

Grande Prairie Skating Club



Parent – Skater HANDBOOK

August 2008



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www.gpskate.com

Coca Cola Centre
(780) 513-5252

WELCOME TO THE GRANDE PRAIRIE SKATING CLUB!

This handbook has been prepared to help all our club members and their parents understand the many aspects of figure skating. It is hoped that it will help to answer any questions you might have and will make your skating year much easier.

Please take time to read this handbook in order that you can familiarize yourself with the club, the sport of figure skating and what will be expected from you as a member of our club.

MISSION STATEMENT

The Grande Prairie Skating Club is dedicated to the belief that all skaters should be able to participate fully in skating for fun, fitness and a lifetime of achievement. The Grande Prairie Skating Club is a non-profit volunteer organization dedicated to the development of all skaters – a club where all skaters have the opportunity to realize their potential. We offer a broad selection of affordable, effective skating programs designed to provide for the social, emotional and physical benefit of all skaters. Through our programs we provide a solid foundation in skating fundamentals not only to figure skaters, but to aspiring young hockey and ringette players as well.

CLUB HISTORY

As a member of this club you have joined the skating family of Grande Prairie, which has been active and strong for over 65 years.

As early as 1924 a rink built by the Wapiti Rink Company was designated for skating and curling, and the first Ice Carnival was presented.

In 1935, the city council was subsidizing skating by offering free water supply, and a \$100.00 lump sum bonus if skating was granted free to the children of the City for 3 days a week. Herb Shields was taught to figure skate by Johnny MacDonald and John Munro from Edmonton and by 1941 he was assisting with freeskate instruction in Grande Prairie.

1952 saw the first skating school in Grande Prairie with an Edmonton coach and in 1953 the Kinsmen offered an ice show – Ice Sensations, which showed to 5,000 people in 3 nights in their newly built Memorial Arena. This arena became the first figure skating club's home in 1956. The club was called "Draco" – a constellation of the North Stars.

In 1959, when Grande Prairie received city status, an ice show was staged for the celebrations. Herb Shields organized it and in 1961 he became a CFSA test judge, continuing to judge until his death in 1982. From 1967 onwards the Swan City FSC hired professional coaches and figure skating became firmly woven in the fabric of Grande Prairie. In the mid 70's the first summer school was held and in 1996 the first spring school of the newly named Grande Prairie Skating Club was a success.

In 1995 the club revised and broadened its vision and in the process changed its name to reflect its community roots and its commitment to provide skating programs for all ages and all abilities. Since then we have continued to grow and develop, always looking for fresh new ideas.

I hope you all be touched by the same spirit and commit yourself to the growth and achievement of every member. With your membership, you too become a part of Grande Prairie skating history. No matter how small your involvement, it is important.

Most importantly – is please become involved. Volunteerism is not only for your children, but it has rewards for yourself in fellowship and fun. The club would not be were it is to day with out the many wonderful volunteers that have worked so hard to build our club to were it is today.

SKATE CANADA

The GPSC is a Skate Canada sanctioned club, and our programs are developed and implemented by Skate Canada standards. Skate Canada is the governing body of amateur figure skating in Canada. It provides standards and rules for the activities of its members, qualifies and appoints evaluators, judges, referees and other officials, conducts training seminars for coaches and skaters, provides information to the general public, and provides financial support. Membership includes all amateur Figure Skating Clubs, all skaters of each club, coaches and officials. All members are registered with Skate Canada through their home club upon payment of the annual registration fee. Each skater will receive a Skate Canada registration card with an identification number that has been recorded at the national office. **Please keep this card as a permanent record.** This number does not change and remains your link to Skate Canada forever, even in years you are not an active member. It is important for you to know that in order to attend a Skate Canada Sanctioned Test Day, Competition or any other Skate Canada sanctioned event you must be a current member of Skate Canada.

The GPSC belongs to the AB/NWT/Nunavut Section of Skate Canada. As well, we belong to the Alberta Figure Skating Foundation – a volunteer, non-profit organization that assists skaters and clubs in Alberta by providing financial assistance to skaters, and offering clinics on various aspects of skating. Individual membership in the foundation is also encouraged. Once becoming a member of the foundation – grants/scholarships are available for application.

The GPSC will continue to delivery quality learn-to-skate, recreational and competitive skating programs. We are very proud of our club and of our coaches. If you have any questions or if you would like to help out with anything please contact any board member.

SKATE CANADA FEES/INSURANCE

In Alberta each club pays \$30.60 per skater for Skate Canada Registration. \$30.00 is sent to Skate Canada National Office and they return 50% of the membership fee to the Section Office. The balance (\$0.60 per skater) pays for insurance while your skater is participating in a Skate Canada Program. You will receive a Skate Canada membership number that will be needed when testing and competing. It also gives you access to the Skate Canada National member login site at www.skatecanada.ca. You can also access the Skate Canada AB/Nwt/Nunavut Section website at www.skateabnwtun.com. You should visit these websites on a regular basis to obtain update information for anything and everything you need to want to know about the sport of figure skating.

