



Georgetown Skating Club

Parent Information Package

Georgetown Skating Club

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Sanctioned by: Skate Canada - Club Number 1000437

MISSION STATEMENT

The Georgetown Skating club is dedicated to the principle of enabling every person to participate in skating throughout his or her lifetime for fun, fitness and/or achievement.

SKATING FOR LIFE

Canadians love figure skating! Every winter, millions of Canadians take to the ice, indoors and outdoors in search of fun and fitness. The Georgetown Skating Club sanctioned by Skate Canada provides skating programs which are designed to allow individuals to participate in skating for life. Our programs provide participants with basic skating skills, advanced figure skating techniques, test and competitive opportunities, awards and incentives and the chance to learn new skills in a fun and positive environment.

CLUB STRUCTURE

The Georgetown Skating Club is a non-profit organization constituted under the authority of Skate Canada within its Midway West Area. The Club sends a delegate to the annual meetings of both the national and sectional organizations. The Board of Directors is made up entirely of volunteers elected by members of the Club at the Annual General Meeting in late spring. Board members fulfill the following responsibilities:

President: The President is responsible for reserving ice and rooms for the skating season, test days and special events. Also within the responsibilities of the position is preparing the skating schedules, Chairing monthly Board of Directors meetings, renewing insurance. Producing registration forms for all skating schools, and arranging the skating calendar for the year. The President works with the Treasurer to formulate and present budgets. The President must also oversee each position on the Board of Directors to ensure all activities are being completed as required.

Vice-President: Assists the President in all areas as required. In his/her absence, the Vice-president will fill this duty. Also handling advertisement in newspaper and on marque.

Treasurer: the Treasurer shall be responsible for the safe control of all club funds, for preparing and submitting to the Board of Directors on a regular basis an annual budget.

- Keep all financial record up to date
- Prepare and submit financial statements to the Board of Directors on a regular basis (for every board meeting)
- Deposit all the funds as soon as possible after receiving them (at least once a month)

- Pay bills in a timely manner including coaches' remuneration
- Maintain an account at the bank

Test Chair: This person is responsible to oversee test session, be responsible for accurate record keeping and preparing reports submitted to Skate Canada. Other responsibilities include:

- Collecting max and min list from the coaches,
- Handing out test envelopes and collecting Test Fees, submitting money and cheques to the Treasurer and Skate Canada
- Booking Judges well in advance of Test Days
- Confirming ice availability
- Scheduling the day and informing the coaches and the administrator (admin will inform the skaters about the schedule)
- Keeping Skaters' test records up to date in club files
- Enlist volunteers to effectively run a test day

Competition Chair

- Confirm Club Competition date and ice availability
- Set up categories and requirements
- Book judges well in advance of competition
- Post competition announcements stating entry deadlines
- Prepare and distribute competition entry forms
- Collect forms and money and submit money to Treasurer
- Post competition schedule and skaters list
- Coordinate music, food, loot bags, Awards, etc.
- Enlist volunteers to effectively run competition (with volunteer coordinator)

Coach Liaison:

- Prepare coaches' contract for the upcoming season
- Interview and hire new coaches as required
- Verify all Skate Canada Coaching Certifications and First Aid Certificates
- Prepare coaches' schedule for upcoming season
- Schedule and chair regular coaches' meetings
- Keep coaches informed of club actions
- Discuss suggestions and/or problems with the coaches during the season
- Checking coaches' invoices

Membership Chair

- Set dates and times for fall, winter and spring registration events (mall, arena)
- Organize and oversee all registration events, posting signs in the arena, ensuring an adequate supply of forms and pens
- Collect all registration forms and payment
- Tracking of registration numbers during the season
- Organize volunteers to greet and check-in skaters participating in Learn-to-Skate during the first 2 weeks.
- Organize volunteers to hand out report cards at the end of the fall and winter sessions
- Enlist volunteers to effectively run registration (with volunteer coordinator)

Fundraising and Sponsorship

- Look for sponsors for the season
- Organize fundraising events
- Set up and staff raffle table at events

Volunteer Coordinator

- Setting up, managing sign-up sheet for various club events like registrations, club consignment, Christmas skate, report cards hand put, etc.
- To make sign in and out sheet for the events and then report to the administrator the hours
- Working together with test, competition, fundraising and membership director to ensure to run any events effectively

Website Coordinator

- Updating and posting new information on the webpage
- Communicating with programmer regarding website features and fixes

Director at Large

- Attend and participate in all Board of Directors and general meetings
- Serve as Chair of one or more standing committees

The Coaches' Representative attends all Board meetings, and brings the coaches' issues and concerns to the attention of the Board.

