



2011 / 2012

# Clavet Skating Club

## Parent and Skater Information Package



**SKATE**CANADA

Box 262 Clavet, SK S0K 0Y0  
Arena Phone: 668-5617  
[www.clavetskatingclub.ca](http://www.clavetskatingclub.ca)

## **ABOUT US**

The Clavet Skating Club is a non-profit, volunteer organization that operates out of the Clavet Arena. Since 1990, the Clavet Skating Club has delivered quality learn-to-skate, recreational, and competitive programs. We offer a wide selection of high calibre learn to skate programs providing a solid foundation in skating fundamentals which lend themselves to figure skating, hockey, and ringette. Figure skating is a popular sport in Saskatchewan with over 8,800 participants taking part in certified Skate Canada programs.

## **OUR MISSION**

To offer a wide selection of affordable, effective, and quality skating programs and events designed for the social, recreational, emotional, and physical benefit of all skaters.

## **OUR VISION**

A progressive, respected skating club where all skaters have an equal opportunity to realize their potential and goals.

## **OUR VALUES**

We value and demonstrate:

- Respect for others, facilities, and equipment
- Co-operation and teamwork
- Personal development and physical fitness
- Effective communication
- Honesty and integrity
- Responsibility
- Excellence

# CLUB RULES AND GUIDELINES

## *SKATERS MUST ABIDE BY THE POSTED RULES AND SAFETY GUIDELINES*

Do not stand on the ice to visit. Visiting is for the dressing room either before or after skating. **IF YOU ARE VISITING ON THE ICE YOU WILL BE ASKED TO LEAVE.**

Skaters are to be on the ice at all times. If you are not on the ice, you will not receive a lesson. All skaters will be allowed **ONE BREAK PER DAY (15-minute maximum).**

No stretching at the boards.

Unless you have permission from your coaches, the following session rules apply:

1. No Freeskate or Skills during Dance time
2. No Freeskate or Dance during Skills time
3. No Skills or Dance during Freeskate time

Right of way on the ice:

1. Coaches
2. Skaters receiving lessons
3. Skaters doing programs

Only skaters and coaches may enter the ice area.

Music requests made by coaches will take precedent. All skaters are free to request music if coaches are not using the music. Abuse of the music equipment and CDs will not be tolerated.

Skaters are not permitted to wear jeans; they must wear skating dresses or stretch pants. Hair must be pulled back and out of the face.

Food, drink and chewing gum (except water bottles) are not allowed on the ice surface.

Profanity, foul language, intimidation, slander, abusive behaviour, or harassment of any kind will not be tolerated on the ice surface or in the building. **If you are acting inappropriately, you will be asked to leave.**

Get up immediately when you fall. It is dangerous to stay on the ice surface.

Kicking the ice surface will not be tolerated.

Please keep the rink clean - use the garbage containers.

Skaters must leave the ice immediately when the zamboni enters the ice area and they are not to return to the ice surface until the zamboni has left the area.

Individuals are responsible for their own valuables and belongings.

**REMEMBER** - this is *your* club, and safety is everyone's responsibility. Violation of club rules and safety guidelines may result in suspension from the premises.

# THE SKATING SEASON

To allow for the best utilization of ice time and to provide adequate training time, Clavet Skating Club has broken its skating year into two seasons. Skaters will apply separately for each season and will have greater flexibility in their training schedule.

**Fall School:** September 19 – October 21      **Regular Season:** October 24 – March 30

Programs offered by the Clavet Skating Club:

## TotSkate

TotSkate is offered for preschoolers aged 2 to 4 years, who are able to walk on their own. The goal is for young skaters to become familiar with being on skates, to push and glide, and to fall down and get up on their own. Music and a wide variety of activities are used to create a fun environment and to promote learning. All lessons are in a group format and are led by NCCP certified professional coaches, giving skaters the opportunity to meet other skaters that are at the same level as them.

## CanSkate

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages and is the feeder program to all other Skate Canada skating programs. It focuses on fun, participation and basic skill development. Skaters will earn badges and other incentives as they learn fundamental skating skills. Lessons are given in a group format and led by NCCP certified professional coaches, who are assisted by trained program assistants. The group format also gives skaters the chance to meet other skaters who are at the same level as them. Skaters 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.

