

City View Skating Club Skater & Parent Handbook Information

2024-25 Season



<http://cityviewsc.uplifterinc.com>

Contact Information: cityviewskating@gmail.com

Executive- 2024-2025

President: Jennifer Fox

Vice-President: Audra Hill

Secretary: Vanessa Kelback

Interim Treasurer: Ashley Kuntz

Registrar: Nori Manson-Brick

Communications: Meghan Manson

Coach Liaison: Jacquie Vierling

Test Chair: Audra Hill

Fundraising Coordinator: Brandice Marcynuk

Members at Large:

Brandice Marcynuk

Sarah Poole

Patrick Rushton

Ryan Hutchison

Coaches-

Jessica Lovich- j_simanton@hotmail.com	306-201-7362
Jacquie Vierling- jacquiehusli@hotmail.com	306-216-7153
Jacy Windjack- jacy_h@hotmail.com	306-540-7512
Michelle Hutchison- m.hutchison@sasktel.net	306-921-6137
Cathy Wright - coachcathywright@hotmail.com	306-530-2855
Brend Babey – bib@accesscomm.ca	306-522-3072

City View Skating Club is a non-profit organization and is entirely run by volunteers. We are always looking for more helping hands to sit on the board, become a member at large, or be on a committee. More opportunities may include helping for Bring A Friend skating day, carnival committee, and carnival group parents. Please consider helping out any way you can, big or small! Email the club for more information on any of these opportunities!

2024-2025 Season Events:

Program Assistant Training: SAVE THE DATE for October 2/24 4:30-6:15 PM. Plan to attend if your skater wishes to help with any skating programs - more information to come.

StarSkate Parent Orientation Sessions: 2024-2025 Details to come - Please plan to attend for important info for the upcoming season.

Family Skate: 2024-2025 Details to come - All guests MUST wear a CSA approved helmet!

Year End Carnival/Ice Show: 2024-2025 Details to come

This will be the final day of skating where skaters are encouraged to participate and will be the day to show off your skills! Planning for the show is already underway- every skater will be placed into a group with a theme and costume requirement. Practice for the performance takes place on regular skate days after the Christmas break. Dress rehearsals will be held at the end of March. Stay tuned for more information. Please speak to a coach if you will be unable to make the show day.

FunFest: This is an opportunity for skaters of different levels within the club to showcase their skills and get an intro into skills competitions. This fun day is held within our region and is a highlight for many skaters. Information will be available after the season starts and a location and date are announced.

Competitions and Rising Star Seminars: These events are for StarSkate level skaters only. Please speak to a coach regarding interest in these events. All StarSkate skaters will receive information regarding these events during the season.

Regional Competition: 2024-2025 Details to come

2024-2025 Season Registration Information & Fees:

This season we will be hosting the regional competition with many skaters attending from within our region. Planning has already begun and we will require many helping hands to make this event run smoothly. There are a number of volunteer committees looking for assistance. Please email the club if you would like more information on available positions and volunteer opportunities.

PowerSkate (SEPTEMBER ONLY): \$110.00/4 events (see Registration Page for specific dates)

PreCanSkate: \$400.00/ 20 events

PreCanskate - Saturday Session 1: Saturdays 8:45 - 9:15 AM (Pilot Butte)

PreCanskate - Saturday Session 2: Saturdays 9:15 - 9:45 AM (Pilot Butte)

PreCanskate - Sunday Session 1: Sundays 12:15 - 12:45 PM (Communiskate)

PreCanskate - Sunday Session 2: Sundays 12:45 - 1:15 PM (Communiskate)

PreCanskate - Wednesday: Wednesdays 5:45 - 6:15 PM (Communiskate)

CanSkate: \$520.00/ 20 events

CanSkate - Saturday: Saturdays 9:00 - 9:45 AM (Pilot Butte)

CaSkate - Sunday: Sundays 12:15 - 1:00 PM (Communiskate)

CanSkate - Wednesday: Wednesdays 5:30 - 6:15 PM (Communiskate)

AdultSkate: \$500.00/ 20 events

AdultSkate - Saturday: Saturdays 7:00 - 8:00 AM (Pilot Butte)

AlumniSkate: \$410.00/ 20 events

AlumniSkate - Saturday: Saturdays 7:00 - 8:00 AM (Pilot Butte)

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Open Lessons: \$450.00/ 24 events for Fridays and \$400/20 events for Saturday

Open Lessons - Friday mornings: Fridays 6:45 - 8:15 AM (Balgonie Stardome)

Open Lessons - Saturday mornings: Saturday 8:00 - 9:00 AM (Pilot Butte)

Jr Development/Jr Star (2x weekly): \$975.00/ 40 events (includes group coaching fees) + \$200 cheque to be submitted to Fundraising Coordinator at start of season (will be returned after skater fulfills mandatory StarSkate Fundraising Requirements for season, or cashed if skater does not participate)