VOLUNTEERS

The Club depends on the efforts of many volunteers, who assist in the planning, organizing, and success of various Club events:

- On Test Days, volunteers coordinate refreshments for the judges, help with registration, work as ice captains, and assist with music and announcements.
- The Club competition, held in February every year, is the one of the largest events of the year at the Georgetown Skating Club. Volunteers do everything from setup and tear down to greeting and registering skaters, organizing hospitality, helping with ice events, and many other duties.
- Club ice shows depend on volunteers to coordinate refreshments, collect tickets, and help with younger skaters, help the skaters with costume changes, fundraising, and security.
- For the annual Awards Banquet, volunteers help to organize and promote the event, sell tickets, prepare trophies and certificates, and create a program to honour achievements of Club skaters past and present.
- At fundraising events help is always needed, at every level.

If you are interested in helping out, please contact a Board Member! It can be as little as one hour or a couple of hours. Your efforts are very much appreciated!

It takes a strong team of dedicated volunteers to run a successful club!

PROGRAM ASSISTANT (PA)

SKATE CANADA Coaches are the primary teaching resource in our club and Program Assistants assist in the delivery of the program. Program Assistants are older, accomplished skaters at the club who volunteer their time to assist the younger skaters. They receive annual and ongoing training. Program Assistants are not required to answer any skating questions regarding your child's progress. You may, however, ask them to get the attention of a coach or relay a message.

They share their love and knowledge of skating while performing various duties:

- assisting the SKATE CANADA Coach to deliver the program on and off ice
- demonstrating skills and teaching progressions
- supervising practice time
- assisting with warm ups and cool downs under the direction of the Skate Canada Coach
- reinforcing learned skills
- assisting with on ice circuits
- providing individual and group assistance
- acting as a role model for young skaters

FUNDRAISING

The Georgetown Skating Club is a not for profit association and is run entirely by volunteers. Major costs include the cost of ice (rented from the Town of Halton Hills) and the fees of the professional coaching staff. In order to keep the fees for programs as economical as possible, the Georgetown Skating Club must actively fundraise and look for corporate sponsorship. All profits that are generated through our fundraising activities go directly to the Club. Funds are used to help offset the costs of ice, coaching, equipment, insurance, supplies, awards and special events for our members.

SKATE CANADA PROGRAM INFORMATION

CanSkate

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. The CanSkate Program provides instruction with the use of circuits. The circuits are in line with the ABC's of the Long Term Athlete Development Model, addressing Agility, Balance and Control. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skater's progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

Learn-to-skate programs:

Parent and Tot - Ages 2 to 3 years with an adult

- Must be 2 years of age before December 31st
- Skaters will be on the ice 30 minutes each skating day
- Skaters will develop strength and balance while having fun
- Skaters may sign up for one, two, or three days per week
- Siblings will not be allowed on the ice with the skater and parent
- A Skate Canada Membership fee must be paid by the adult to participate in this program
- Adults must wear skates to participate and skaters must wear a CSA approved helmet

Pre-CanSkate - Ages 3 and up

- Must be 3 years of age before December 31st
- Skaters will be on the ice for 30 minutes each skating day
- Program will encourage fun and movement on the ice
- Skaters must wear a CSA approved helmet

CanSkate

- Stage's 1 to 6
- The fundamentals of skating are taught
- Skaters are prepared to begin figure skating, recreational skating or hockey
- Skaters will be on the ice for 60 minutes each skating day
- Skaters are grouped by ability and progress through a badge program
- Testing is done on an ongoing basis and groups may be re-organized during the season
- Skaters must wear a CSA approved helmet

PowerSkate

CanPower Skate is an action-packed, high energy instructional power skating program that focuses on balance, power, agility, speed and endurance. Skills and techniques are taught in a progressive format using a variety of drills with emphasis on how skills apply to game situations. CanPowerSkate is an excellent complement for those athletes playing hockey or ringette.

CanPower Program Pre-Requisites

- Must have passed PrePower Level C or Canskate Level 2 or skated in the CanPower program in 2015/2016 (minimum age 7)
- Participants are required to wear full hockey/ringette equipment that is CSA approved

Skaters are on ice for 40 minutes and must come prepared with stick, water bottle and equipment on properly.

This is not a learn to skate program

PrePower Skate develops basic skating abilities in a power skating-specific environment including balance, forward and backward skating, stopping and turning. Skills are taught in a fun and exciting format with the use of drills, circuits and games. An excellent starting point for those able to skate but new to hockey.