It is very important that skaters have proper equipment, including a helmet, mitts and a warm coat as well as good skates. Skaters have the option of wearing either figure skates or hockey skates. It is important that skaters have skates that fit properly (not too small or too large) and that their skates are not broken down in the ankle (visible creasing). It is also very important that skaters tie their skates properly. This means that skates should NOT be tied tightly around the ankle as it will not allow skaters to bend their knees and ankles. It is desirable to have skates tighter at the bottom and across the foot, with laces being looser and allowing the skater to bend in the ankle.

The CanSkate program focuses on the development of six fundamental movements organized in seven stages of learning. Stages of learning are progressive and build upon one another. Each stage has a primary focus on which skills at that level are based. Once the skills on a stage are mastered, a badge is awarded. Badges are awarded for stages and for fundamental movements. There are also 2 **FITNESS** badges: Fitness I & II. Fitness days are held during the season and these badges are awarded after.

The focus of each **STAGE** is:

- Stage 1 - Balance
- Stage 2 - Glide Forward
- Stage 3 - Glide Backward
- Stage 4 - Edges
- Stage 5 - Power
- Stage 6 - Speed
- Stage 7 - Pre-Preliminary

The **FUNDAMENTAL MOVEMENTS** are:

- Go Forward
- Go Backward
- Stop
- Turn
- Spin
- Jump

## **Junior STARSkate**

The Junior STARSkate program is designed to help skaters make a smooth transition from CanSkate to STARSkate. Once skaters have completed the *stage 4 badge*, they are eligible to move up if they choose to do so. This decision can be made at any point during the season when the skater is ready to make this transition. Skaters in this program will continue to work on the stage 5, 6, and 7 badge elements and will be introduced to the three more specified areas of figure skating: skating skills, freeskate, and dance. Skaters will also be allowed to participate in the STARSkate stroking program.

Junior STARSkaters will receive group lessons during the CanSkate time and have the option to request private lessons outside of that time. Group lessons are included in the registration fees; however private lessons are at the skater's own cost and are billed to the skaters by the coaches. Semi-private lessons are an excellent option for skaters in this program. Skaters will also be given individual practice time as part of the Junior STARSkate program, which is very important as it allows young skaters the chance to practice their skills and improve upon them between lessons.

## **Senior STARSkate**

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate and interpretive skating. This program allows figure skating skills to be taught in both group and private lesson format and encourages development in a progressive and sequential manner. Skaters will also have the opportunity to take Skate Canada tests in all disciplines through a nationally standardized testing system. Coaches will advise skaters when they are ready to take a test and an evaluator will come and administer the test.

The STARSkate program is divided into four areas: Skating Skills, Ice Dance, Freeskate and Interpretive skating. Skaters will have the opportunity compete at the regional competition as well as at provincial competitions, such as Jean Norman and the provincial STARSkate Championships. Skate Canada – Saskatchewan also provides skaters with the opportunity to attend a variety of workshops and seminars where they can learn many new and exciting things.

### **Skating Skills**

The Skating Skills program is used to teach skaters sequences of fundamental skating movements, executed on a pattern and skated solo. The objective of the Skating Skills program is the mastery of the fundamentals of skating: edge quality, turn quality, control, balance, power and speed. There are six Skating Skills tests in the STARSkate program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver, and Gold. Each test consists of three exercises that skaters must skate to a satisfactory standard in order to pass the test.

### **Ice Dance**

Consisting of seven levels of tests, the Ice Dance program allows skaters to develop timing, musicality, rhythm interpretation, structure and basic skating movements such as edges, lean, flow, control and unison. Skaters are required to pass a specified number of dances at each level in order to proceed to the next level; however the dances in each level can be tested in any order. The order in which they are tested often varies to reflect the strengths of each individual skater. Skaters must perform most dances with a partner in order to pass them; however they are given the option of soloing some dances (see below). Creative Dances allow skaters to challenge their creativity, artistry and originality as they are created by the coach (with the opportunity for the skater to provide some input). The Ice Dance tests are:

**Preliminary: Must pass 3 of:** Dutch Waltz, Canasta Tango, Baby Blues, Preliminary Creative Dance  
**Junior Bronze: Must pass 3 of:** Swing Dance, Fiesta Tango, Willow Waltz  
**Senior Bronze: Must pass 3 of:** Ten-Fox, Fourteenstep, European Waltz, Bronze Creative Dance\*  
**Junior Silver: Must pass 4 of:** Keats Foxtrot\*, Harris Tango, American Waltz\*, Rocker Foxtrot  
**Senior Silver: Must pass 4 of:** Paso Doble, Starlight Waltz, Blues\*, Kilian\*, Cha Cha Congelado, Silver Creative Dance\*  
**Gold: Must pass 4 of:** Viennese Waltz, Westminster Waltz, Quickstep\*, Argentine Tango, Silver Samba\*, Gold Creative Dance\*  
**Diamond: Must pass 4 of:** Ravensburger Waltz, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz, Golden Waltz

