millimeters when new. If they are thin, then your blade has been sharpened many times. If you have any questions about the quality of the blades you are looking at, contact your coach before purchase.
- Put the skate upright on a table, and check the position of the bottom toe pick. The blade should also be touching the table within one or two inches of the toe pick. If the blade touches the table further back, it means that the toe-pick is too low (probably a consequence of successive sharpening). If the blades touch closer than 1 inch, the master (bottom) toe pick may have been ground off. In this case, the blades will be useless for learning spins and jumps.
- Ask the skate sharpener to examine the blade. They can tell you if the blade is bent, incorrectly mounted or obviously damaged by abuse or bad sharpening.
- When you buy used skates and blades, always have the blades repositioned to suit your skater. Ask your coach for information regarding blade repositioning or whether they think it is necessary.

Boots:

- Should be snug in the heels and support the ankles firmly. Ask as many questions as you can while shopping around for the right skate for your skater.
- Let the sales person know what level your skater is working on and the array of skills they are performing.
- Beginner boots may be sold in pre-assembled sets, but avoid those that have the blades riveted to or molded into a plastic sole. All skates and blades can be purchased separately.
- If they don't have what you are looking for in stock, ask them to order it for you. Ask your coach for a list of blades they would like you to choose from, or more importantly, which ones to avoid.
- Good quality beginner boots are moderately stiff to provide adequate support, and the more advanced boots get progressively stiffer.
- Whatever make of skating boots you buy, it is most important that the boots fit properly (your foot should be held firmly by the boot) and show first class workmanship. When trying on boots, wear the same socks/tights that you will skate in. Thick socks are not a good idea as they will cause the foot to move in the skate.
- The construction of the boot tongue is important since a relatively stiff padded tongue will stay in place and keeps the pressure of individual laces from injuring your feet. Some tongues have a padded lamb wool lining, but tongues of higher level skates are generally padded with a foam rubber. The foam rubber should be about 3/8 - 1/2" thick and fairly stiff with small pores.
- Ask to be measured by a competent vendor. They should have you sit and put a little pressure on the measuring board.
- Try on the boots before having the blade mounted, and don't hesitate to try others if you're not satisfied with the fit. Skate shops are busiest on Saturdays, try to avoid going for a fitting during busy shopping hours, it usually takes 2 to 3 hours for the fitting, adjustment and purchase of your skates and blades. Do not shop for skates if you only have an hour to spend at the skate shop.
- Spend some time walking around the store in the skates to find out the pressure points. The longer you stay, the more adjustments they can make and the more comfortable your skater will be.

Breaking in your boots:

- Wear thin socks, you want the socks to slide against the leather. Thin polyester socks are good in this respect. Lace and unlace your new boots three or four times before skating. Wear them around your house (with guards on!), the more you wear them the shorter your breaking in period will be. Skate for short periods at first paying attention to the way your feet feel and stop if there is chafing or irritation. Never ignore discomfort because it can turn into blisters and infection.
- If the top rim of your boots rubs your legs, buy some cloth medical

tape and moleskin (2nd skin) to protect the irritated areas. Bandages or round foam makeup pads can be used to fit over your ankles.

- You can get boots "punched out" (stretched) where they are hurting your feet, customizing them to some degree. Ask your coach if this might relieve the pressure on your feet, sometimes it's just a matter of time until the skin becomes accustomed to the irritation, your coach will be able to tell you what is normal and what is not.
- Skipping holes or not tying them all the way up to the top may be practices your coach would rather you not do. Buy laces that fit your skates properly, wrapping them around the back of the skates should not be done.

Maintenance:

- Boots are expensive and deserve all the care you give them. Be sure to dry the entire sole of your boot off immediately after leaving the ice and don't store them in a closed bag.
- When not in use, always remove them from the skate bag and leave the skates in the open so that air can thoroughly dry them; otherwise the leather will start to decay in a hurry.