PrePower Program Pre-Requisites

- Must have passed PreCanskate or skated in the PrePower program in 2015/2016 (minimum age 5)
- Participants are required to wear full hockey/ringette equipment that is CSA approved

Skaters are on ice for 30 minutes (Monday session $\frac{1}{2}$ - ice) or 60 minutes (Wednesday session $\frac{1}{3}$ ice + warm-up/cool-down/fast track with Canskaters, no sticks) must come prepared with stick, water bottle and equipment on properly. **This is not a learn to skate program.**

PowerSkate Programs:

Pre-PowerSkate - Ages 6 and up

- Must be 6 years of age before December 31st
- This is a program designed for a beginner who wants to develop skills for hockey
- Must be able to walk forwards and backwards on the ice and get up unassisted
- Participants will be on the ice for 30 minutes on Monday, 60 min on Wednesday
- PowerSkate programs require skaters to wear full CSA approved hockey equipment, helmet and sticks
- This is not a learn to skate program

CanPowerSkate - Age 7 and up

- Must be 7 years of age before December 31st
- Advanced power skating program
- This program helps develop strong hockey skills with a focus on power, coordination and endurance
- Skaters will be on the ice for 40 minutes each skating day

StarSkate (Figure Skating) : Skills, Tests, Achievement, Recognition - this is what StarSkate is all about!

StarSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in StarSkate may also choose to pursue synchronized skating or pairs skating.

Things You Should Know

For the Pre-Canskate and Canskate Programs

Proper equipment is essential to becoming skilled in most sports and skating is no exception! Skaters cannot learn skills unless their skates fit well and support their ankles. If your child cannot walk across the floor holding his/her ankles up it is highly unlikely that he/she will be any better on the ice.

It is important to remember that learning to skate should be a fun and successful experience. It should not be lessened by poor quality equipment or physical discomfort. A well thought out purchase of good skates will encourage enthusiasm and excitement in anyone learning to skate.

If at anytime you have questions or concerns regarding your equipment, please consult with any of the Club coaches.

Skates

Wal-Mart, Canadian Tire and Sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Firm Ankle support
- Laces and hooks, not buckles
- Good quality leather (no plastic)

Avoid buying larger size skates for skaters to "grow into". If you buy children's skates too loose, they will interfere with the skating and may actually be dangerous because of lack of support.

How to ensure correct size of skates

1. Wear only one pair of socks or tights (the same pair that will be worn when skating)
2. Partially unlace boot through instep slide with weight equally distributed. Slide foot forward so toe can touch the front but not cramped stand with weight equally distributed over both feet. Bend knees, the space at the back of the heel should be no more than a pencil width. Don't forget to check if the width of the skates fit the foot - they should be snug but comfortable.
3. Walk around in the skates off the ice; they should feel comfortable.

How to tie skates

Once foot is placed comfortably in the boot...

1. Be sure the tongue is centered and pulled all the way up.
2. Start at the toe of the skate and tighten laces comfortably over the toe and front of the boot
3. Before tightening the hooks, wiggle your toes to make sure the skates feel comfortable.
4. Tie laces snugly around the ankle and tie a tight bow or double knot.
5. Make sure extra lace is tucked away

Please Note:

When tying skates do not wrap laces around the ankle. If you feel you need to do this for more support, you probably need a new pair of skates! If you are doing this because the laces are too long - just cut them.

Helmets

- Helmets are mandatory for all skaters in the PreCanskate and CanSkate programs.
- Helmets should fit snug and both the helmet and strap should be adjustable.
- **A CSA HOCKEY HELMET is mandatory. Bike Helmet are not acceptable.**
- If a skater wears a hat or headband under the helmet, please ensure that it stays up on the head and doesn't slip down over the eyes.

Care of Equipment

Always wear protective guards when not on the ice. Do NOT walk on concrete surfaces without skate guards, sharpening and blades will wear much faster, and are damaged severely by the surface. After a lesson, dry blades and sole plate completely with a cloth. This will prevent the blades from rusting. Always remove guards and allow skates to air dry completely after each skate. When not in use, remove skates from the skate bag and leave them in the open so that they can air dry thoroughly, allowing the leather to breath.

Sharpening your skates

All new skates and skates that have not been skated on for a month will need to be sharpened before you skate on them. Re-sharpen skates after approximately 20-30 hours of skating. More frequent sharpening may be required, if the skater walks on concrete, rubber or carpeted surfaces without guards, if the blades are not wiped dry, or if there are severe nicks and rough surfaces on the edges of the blade.