\* Can be soloed

Freestyle

Freestyle refers to jumps, spins, footwork, field movements and stroking. Skaters will practice and perform these elements both in isolation and in a freestyle program performed to music. The skating schedule is designed to reflect the various components of freestyle as skaters are given specified time to practice both spins and field movements. The purpose of this is to ensure that all elements are practiced as many skaters tend to prefer practicing jumps. Skaters are free to practice all elements during the designated freestyle time (including stroking). Skaters are also encouraged to practice their programs on a daily basis.

There are 6 Freestyle tests in the STARSkate program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver, and Gold. Each freestyle test consists of 2 parts that can be tested either together or separately: Elements in Isolation and Free Program, which is performed to music.

The stroking program focuses on developing good edges and turns, balance and agility, strength, endurance, and creative movement. All Junior and Senior STARSkaters are *expected* to participate in *all* stroking sessions. These sessions are extremely important for skater’s development and greatly increase their general skating abilities. Stroking sessions are designed to improve skating in all other areas.

Interpretive

The objective of the interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements. The four levels are: Introductory, Bronze, Silver, and Gold.

STARSkate Schedule:

<u>Monday</u>		<u>Wednesday</u>		<u>Friday</u>	
3:45 - 4:15	Skating Skills	3:45 - 4:15	Skating Skills	3:45 - 4:15	Skills
4:15 - 4:30	Spins	4:15 - 4:30	Field Movements	4:15 - 4:30	Spins
4:30 - 5:00	Freestyle	4:30 - 5:00	Freestyle	4:30 - 5:00	Freestyle
5:00 - 5:15	Stroking	5:00 - 5:15	Stroking	5:00 - 5:15	Stroking
5:15 - 5:45	Dance	5:15 - 5:45	Dance	5:15 - 5:45	Dance

# COACHING

## Lessons

Once a skater enters Junior STARSkate, they may wish to request private or semi-private lessons. Both private and semi-private lessons give the skater the opportunity to receive additional time with a certified professional coach, where attention is focused solely on them. These lessons are optional as skaters will receive group lessons that are included in their lesson fees. Senior STARSkaters are encouraged to request private or semi-private lessons; however group lessons (3 skaters) are also possible in certain situations. As Senior STARSkaters receive only stroking lessons included with their registration fees, it is at the discretion of the parents and the skater to choose how many lessons they would like and the coaches will do their best to accommodate all requests. When making this decision consider the goals, age and time availability of the skater as well as your finances. The coaches are happy to advise you on this if you would like their assistance. Please understand that this may be difficult and in some situations slight changes may need to be made.

Some may wonder how to choose a coach. All skaters will connect differently with coaches and therefore it is best to choose someone that the skater is comfortable with. The coaches encourage skaters to try out different coaches by getting lessons from more than one coach in order to see who they work best with. The coaches feel that team coaching provides the best learning environment for the skaters and are happy to work together in order to meet the needs of all the skaters.

## Billing

Bills for private, semi-private, and group lessons will be handed out the first Tuesday of each month. Cash and cheques are generally accepted (please check with your coach). If you are writing a cheque, please make the cheque payable to the coach who issued the bill. All bills are due UPON RECEIPT. *Payments are required no later than 2 weeks from the billing date. Skaters who have unpaid bills will not receive lessons from any of the coaches until these bills have been paid.*

## N.S.F. Cheques

If an N.S.F. cheque is received by one of the coaches, you will be charged the amount charged to that coach by their bank. The exact amount will vary based on the banking service used by that coach.

## Progress Reports

Coaches will hand out progress reports to the skaters approximately 3 times per season. These reports are provided to skaters so that they know what they have improved on and what they need to continue working on. Coaches will give progress reports to the skaters so that they can go through the reports with the skaters. If you have any questions of concerns regarding the progress report, feel free to contact the coach by email. The coaches will make themselves available on a specific date to go over progress reports with parents. Please come with your questions prepared in advance.

## Program Assistants and Helpers

Program assistants are a vital part of the CanSkate program. As an assistant skaters will aid the certified professional coaches in the delivery of the CanSkate program. All program assistants (new and returning) are required to attend the training session in the fall. Skater must be a minimum of 11 years of age at registration to become a program assistant. Helpers must be a minimum of 10 years of age at registration. As well, program assistants and helpers must have passed their *Preliminary Dance* and *Preliminary Skating Skills* tests.