Intermediate Star (2x weekly): \$1175.00 (coaching fees not included - to be paid separately to coach by skater) + \$200 cheque to be submitted to Fundraising Coordinator at start of season (will be returned after skater fulfills mandatory StarSkate Fundraising Requirements for season, or cashed if skater does not participate)

Refunds, Late Starts, Moving Between Programs and Pick Up Ice:

REFUNDS:

- Partway through the season if a skater needs to discontinue. Skater must either have a doctor's note or have been a first-time registrant with our club (PreCan only):
 1. Original fee paid (not including fundraising fee) MINUS Skate Canada Fee and Skate Sask Fee, Prorated Lessons taken fee = REFUND for PRECAN ONLY
 2. Refund calculated based on the date the club registrar receives doctor's note from parent/skater. This will not be back dated to last class attended.
 3. All other refund requests must be submitted in writing to cityviewskating@gmail.com and will be at the discretion of the board based on individual circumstance

PRO-RATE for LATE REGISTRATIONS:

- Fees will be automatically prorated when you register through <http://cityviewsc.uplifterinc.com>

MOVING BETWEEN PROGRAMS:

- Moving from PreCanSkate to CanSkate
 50. Skater originally paid for PreCanSkate class, but they will be moving up into the CanSkate class in the new year, they will need to pay the difference between the original payment and the prorated CanSkate Class fee.

Program Information

Welcome to the PreCanSkate Program!

What is PreCanSkate?

Pre-CanSkate is an introduction to skating for children ages 3 and up. In the PreCan session, our goal is to get the skaters comfortable on the ice and moving independently. Moving, getting up, falling down and participating are FUNdamental activities.

What should my skater wear?

We recommend that PreCanSkaters dress warmly in layers. Warm pants covered with splash pants or ski pants will keep them warm and dry. Thick, waterproof mittens are also recommended. A non-expired **CSA helmet is mandatory** and facemasks are recommended but not mandatory. Good fitting, supportive skates are paramount and will reflect progress of the skater. Avoid plastic boots if possible. Good second-hand skates will work provided they are still able to provide ankle support. Skates should be sharpened when first purchased and then again after approximately 20 hours of ice time. If the blade feels flat or rounded when you rub across it crosswise, or if your skater is falling more than usual; a sharpening is likely needed. Skate guards are a low-cost investment that will protect the blades.

Who teaches the program?

The PreCan program is taught by certified, professional coaches and are assisted by trained Program Assistants. **Parents do not go on the ice with their skater.**

What does a typical session look like?

Arrive 10-15 minutes early to change and get skates on. Please wait by your assigned gate. A coach or PA will tell you when it is safe to enter the ice surface. We encourage parents to watch from the bleachers or in the lobby. (Please note that parents are not allowed on the ice. This includes stepping on the ice with your shoes on.) When the session is finished- your skater will meet you at the assigned out gate. PreCan will overlap with other sessions on the ice. The skaters are taught in lightly structured group formations with the use of teaching aids such as toys to make the session more playful. They will rotate through various activities that assist in increasing their comfort level on the ice and improve their balance to begin skating. Do not be alarmed if your skater spends more time on their butt than on their feet during the first few sessions. This is normal as balance on a blade is NOT like learning to walk in shoes!

How long does it take to complete PreCan?

Every skater will advance at different rates. It often depends on the age of the skater and their readiness to participate.

What is after PreCan?

Once your skater is at least 4yrs old and has completed their PreCan certificate; they will be recommended to move into our CanSkate program.

Welcome to the CanSkate Program!

What is CanSkate?

CanSkate, Skate Canada's flagship program, is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. It is designed for beginners of all ages and focuses on fun, participation and basic skill development. Skaters will earn ribbons and badges as they master the skills. The CanSkate learning environment is enhanced through fun, music and teaching aids/props. The unique on ice environment is designed to stimulate and maintain interest and enthusiasm among the skaters; allowing participants to gain physical competency and confidence to remain active for life!

What should my skater wear?

CanSkaters should dress warmly in layers. We recommend warm pants with splash pants/snow pants to keep beginning skaters warm and dry. Thicker, waterproof mittens are also recommended. All skaters must wear a NON EXPIRED CSA helmet (facemask optional). Skates are also an important part of the program- the fit and stability of the skate is paramount. Skates should be sharpened when first purchased and then again after approximately 20 hours of ice time. If the blade feels flat or rounded when you rub across it crosswise, or your skater is falling more than usual, a sharpening is likely required. Please refrain from walking on cement, dirty floors and surfaces not meant for skates as it can wreck the blade. Skate guards are a low cost investment that will protect the blades.

Coaching

Each CanSkate class is lead by a certified professional coach who may or may not be assisted by a Program Assistant.

How does the session run?