Do NOT remove the bottom pick on figure skates. The pick is part of the design of figure skates and is essential to proper balance.

Skating Clothing

The rink is cold so remember to bring extra clothing and layer when possible.

Pants/Jackets - To keep your child warm, snow pants or windbreaker pants over long pants are recommended. Sweaters and turtlenecks or a winter jacket on top should be sufficient. Try to avoid clothing that is too bulky, restrictive or not waterproof.

Mitts/Gloves - Bring at least 1 pair of warm gloves each day and have a back up pair in case they get wet. Put a few pairs of gloves in the skating bag at the beginning of the season and you won't have to remember to bring them each time.

Making the first day a success

Our coaches recommend that you have your child put their skates on at home a couple of times and walk around on the carpet with guards on. Make sure to also put the helmet on at home a couple of times - Doing this will take some of the anxiety out of the first day as they will at least be familiar with the feeling of the skating equipment.

Another recommendation is to tell your child that you will not be going on the ice with them but will be watching from the stands or lobby. You will however see everything that they are achieving and you hope that they HAVE FUN!

StarSkate Program:

StarSkate Levels:

Pre-Junior: This program is intended to be an introduction to figure skating for CANSkaters between Badge 4 and Badge 6. Upon their coach's recommendation, a CANSkater can register for an accelerated combined CANSKATE-PREJUNIOR program which will allow them to continue progressing to their Badge 6 in their CANSkate session while being introduced to the Figure Skating program in their JUNIOR STARSkate session.

- Skaters are required to skate two days per week—1 session on CanSkate and the other in Pre-Junior
- Skaters must have completed badge four (4) from the CanSkate program
- Skaters identified by coaches at that are working on their level four badge can be selected to participate in the Pre-Junior
- Two 15 minute group lessons are provided in the Pre-Junior skating session
- Skaters can choose a private coach from our roster of Professional Coaches
- Skaters are required to participate in group lessons (unless requested not to by the parents)
- Stroking will be taught in group lessons
- An introduction to the fundamentals of Figure Skating will be taught in addition to a continued focus on completion of CanSkate fundamentals while moving to completion of badge six in the Canskate program.

StarSkate One (Junior)

- A two or three day figure skating program (if you skate only 1 day, \$100 premium fee applies)
- Skaters must have completed badge six from the CanSkate program
- This is not a badge program - participants will be evaluated by a judge
- Skaters are required to choose a private coach from our roster of Professional Coaches within 3 weeks of starting their program. However, it is recommended that you choose your coach at the end of the last season or during the summer.
- Skaters can participate in two 15 minute group lessons.
- Stroking will be taught in group lessons
- The fundamentals of Figure Skating will be taught which allows the skater to master edges, crossovers, stronger backward skating, agility, speed and endurance
- This program will focus on the following areas of Freeskate, Dance, Skills, Interpretive and Stroking.
- Unlike Canskate, the StarSkate program has a different payment structure. First you pay for the club ice time which is the program fee (the amount that the club is asking for). You then pay for the individual coach for lessons; these lessons are not included in the initial payment to the club. Each coach has a different rate. You must ask your coach what he or she is charging per time allotment and develop your child's lesson plan from there.

StarSkate Two (Intermediate)

- A two or three day program
- Skaters must have completed two of the four Preliminary levels. The four levels are: Preliminary dance, Preliminary Free Skate, Preliminary Skills and Introductory Interpertive
- Group stroking lessons, each skating day, are included in the membership fee
- Private or Semi-private lessons must be arranged with a Professional Coach of your choice

StarSkate Three (Senior)

- A two or three day program
- Skaters must have completed their Junior Bronze freeskate, or Senior Bronze Dances and Senior Bronze Skills
- Group stroking lessons each skating day are included in the membership fee
- Private or Semi-Private lessons must be arranged with a Professional Coach of your choice

USEFUL INFORMATION FOR STARSKATERS

POLICIES

The following Policies and Ice Etiquette are in the interest of safety and courtesy to all skaters on the ice and in the dressing room. We urge all skaters and parents to review them carefully and abide by them. If any clarification is required, please ask any Board Member.