Program assistants and helpers will receive a 'gift of appreciation' in their bursary account for each time they assist during CanSkate or Junior STARSkate. The money paid into this account can only be used for expenses incurred within the club, including things such as ice time, club fees, club clothing, competition entry fees, and test day fees. Program assistants receive \$5.00 per session and helpers receive \$4.00 per session. If a helper is asked to assist in the same way that a program assistant would, they will receive \$5.00 for that session.

# ANNUAL EVENTS

## Ice Show

Skaters with the Clavet Skating Club have an opportunity to participate in an exciting annual event - our annual Ice Show, taking place in March 2011. This is always a fun experience for the skaters, who have a chance to demonstrate their newly learned skating skills in front of family and friends. This show is a huge undertaking and requires the cooperation of many volunteers. Your assistance is welcome.

## Competitions

Skaters are encouraged to participate in competitions. Please consult your coach prior to registering in a competition. Refer to the club's website for a current list of competitions.

## Test Days

Test days are held periodically throughout the year, with the number and date of test days being dependent on the number of skaters requiring a test day and the availability of either a partner or an evaluator. Coaches will hand out test envelopes to skaters 2 weeks before a scheduled test day. Please complete the test envelope and return it to the Test Chairperson as soon as possible. A test schedule will be posted at the rink prior to the test day. If a skater has to withdraw for any reason other than illness or injury within the 14 days of the test date, *the test fee must be paid*. **\*\*Skaters must pay the required fee BEFORE being tested. \*\***

It is the responsibility of the skater and/or their parents to:

- Hand in the white test envelope as soon as possible.
- Check the test schedule the day before the test day. Sometimes last minute changes have to be made to accommodate the evaluator.
- Be at the rink one hour before the scheduled test. Test days can run early or late depending upon a number of factors such as reskates, tests not taken, the length of the written comments the judge makes, etc... The schedule will run ahead if the tests take less time than scheduled as ending early is favourable for everyone.
- Come to the test day in appropriate attire. Skaters **MUST** wear skating dresses during their test and they are expected to have their hair in a ponytail and away from their face. Skaters should also ensure that undergarments are not visible during their test. As well, skaters should bring a sweater that can be worn during the warm-up period and removed for the test.
- Expect to wait for a half hour or possibly longer for test results. It takes time to record the results properly.

Please VOLUNTEER to help with the test day. Volunteers are needed as hosts (to supply food, make coffee), ice captains, music players, announcers, and for assisting with paperwork (before & during test day). The positions that require volunteers will be posted on the rink bulletin board.

**PLEASE RESPECT THE EVALUATORS, THEY ARE ALSO VOLUNTEERS**

# GENERAL INFORMATION

## What is SKATE CANADA?

Skate Canada is the largest figure skating governing body in the world. It is a non-profit association comprised of over 1,300 member clubs across Canada. It is also one of the largest recognized amateur sport bodies in Canada. Skate Canada is divided into 13 sections, roughly representing each province. Saskatchewan is one of these sections. Skate Canada is dedicated to providing Canadians with the opportunity to participate in skating throughout their lifetime for fun, fitness, and achievement.

Skate Canada – Saskatchewan is a non-profit sports governing body that is governed by Skate Canada. There are currently 165 member clubs in Saskatchewan. Skate Canada - Saskatchewan encourages the promotion and delivery of Skate Canada programs, focusing on lifelong fun, fitness and personal achievement. These programs provide skaters of all ages and skill levels with the opportunity to learn to skate and improve their skating skills. Skate Canada – Saskatchewan is proud to support True Sport and to promote the values and principles of this organization:

- Respect others
- Stay healthy
- Play fair
- Keep it fun
- Go for it

Skate Canada offers a variety of programs in order to meet the needs of all individuals who are interested in figure skating. These programs include CanSkate, CanPowerSkate, STARSkate, CompetitiveSkate, Skating Development, CollegiateSkate, AdultSkate, and Festival SynchroSkate. Below is a brief description of each program, with additional information being available on the Skate Canada website.

CanSkate is Skate Canada's flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills.

CanPowerSkate focuses on balance, power, agility, speed and endurance skills, all of which are especially important for hockey and ringette players.

STARSkate offers opportunities to develop figure skating skills in four different areas (skating skills, dance, freeskate and interpretive).