REGISTRATION

Registration for our Learn to Skate Programs is done through the Leisure Centre. Up to date brochures are available at both the Leisure Centre and the Coca Cola Centre, in the current Community Connections, or through the Community Connections link on the City of Grande Prairie website. All programs are held at the Coca Cola Centre.

Registration for our Primary and Test Stream/Competitive Programs is done through the Grande Prairie Skating Club. If you are not already receiving our current brochures through email please contact us to forward the current up to date information.

Mass registration for the winter is normally done in late August.

(See Table of Contents pg 2 for contact information)

WHO'S WHO

All board positions in the Grande Prairie Skating Club are volunteer elected positions. It is due to the hard work of these individuals that our children are able to skate, at all levels. The GPSC board is active 12 months of every year – organizing fundraising activities, registering skaters, testing and recording skater progress, organizing competitions and other opportunities for skaters to perform and display their skills, and carrying out the multitude of other details related to the smooth operation of our Club. New executive members are elected at every annual AGM. Each position is for a two-year term except for the President is elected annually. If interested in being a part of the executive and would like more information contact any of the existing board members.

GRANDE PRAIRIE SKATING CLUB EXECUTIVE

President	Joanne Howell
Past-President	Allayne Litwin
Vice-President	Lori Anne Thiessen
Treasurer	Tracy Tonne
Secretary	Sandra Beida
Test Chair	Fran Bartolotta
Ice Chair	Christine Murphy
Bingo Chair	Joanne Howell
Competition Chair	Carrie Stromberg
Co-Competition Chair	Tracy Tonne
Coach Liaison	Lori Anne Thiessen
Parent Liaison & Newsletter	Val White

COACHING STAFF

Sarah Schmidek **\$11.50/15 MIN** sas17@hotmail.com **780-882-2553**

* Gold Freeskate * Gold Interpretive * Gold Skills * Gold Dance * Partial Diamond Dance * Pre-Novice Competitive Dance * Senior Competitive Singles * NCCP Level 2 Certified * Partial NCCP Level 3 * National Technical Specialist * Can Power *7 Years Coaching Experience

Ashley Hanson **\$ 9.50/15 MIN** ahanson99@hotmail.com **780-830-0229**

* Gold Dance * Gold Skills * Gold Freeskate * NCCP Level 1 Certified * Partial NCCP Level 2 * 6 Years Coaching Experience

Leonard Scharbach (Dance Partner) **\$13.00/15 MIN** **780-539-7386**

* Gold Dance US and Canadian * 7th Figure * Senior Silver Freeskate * NCCP Level 1 Certified * 30 Years Coaching Experience * Specialist in Dance *

GPSC RULES AND EXPECTATIONS

Our club can only function if all of its members – skaters, coaches, and parents – are working together.

General

1. Proper courtesy must be extended to all skaters and coaches at all times. Swearing, kicking or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately.
2. Skaters must not eat while on the ice and never bring breakable containers to the ice (glass bottles).
3. Skaters should be on time for all skating sessions and lesson times, whether group, private, skating skills or stroking. Coaches should not have to leave the ice to find their students.
4. Permission must be attained before leaving the ice for any reason. This is both a courtesy to staff and a safety factor for the skaters.
5. Do not stand and socialize in the middle of the ice or along the boards. Do not assemble in front of the music machine. These are very dangerous practices and strictly prohibited.
6. Music is played by rotation. Only coaches may request music.
7. Do not lay on the ice unless you are injured and need assistance.
8. If you need to speak to a coach, do so while they are off the ice. Try not to interrupt them while they are teaching.
9. Please be sure to advise your coach if you will be missing any sessions, insufficient notice will result in lessons being charged for.

On all dance sessions;

1. Freeskate is not permitted on dance time other than at the coaches discretion on sessions that are not busy.
2. Skaters who are not dancing should stay to the edge of the rink, out of the pattern of the dances.
3. Music is played by rotation. Coaching staff have priority.
4. Give 'right of way' to skaters in the following priority;
 - a. skaters having a lesson with music being played.
 - b. Skaters in a lesson

ON ALL SESSIONS – BE CONSIDERATE OF OTHERS

RESPONSIBILITIES OF THE CLUB

1. Conducting a variety of figure skating programs at the skill and age levels appropriate to the club's membership.
2. Providing professional coaches to teach the programs offered in group and/or private lessons.
3. As required, conducting Skate Canada tests in accordance with Skate Canada rules.
4. As required, conducting competitions for the various skill and age levels of the membership.
5. Conducting club business according to the club's constitution and bylaws and the rules of Skating Canada.
6. Liason with the Skate Canada National Office, Section and the community.
7. Raising funds for club events.
8. Ensuring that the amateur status of skaters is protected.

THE GPSC IS NOT RESPONSIBLE FOR LOST ARTICLES OR INJURY ON OR OFF THE ICE.