- "THREE STRIKE" RULE: If any member of the Georgetown Skating Club is not adhering to club policies or ice etiquette as stated below; he/she will be warned and parents informed verbally by Board Member designate. On a second occasion the skater will be warned again and the parents and skater's coach will receive letters advising that if a problem arises a third time; the skater may be suspended at the Board's discretion. This may be for a minimum of one month. ie: no skating for four skating weeks. There will be no refunds made for any time missed due to suspension.
- Skaters should not be left unattended while at the Arena, a parent or guardian **MUST** be in attendance at all times or has to notify the StarSkate coordinator or her private coach
- Parents will not be allowed on the ice during the lesson time.
- To avoid the possibility of serious falls and injury; food, gum, candy or drinks are not permitted on the ice.
- Use of cell phones, iPods, and MP3 players are not permitted on the ice. Skaters must leave the ice to utilize any of these devices.
- Pushing, tripping, horseplay or intentional interference with other skaters is not permitted on the ice or elsewhere in the Arena.
- Parents/ Guardians and spectators are requested to watch sessions from the stands, not the player's bench or at the entry gates; so as not to interfere with lessons or block access to the ice.
- **Money or valuables should not be left in the change areas. The Club bears no responsibility for loss or theft of valuables left unattended.**
- Anyone caught in the act of theft of any property will be subject to cancellation of membership and further disciplinary action. Fees paid will not be refunded.
- Skaters are only allowed to skate on sessions they are qualified and registered for.

StarSkate One, Two and Three guest skating fee is \$25.00. Members may only guest skate on the session they are qualified for. The number of guests per session is at the discretion of a Board Member. Please put the guest fee in the guest fee envelopes that sit above the grey GSC mail box.

- Coaches are in charge all the time on the ice. Any Club Coach or Board Member may ask any skater to leave the ice for unruly behavior.
- Skaters are not permitted on the ice surface until the Zamboni doors have completely closed and a coach has given permission to enter the ice surface.

Any complaints should be directed to the Board in writing (info@georgetownskatingclub.ca) The Board will discuss the complaint at the next board meeting and inform the parties about their decision.

MUSIC POLICIES

Music is played at the ice level on the iPad. No other music player allowed during the session. Skaters are allowed to start to play their solo, dance music on the iPad if nobody is using it.

STROKING: StarSkate One, Two and Three

- There will be no private lessons allowed during Stroking on StarSkate One, Two and Three.
- All skaters are expected to participate in Stroking group lessons.

ICE ETIQUETTE

The following order determines the **RIGHT OF WAY** during StarSkate sessions:

1. Pair Skating - Ice dance or Freeskate
 2. A skater whose music is being played—solo, interpretive or dance music
 3. A skater who is receiving a lesson. In the event 2 skaters, who are both in lessons, get into each other's way they should be courteous, apologize and move on. Adjust pattern or timing to avoid each other. Coaches can assist by directing their skater.
 4. Skaters who are practicing.
- Skate responsibly by watching out for others, keep heads up and watch out for other skaters.
 - The use of profane language is unacceptable and will not be tolerated.
 - Skaters are expected to be polite and courteous while on the ice and in the arena and must act with due regard and consideration for others both on and off the Ice. Failure to do so will result in a warning or removal of the offending skater from the ice and/or the Arena.
 - Be alert for other skaters at all times. If you fall, do not sit or lie on the ice (unless injured).
Get up quickly to avoid being hit by other skaters.
 - Kicking or Digging! Defacing the Ice with skate blade is prohibited.
 - **Do not interrupt a Professional Coach who is giving a lesson to another skater.**
 - Please do not stand and talk on the ice. However, if necessary, please speak by the boards and not in the middle of the rink or in the rink corners.

ALL CLUB COACHES AND BOARD MEMBERS HAVE THE AUTHORITY TO REPRIMAND ANY SKATER NOT COMPLYING WITH THE ABOVE POLICIES AND CODES.

Code of Conduct

Conduct for Skaters:

- I will understand the rules of skating and govern my actions within the guidelines.
- I will control myself and accept decisions of the judges.
- I will remember that winning isn't everything—that having fun, improving skills, making friends and doing my best are also important aspects of skating.
- I will remember that coaches and judges are there to help me. I will accept their decisions and show them respect.
- I will do nothing to hinder another skater's performance.
- I will work to promote camaraderie within the skating community.
- I will not physically or verbally abuse another skater.

Conduct for Parents/Spectators:

- I will remember that skaters skate for their own development and enjoyment.
- I will not have unrealistic expectations. I will remember that skaters put pressure on themselves and that outside pressure does not improve performance.