CompetitiveSkate incorporates a series of tests and other training opportunities to help competitors with potential to advance.

Skating Development includes Talent Identification, athlete monitoring, and Section and National Youth Camps.

CollegiateSkate offers customized opportunities for high school and university student athletes.

AdultSkate offers CanSkate, STARSkate and CanPowerSkate programs geared for adults.

Festival SynchroSkate provides competitive opportunities for athletes who choose not to be involved in the qualifying event stream of synchronized skating.

## **Skate Canada Membership**

All participants in Clavet Skating Club programs are members of Skate Canada and this membership include the following:

- Instruction and supervision by certified Skate Canada coaches and according to Skate Canada program guidelines (exclusive to members)
- Eligibility for testing within the Skate Canada program, with all test results recorded at Skate Canada
- Eligibility to compete in Skate Canada sanctioned competitions
- A certain degree of insurance coverage while on Clavet Skating Club ice time
- A Skate Canada membership card, with a membership number that allows skaters to access the “members only” link on the Skate Canada website. This link provides personal test information as well as other useful and interesting information. It is a very valuable resource.

\*Please note that the Skate Canada membership and administration fee cannot be paid from your fundraising account and payment for these fees is due at registration.

## **Refund Policy**

The SkateCanada Registration and Administration Fee are non-refundable. Clavet Skating Club Program Fees are non-refundable with two exceptions: (1) illness or injury of at least 7 consecutive days and (2) withdrawal from the club within 3 weeks of the program’s commencement. Refer to the club’s Policies for further detail.

## **Donations**

The Clavet Skating Club is a non-profit, volunteer organization, which relies, in part, on the generous donations of its patrons. We continue to welcome financial assistance, as well as donations of goods and services. Clavet Skating Club actively solicits funding to help offset costs incurred throughout the skating season. If you or your business is willing to support the club in this manner, please inform a member on the Clavet Skating Club executive.

## **Fundraising**

Each skater has an individual fundraising account. All amounts earned from individual fundraising activities will be credited to this account. Families may use these funds to pay for skating fees; however, fees paid from the fundraising account are not eligible for a receipt for the Children’s Fitness Tax Credit. The funds in this account can be used for coaching fees, Clavet Skating Club clothing, test days fees, competition fees, and skating clothing or items. Should a skater have a balance in their account at the end of the season, the balance will carry over to the following season.

## **Kitchen**

The arena board requests that the Clavet Skating Club have the arena kitchen open during all skating times beginning with Fall School and continuing through the regular skating season as well as on a number of tournament weekends. The number of shifts required per family is dependent on the number of families registered. If there are an odd number of shifts left to fill, those families with more than one child are asked to do an extra shift. Kitchen shifts are a source of fundraising for the Clavet Skating Club as we receive a percent of the profits. The schedule for these shifts will be posted on the bulletin board. If you unable to work your shift, you are responsible to find replacement workers or to trade with someone else who is willing. A penalty of \$25 will be charged for each failure to fulfill required obligations.

## **Bingos**

Members of the Clavet Skating Club are required to work City Centre Bingos to subsidize the cost of the ice rental fees charged to the skating club by the Clavet Community Arena. The required number of bingos for each skating program is noted on the registration form and fees are paid at registration. Opportunities to work the bingo requirements are offered throughout the year. A credit will be issued at the end of the skating season for each bingo worked. If you are unable to work the shift that you signed up for, it is your responsibility to find a replacement worker and to inform the Bingo Coordinator.

## **Your Executive**

The Clavet Skating club is very fortunate to have volunteers to help make the skating season a success. This year's members include:

### **Kim Schmidt**

President  
kmlschmidt@gmail.com  
955-5647

### **Bev Fedoriuk**

Treasurer  
bev@sageview.ca  
668-1311

### **Tammy Weimer**

Vice President  
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343-2150

### **Linda Taylor**

Secretary  
nlhtaylor@aol.com  
242-6517

### **Past-President**

### **Anne Donauer**

Director  
atdonauer@sasktel.net  
651-7222

### **Fiona Popoff**

Kitchen Co-ordinator  
Fiona.popoff@ec.gc.ca  
975-9194

### **Bev Monson**

Bingo Co-ordinator  
384-6444

If you have any questions or concerns, please do not hesitate to ask one of the executive members. Please note that we are always in need of more volunteers to fill positions. We ask that you consider donating your time to help out the club. The success of the Clavet Skating Club is a direct result of all the time and hard work that volunteers contribute. If you wish to help out in any way, please contact Kim Schmidt.