Sharpening:

- Take your skates to a pro-shop that your coach recommends or ask some regular skaters where they get them sharpened. Skate sharpening is NOT a do-it-yourself project! Skates are expensive and it only takes one bad sharpening to turn them into scrap metal.
- You have to know and trust your sharpener, your sharpener has to know your needs.
- You will either need a **free skate** (very sharp) or a **combo** (less sharp) sharpening done on your skates...your coach can let you know which to choose.
- Never sharpen your skates just before an important skating event, allow at least two skating sessions (minimum) to break in the sharpening. Some kids find it hard to adjust to newly sharpened skates, some have no troubles at all and actually prefer it. Again, check with your coach if you have any questions about when to sharpen.
- Nicks in the blades should also be attended to. Bad nicks in the edges will ruin the finest sharpening.

Blade Protection and Care:

- There are two kinds of blade covers, hard rubber/plastic guards and terry-cloth "soakers". The plastic guards should be worn ***every time*** you step off the ice. Even "safe" rubber mats or carpets accumulate dirt and grit from the shoes of pedestrians, and this grit will nick and round off the fine edges of your blades much faster than gliding across the ice. Do not leave them on your skates between sessions as they will trap water and cause your blades to rust.
- The cloth soakers are put on after you have removed your skates and wiped them dry with a rag. They protect your blades from bumping in transit and wick away any condensation so your blades won't rust. If you still have problems with rust or want to store your skates, rub a drop of oil or Vaseline along the bottoms of the blades.

Test Days

- Our Club hosts 3 to 4 Test Days per year, depending on the availability of Skate Canada Evaluators.
- Evaluators are appointed through the Alberta Skate Canada Office; *clubs do not select which judges will be evaluating their tests.*
- Judges are not paid for what they do, all of their work is done on a volunteer basis.
- Coaches decide when their students will be ready for testing. The coaches take into account the skaters level of commitment, as well as their mental and physical readiness for taking tests at their level.
- A list of testing students is submitted by the coach to the Test Chairperson at least 4 weeks in advance of the actual test day. Two weeks before the test day, the coach decides which tests are to be pulled from the list. After the "Pull Day" skaters are not allowed to withdraw their test application unless a

doctor's note is presented to the Test Chairperson, *without a note from your doctor, you will still be responsible for the full payment of your test fees* - this is a Skate Canada rule.

- Coaches charge the skater over and above regular lesson fees for each test taken. *You will be charged for the test regardless of whether it is successfully completed or not.*
- Skaters must wear a skating dress suited to the test they will be taking. If in doubt ask your coach for advice.
- Hair is to be pulled back from the face, neat and tidy.
- Skates should be cleaned, polished and laces washed.
- Skaters are required to be at the arena one hour prior to their warm-up time so that they can do their warm-up exercises. All skaters are to be stretched and warm prior to putting their skates on.
- An ice captain will be responsible for getting your child to the ice in time for their tests.
- All skaters and observers are to remain as quiet as possible while viewing the tests.
- Coaches will be given the result of the test and will find your skater when they have time to leave other students. Tests are marked as a *pass* or a *retry*. **Test fees are paid regardless of a *pass* or *retry* result.**
- **ALL TEST SHEETS ARE TO BE KEPT IN A SAFE PLACE AND SHOULD NEVER BE THROWN OUT** in case of an error at Skate Canada headquarters or loss of data, you may be required to provide proof of your testing. If you don't have proof, **the test may have to be tested over again**, at your expense. Coaches are not responsible for keeping records for the students; it is up to the students to keep track of tests. If you change coaches, it is also your responsibility to provide an accurate account of all tests passed. You may be required to bring proof to the coach.
- Test days are sometimes booked during school hours due to the lack of ice time available to the club.
- Parents may be assigned a job on test day...if you are unable to fulfill your responsibilities, you must make alternate arrangements with another parent.
- **All test fees must be paid before your child may take the test.**

Competitions

Competitions are awarded, by the Skate Canada Section office, to clubs who have applied to host one. There are a limited number of competitions awarded to every region each year. Open competitions are those that are open to all skating clubs within the AB/NWT/Nunavut Section. Closed competitions are only available to those skating clubs within that particular region.

Competitive vs. Test Stream Skaters/Events: There are competitions suited to competitive and/or test stream skaters, your coach can help you determine which category is suited to you.