- I will not ridicule a skater for poor performance. I will make positive comments that motivate and encourage continued efforts.
- I will respect the judge's decisions and will encourage other participants to do the same. I will encourage open communication between judges, coaches and skaters.
- I will condemn the use of ridicule towards any skater/coach/judge and stress the positive elements of all participants.
- I will refrain from making any vulgar or suggestive comments. I will respect the personal dignity and privacy of all participants.
- I will respect all volunteers and the work they do for our organization
- I will show respect for all members of the skating community.

I will remain off the ice surface unless specifically requested to do so by a professional coach.

FAMILY VOLUNTEER FEE- Club Volunteer Program

Throughout the season there are many events that take place that require our StarSkate families support. These events include but are not limited to: fundraising activities, assisting during club competitions, family skate days, registration, ice show, etc. We are looking for volunteers from each family to assist with the volunteer activities throughout the year. Your \$100 per family volunteer fee charged with your registration will be refunded, (to a maximum of \$100.00 per family) if you volunteer 10 hours during regular skating season. Each session or block of volunteer activity earns a **\$10.00** credit. To sign up please go to our website, Georgetownskatingclub.ca, on the main menu click on Figure Skating and choose Volunteer sign up.

HOW TO CHOOSE A COACH

Coaches are invaluable in the development of an athlete's skills. They are teachers and mentors for the thousands of young athletes they interact within their day-to-day work. They work not only with athletes but also the athlete's parents in setting realistic goals and the training required to reach their potential goals. All Skate Canada coaches are required to be trained and/or certified under the National Coaching Certification Program (NCCP). Becoming a Skate Canada Professional Coach requires planning and commitment to the profession. A certified coach is an experienced, skilled and dedicated professional. Coaches have a huge impact on the lives of their skaters and coaches always need to be aware of this fact and conduct themselves in a professional manner. Coaches need to constantly educate and update themselves in order to be effective for their students. Currently, all coaches who work at Skate Canada member clubs, must meet the minimum criteria as outlined in Rule 2402 of the Skate Canada Rule Book and other provisions set from time to time by the Skate Canada Board of Directors. Our Coaches are registered professional coaching members of Skate Canada.

CHANGING COACHES

If a skater wishes to change coaches, etiquette dictates that the skater's parents ask the new coach if they would be willing to teach the skater, then the parents inform the former coach of the change and pay them in full before taking any lessons from the new coach. Skate Canada requires that the former coach gracefully relinquish any skater that wishes to change coaches. Please see coaching roster on the website for a list of available coaches and contact information for the current season.

TESTS

When a STARSkater is ready to try a test, their coach will let them know. The skaters will be initially testing at Low test days and will probably test the Dutch Waltz first. They will be judged by a Skate Canada official Test Judge. There is a fee of \$12.00 for the test which is paid to Skate Canada to record the skaters progress and a \$15.00 hospitality fee. In addition, you will pay for your coach on test day as well as a partner if required. The hospitality fee covers the cost of food, transportation, cost of ice and other incidentals. The judges are volunteers and do not receive any compensation for the time they spend at test days or competitions and it is important to show them our hospitality. Fee envelopes will be distributed by the skater's coach and must be handed in prior to taking the test. The list of candidates will be posted on the club bulletin board and website. The test is a formal process, with specific etiquette to be followed. Skaters on test day are required to arrive one hour prior to their scheduled test times, in

costume and ready to skate. Spectators are welcome, and are expected to behave with decorum, respecting the judge's need to focus on the skaters, and the skaters' need to focus on the test. After the test, the judge will provide each skater with a written assessment and a pass/re-try grade. A skater who is unsuccessful at a test is permitted to re-try the test at a future test day. Not showing up for a test after it has been scheduled is marked as a re-try. (Test results are noted on the Georgetown Skating Club's Skate Canada record, the skater's Skate Canada record and the coach's Skate Canada records, the coach's test records are monitored.) Test days require cancellation of some regularly scheduled sessions, though an effort is made to minimize this disruption. For test day, skaters usually wear their competition or dance dresses, however, a skating skirt and nice top are also acceptable. Their hair is expected to be pulled back away from their face or up in a ponytail or bun so that their facial expressions can be seen. Makeup is not required however some parents use this time to do a "make up trial run" for competitions. Skaters are not required to try their dance tests in dance dresses however it is recommended for skaters who are working on their Senior Bronze or higher dances.