You will want to arrive at the arena 10-15 minutes early to ensure you have time to change, put on skates and use the washroom prior to getting on the ice. Skaters will wait at the designated gate for entrance onto the ice. Once on the ice, skaters will learn music cues for warmup, lesson time, fun zones and cooldown. Skaters will be grouped according to skill level and age when needed. After the warmup (FastTrack), skaters will review their skills on circuits and receive instruction in their groups. The session will conclude with a group activity and cool down. Skaters can then meet their parents at the assigned gate to leave the ice.

CanSkate Program Overview

The program curriculum is organized into six progressive stages of learning. These stages are further broken down into three Fundamental areas:

- Balance: focusing on forward skills, pushing technique and edges
- Control: focusing on backwards skills, stopping and speed elements
- Agility: focusing on turning and jumping skills

(3 ribbons for each stage and six stage badges) Skaters must pass all Fundamental area ribbons in each stage to earn a badge for the respective stage. Report cards will be given out at least twice during the season.

Welcome to the StarSkate Program!

On ice expectations for StarSkate:

Junior and Intermediate skaters will skate twice a week in the group sessions. Intermediate skaters will also have the option to skate on Friday mornings in Balgonie. All skaters have the option to pick up additional ice by buying punch cards and skate up to 4 days each week. Please bring everything you need for the session to the ice surface at the beginning of your session. This includes water bottles, extra gloves and sweaters. Dressing in layers is a good idea as it is easier to take layers off as skaters get warmer. It is also recommended that skaters wear a dress or skirt to some sessions so they get used to it. Please be courteous to each other on the ice. Keep your head up and get up right away if you fall! Skaters in lessons or performing solos have right of way on the ice. Skaters are expected to be moving continuously. Avoid standing and chatting. Coaches will provide practice plans if needed to keep you moving.

General questions can be answered by any coach. To make use of our ice time effectively, please ask questions after the session (parents).

STARSKATE- 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. STARSkate has been the mainstay of figure skating in Canada for more than four decades. When you register for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- complimentary Gold Test pins
- invitational and interclub competitions, including the STARSkate championship stream
- specifically designed awards and incentives such as badges, tattoos and stickers
- STARSkate Skater of the Year awards program
- Progress updates and report cards
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.
- These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

How STARSkate Works:

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive

At the City View Club- we divide each session into time slots allotted to working on these areas and giving lessons on each discipline. Each season may be ran differently depending on ice and coach availability as well as the number of skaters enrolled in the program. Fees for the StarSkate program at CityView include ice, group coaching and registration. Private lessons, additional ice, competitions and test/assessment fees are incurred through the duration of the year and are billed on a monthly basis. These additional fees are only incurred after direct consultation between parent and coach.

Fundraising for the StarSkate program

If you wish to recoup your mandatory club fundraising fee you have the option to purchase a Skater's Lottery ticket book for \$100 or select a \$50 fee during the time of registration. You will need to sell the book of tickets and then you keep the full \$100. Ticket books must be turned back in by February 15, NO EXCEPTIONS.

There will be additional costs incurred this season that will require additional fundraising efforts. Some examples are the ice costs for Friday morning skating, StarSkate only ice times through the season and StarSkate team activities. The amount will be calculated based on the number of skaters registered and will be similar to "team fees" that you have seen in other organized sports. All StarSkaters are expected to participate in fundraising activities. If you are not able to participate, you will be billed for your portion of fundraising. Please refer the fundraising memo that will be e-mailed to you.

Private Lessons:

We are running the StarSkate program in a group format again this season. This is due to ice/coach availability- however the coaches also had the opportunity to take in some group lesson training and feel we can effectively progress our skaters in a more economical way with the use of group lessons! Your coaches still feel very strongly that our skaters need to have some private/semi private lesson time in order to progress- especially once skaters reach Star 2/3 and are working on their own programs/solos. Private lesson expense is incurred by the skater. Lesson cost depends on the coach selected. Talk to your assigned coach to organize your lessons and billing. Each skater will be assessed and a recommended a number of private lessons depending on skill level. Private lessons will be available on Fridays and Saturdays.

Assessments:

Skaters will now be assessed on a continual basis throughout the season by the coaches. When a skater is almost ready to test, a portion of a session will be set aside for assessments (This most likely will occur on Friday mornings for the majority of skaters). Skaters are no longer required to be assessed by an outside evaluator until they reach the Star 6 level however there is still a Skate Canada testing fee of \$12/test. Skaters will be informed at least one week prior to testing and will need to pay the test fee BEFORE they are eligible to test.

Competitions:

There are competitions our skaters are eligible to attend. Fees for competitions are extra expenses to the skating year. Generally the cost paid to the event and coaching costs paid to the coach. Coaches fees include mileage for coaches for out of town competitions. If more than one skater is attending the competition then these costs are divided between skaters. Please talk to the coaches if you are interested in attending. Competition costs are the responsibility of skaters.

Parent Code of Conduct

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect

Parents shall always model positive responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.

Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

- Parents shall refrain from any behaviour or comments which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (e.g., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their

child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.

- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

Please reach out to us at any time with any questions/concerns/comments at cityviewskating@gmail.com