Competitive Skaters: Typically have a longer training season which is usually supplemented by various off-ice training programs. A competitive skater typically begins their competitive season during the summer and their main competitions would be Alberta Regionals and Sectionals with the possibility to compete at the International level.

Test Stream Skaters: Typically skate a shorter season (summer to March) with less hours of on-ice practice per week. Most skaters are "test stream" skaters who attend competition as a fun and challenging addition to their skating season. The major competition for these skaters is the "STARSkate" competition in which the run-offs occur in each region usually beginning in January, with the finals being in February.

Events: There are a variety of events skaters can enter in each competition. Some competitions offer more events than others. Skaters can now compete their dances, skating skills, interpretive programs, etc., in addition to their typical free skate program.

Spin, Spiral, Jump Events: This event is for those students who do not yet have a free skate program and have not passed any free skate tests. It consists of one jump, one spin and one spiral of the skater's choice. The event usually only utilizes half of the ice surface, where the other half of the ice is being shared with another group of skaters. CanSkate students typically compete in these categories.

Free skate: This event is for all skaters who have a free skate program. It is structured into different levels of skating (Pre-Preliminary to Gold) by the free skate tests passed. Your program music is required for this event. You will need to bring the tape and/or CD copies of your program when you register for the competition.

Elements: All skaters competing in this event will be skating the same elements outlined for their category. All elements are put into a routine which is developed by the coach. This event is not skated to music.

Ice Dance: These events can be done individually, with a male partner or in a shadow dance (two skaters performing the same steps side by side in unison around the pattern). The dance(s) to be performed by all skaters will be specified in the competition announcement.

Interpretive: This event includes those skaters who have an interpretive program already prepared. Interpretive skating does not have any required elements to perform. You need to bring copies of your program music with you when you register.

Artistic/Creative: This event is structured into different levels as well and it is considered a fun event. The skaters will hear a piece of music during their warm up on the ice, usually two times through. Skaters will then be required to return to their dressing room where they cannot hear or see the other skaters. They are required to skate their own unique program to the music that they have just heard on warm up. Music for this event is supplied by the hosting club.

- Skaters should arrive at the arena for competition at least one hour prior to their warm-up time. Competitions are permitted to run at least one hour ahead of schedule.
- Registration tables are usually set up directly inside the arena; there you will register your name and the music for your events. Make sure that you pick up your music before you leave the competition.
- Dressing rooms are labeled according to the events being offered. If you need help, an ice captain (anyone with a clipboard) will be able to answer any questions you might have.
- There will be a bulletin board set up in the lobby with the "Order of Skate" for each event. A colored sheet will be placed over top of the "Order of Skate" once the results are ready. Skaters and parents can check the results once they are posted.
- After you have registered, find an Ice Captain so that you can find out if the competition is running on time or not. Then find your coach to make sure that he/she knows that you are there. Any running and stretching should be done prior to putting your skates on. Skaters are given a 4-6 minute warm-up, your coach will be at the side of the ice to help you. Have a great skate and watch the bulletin board for your results. Medals are usually presented at least 15 minutes after your results are posted (depending on how the competition is handling medal ceremonies).
- Your coach will be given copies of any competition announcements by the Club Representative. These will be passed out to all skaters who are eligible or interested in competing.

- Fill out your form and return it to your coach as soon as possible to ensure there is adequate time to mail your form and so that your coach knows which events to prepare the skater for. Coaches can also help you with filling out the form, you may need help with some of the information (i.e.: test levels and music times)
- Discuss with your coach, who will be responsible for taking your music to the competition.
- Be sure that you have your coach outline their list of fees for competitions beforehand. Discuss these charges with them if needing clarification. Should there be a small number of skaters attending the competition, the parent and their base coach may decide to send the skater with another coach.
- Bring everything you will need at the competition. Hair accessories, competition dress, back-up dress, tights (2 pairs), warm-up sweater, gloves, skates, extra laces, etc.
- HAVE FUN, competitions are a great way to meet new friends from different clubs. CHEER for the other skaters in your club!!!