SKATE CANADA STARSKATE TESTS

Low Tests:

- **Preliminary** - Dances (Dutch Waltz, Canasta Tango, Baby Blues), Skills, Freeskate- two parts (Elements and Program)
- **Junior Bronze** -Dances (Swing, Fiesta Tango, Willow Waltz), Skills, Freeskate- two parts (Elements and Program)
- **Senior Bronze** - Dances (Ten Fox, Fourteen Step, European Waltz), Skills, Freeskate- two parts (Elements and Program)

High Tests:

- **Junior Silver** - Dances (Keat's Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot), Skills, Freeskate- two parts (Elements and Program)
- **Senior Silver** - Dances (Paso Doble, Blues, Starlight Waltz, Kilian, Cha-Cha), Skills, Freeskate- two parts (Elements and Program)
- **Gold** - Dances (Quickstep, Viennese Waltz, Westminster Waltz, Argentine Tango, Silver Samba), Skills, Freeskate- two parts (Elements and Program)
- **Diamond Dances** - Ravensburger Waltz, Austrian Waltz, Tango Romantica, Golden Waltz, Yankee Polka, Rhumba
- **Interpretive** - Introductory, Bronze, Silver and Gold

JUMPS

Waltz Jump: Generally the first rotational jump that skaters learn. The skater takes off from a forward outside edge, completes 1/2 revolution in the air, and lands on the back outside edge of the opposite foot.

Salchow Jump: A jump in which the skater takes off from the back inside edge of the skating foot, rotates one rotation in the air and lands on the back outside edge of the opposite foot. Named after its originator, Ulrich Salchow.

Variations: double Salchow, triple Salchow, quadruple Salchow, onefoot Salchow. ☺**Neat fact:** The 1965 World Champion and 1964 World and Olympic bronze medalist Petra Burka became the first woman to complete a triple jump in competition - the triple Salchow performed at the 1962 Canadian Championships in Toronto, Ontario.

Toe Loop Jump: A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the toe of the free foot and turns one rotation in the air, landing on the back outside edge of the take-off foot. **Variations:** double toe loop, triple toe loop, and quadruple toe loop. ☺**Neat fact:** Canadian Kurt Browning was the first skater to complete a quadruple toe loop in competition at the 1988 World Championships in Budapest, Hungary.

Loop Jump: A jump in which the skater takes off from the back outside edge of the skating foot, turns one rotation in the air and lands on the back outside edge of the take-off foot. **Variations:** double loop, triple loop, 1/2 loop (a one rotation jump in which the skater lands on the back inside edge of the opposite foot from take-off)

Flip Jump: A toe jump in which the skater takes off from the back inside edge of the skating foot with assistance from the toe of the free foot, turns one rotation in the air and lands on the back outside edge of the original free foot. **Variations:** double flip, triple flip.

Lutz Jump: A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the free foot toe, rotates in the reverse direction one rotation in the air and lands on the back outside edge of the opposite foot. **Variations:** double Lutz, triple Lutz. 😊**Neat fact:** 1962 - Donald Jackson completes first-ever triple Lutz in competition.

Axel: The skater takes off from the forward outside edge of the skate, completes 1 1/2 revolutions in the air and lands on the back outside edge of the opposite foot. Named after its originator **Axel Paulsen**. **Variations:** double Axel, triple Axel, inside Axel, one-foot Axel. 😊**Neat fact:** Canada's Vern Taylor became the first skater to land a triple Axel in competition at the 1978 World Championships in Ottawa.

SPINS

There are three main categories of spins:

1. The upright spin
2. The camel spin
3. The sit spin

There are many variations within each of these categories.

Upright Spin: A spin where a skater's body stays more or less vertical to the ice. This category includes one-foot spins, backspins, cross foot spins, and the layback spin. The layback spin is a spin primarily performed by female skaters (though more men are performing this difficult spin today) where the back is arched and the free leg is drawn up slightly. **Variations** include the Bielman position (the skater catches the blade of the free foot in their hands and pulls the free-leg up over their head) and sideways leaning spin in which the skater arches to one side while maintaining an upright position.

Sit Spin: As the name indicates a sit spin is classified as any spin in which the skater's body is located close to the ice and the skating knee is bent to allow the skater to appear to be 'sitting'. **Variations** include flying sit; flying change sit, sit change sit spin and more.

Camel Spin: A spin position in which the skater's body is horizontal to the ice except for the leg on which they are spinning. **Variations** on this spin include a flying camel (change foot in air prior to start of spin) and death-drop (a dramatic flying entry). To increase the difficulty of a camel spin skaters will often perform a forward camel spin on an outside edge, or a back camel on an inside edge. Arm and leg position variations also increase the difficulty of spins and can be very effective from an aesthetic standpoint.

COMPETITIONS

Skaters in the STARSkate program have the opportunity to participate in competitions with other skaters of similar skill level. Competitions are eagerly anticipated by many skaters as an opportunity to show off their skating skills for audiences that usually include their families and friends. This is another venue for practicing the life skills that skating encourages them to develop. Local invitational competitions are held throughout the season by various skating clubs. Our club Competition Chair will post the dates and entry deadlines on the Georgetown Skating Club website and on the board at the arena. These competitions are also listed on the Skate Canada Central Ontario Section website and the Skate Canada Western Ontario Section website. There are a few competitions that also include Canskaters. Your coach will have a special competition fee for attending competitions with your child. Please discuss this with your coach in advance. We host our home club competition annually every year in February. It is a fun competition with many different categories. Finally, the first annual area competition is Skates Alive, this competition caters to all levels of skaters and is a good place to get your first taste of a skating competition. Check the website for local competitions, venues and times.

CLOTHING AND EQUIPMENT

Each skater is required to wear their hair up in a ponytail or bun, and secured with hair clips.

Students are required to wear proper skating attire. This includes a skating dress, skirt or stretch pants. Wide legged Yoga pants are not encouraged, since the pants are not tight near the skates and may cause students to trip. There are great pants at the Skating Boutique that we encourage students to wear, they fit over

the skate and do not cause any trips and falls. Baggy sweaters are also not encouraged, nor are tight shorts. Attire should be of a sporty nature. Boys are expected to wear suitable pants and a sweater or jacket. Gloves or mittens must be worn at all times, except during a solo run through. The most important piece of skating equipment is your ice skates. The skates consist of a boot, which is usually leather, and a blade. Your boots must fit properly, which means that they should be snug yet relatively comfortable, and provide good support for your ankles. A good pair of used skates will always be better than a pair of poor quality new ones. Your coach is the best source of information on which skates are best for your child or a store that specializes in skates like the Figure Skating Boutique. The blades are made of steel and must be kept dry and well protected or they will rust. You should wear skate guards at all times off the ice. After you finish skating thoroughly dry your blades and boots with an absorbent cloth, and store with blade covers. The skates should not be stored with the guards on. Skates should be sharpened after approximately 20-30 hours of skating. Skates should **not** be sharpened just before a test or competition; a skater should have enough time to skate on them two or three times first.

SHARPENING YOUR SKATES

All new skates and skates that have not been skated on for a month will need to be sharpened before you skate on them. Re-sharpen skates after approximately 20-30 hours of skating. More frequent sharpening may be required, if the skater walks on concrete, rubber or carpeted surfaces without guards, if the blades are not wiped dry, or if there are severe nicks and rough surfaces on the edges of the blade. Figure Skates should only be sharpened by someone who specializes in figure skates.

- Paul Fisher Sharpening, River Oaks Arena, Oakville (905) 257-2155 or
- Ice & Nice, 2445 Glenwood School Dr, Burlington (905) 335-0380
- Figure Skating Boutique, 6174 Yonge St, Toronto (416) 225-1377
- Esta, 1226 White Oaks Blvd, Oakville (905) 845-1362

Where to look for Skating Apparel

- The Figure Skating Boutique, 6174 Yonge St, Toronto (416) 225-1377
- Ice & Nice, 2445 Glenwood School Dr, Burlington (905) 335-0380
- Esta, 1226 White Oaks Blvd, Oakville (905) 845-1362

Extra Ice Time (Ticket-Ice)

There is always ticket ice somewhere! Ticket ice is extra ice time given by the rink or town. It is not through the club and is offered at many places. There is ticket ice available in Georgetown on Tuesday, Thursday and Friday mornings from 7:30 - 9:00 AM, and also on Monday and Wednesday afternoons from 3:15 - 4:45 PM.

The fee is \$5.00 per person. This is figure skating ticket ice/patch ice you may use the ice with or without a coach.

Year-End Banquet and Annual General Meeting

(May) This event is celebration with food and music. The accomplishments of skaters and volunteers. Trophies and awards are presented to skaters who have passed specific test levels and for the placement of skaters at competitions outside of our club (this is based on a point system). For specific details on how the trophies are awarded please speak to the Test Chair. Volunteers are also recognized for their hard work for the Club. It's a great family party featuring videos of our skating talent and lots of lively footwork on the dance floor.

Who Do I Talk To

1. If you have questions or concerns regarding your child's skating, lessons time, skates, anything to do with what you have hired your coach to do - Talk to your coach.
2. If you have questions or concerns regarding club operations or general information please contact one of the board members listed on the website or use info@georgetownskatingclub.ca.