SKATERS' RESPONSIBILITIES

1. Courtesy and respect must be demonstrated to all individuals – skaters, coaches, parents, rink attendants.
2. Swearing, kicking, or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents of offending skaters will be notified.
3. Skaters should be on time for all skating sessions and lesson times – whether group, private, skating skills or stroking. Coaches should not have to leave the ice to find their skaters.
4. Permission must be obtained before leaving the ice for whatever reason. This is both a courtesy to staff and a safety factor for the skaters.
5. If you need to speak to a coach, do so while they are off the ice. Do not interrupt lessons.
6. Appropriate skating attire must be worn – no blue jeans.
7. No skater is to be on the ice at the same time as the zamboni.
8. No skater is to be on the ice without a coach present.
9. No parents are allowed on the ice at any time, for insurance reasons.
10. Skaters are not to enter or leave the ice over the boards or to sit on the boards.
11. Skaters in group programs are not permitted on the ice until the previous class has cleared ice completely.
12. No gum, candy, or food is allowed on the ice or penalty box area.
13. Skate guards must be used when skaters leave the ice, for safety reasons.
14. Dressing rooms must be kept clean and orderly. Trash must be placed in bins provided.
15. Skaters must be “in good standing” to participate in Skate Canada sanctioned events – test days, carnivals, competitions, etc. “Good standing” assumes that

the skater's registration and coaching fees are paid to date and that the skaters is not under any disciplinary action.

RESPONSIBILITIES OF COACHES

1. Figure skating coaches have the fundamental responsibility to promote figure skating and to coach to the best of their ability.
2. Figure skating coaches are responsible to the skaters - not only as athletes but as individuals who are developing values and beliefs that will last a life time.
3. Figure skating coaches must respect another coaches teaching methods, techniques and/or opinions.
4. GPSC coaches have the authority to "discipline" skaters. Disciplinary action taken will be based upon the offense and behavioral history. (Verbal reprimand, request to sit out a portion of practice, suspension from all activities for a period of time etc.)

RESPONSIBILITY OF CLUB TO COACHES

1. The Club shall cooperate with and support the coach with regard to the technical aspects of the club skaters.
2. The Club shall only hire certified NCCP (National Coaching Certification Program) coaches and only hire the number of coaches required based on the needs of members.
3. The Club shall not interfere with a coach-skater relationship unless agreed upon by both parties.
4. The Club shall assist a coach in recovering a skater's unpaid fees.

RESPONSIBILITIES OF THE PARENT

The responsibilities of the club can only be met by parent participation since the club is operated by the parents of the skaters for all the skaters.

Parents are expected to contribute to the overall operation of the club in the following areas:

1. Registration Fees

Fees, as set by the club, are payable upon registration. There are separate registrations for Winter, Spring, Summer and Fall schools. Contact the club office for further details.

2. Operation and Administration

Club operation is administered by a club executive which is composed of parent volunteers. In order for the smooth operation of the club and so that a small percentage of parents will not be doing all the work, all parents are expected to serve in some area.

3. Safety

Every effort is made to ensure the safety of our skaters. Please make it a responsibility to pick up children immediately following sessions. An arena is not a place for children to be left unattended.

4. Fundraising

The GPSC requires compulsory fundraising to help keep the skaters' fees as low as possible. Funds raised are used to offset the cost of ice rental, which is the club's largest expense. All programs offered by the GPSC are subsidized, and since all members benefit, it is expected that all will volunteer.

BINGO INFORMATION

All of our programs at the Grande Prairie Skating Club are subsidized through various fundraising initiatives, the most common of which is regular scheduled Bingos at the Grande Bingo Hall. In order to register as a member and take advantage of this subsidy, we require all our members to assist in staffing our assigned Bingos. If our Club does not provide the required number of workers at a Bingo, we face fines, and the expulsion of our Club from the Bingo Hall. This would seriously impact the fees we charge for all our programs.

In order to ensure that our Bingos are properly staffed and we avoid fines, we have put the following procedures in place:

- Each family will be required to work one Bingo per day registered per skater. This means that a family with 2 skaters who skate 2 days each would need to commit to 4 Bingos
- We require a post dated cheque for \$200 for each Bingo commitment
- Post dated cheques will be returned at the Bingo once your shift has been completed.
- If you do not complete a Bingo as assigned, cheques will be cashed.

We do not receive our Bingo dates from the Bingo Hall until late September, at which time we will post them for sign-up.

If you have any questions regarding Bingos, please feel free to contact Joanne Howell 780-532-5280 or Lori Anne Thiessen 780-532-4374

PEACE REGION COMPETITION

Every year the Grande Prairie Skating Club submits a bid to Skate Canada to host a competition. We have been fortunate to host this competition for the last thirteen years. As being a member of the Grande Prairie Skating Club – all members are expected to volunteer for this competition whether you pay the fundraising or non-fundraising rates. When you register at the beginning of the year you are required to give a postdated cheque for \$200 for “competition”. This is only cashed if you do not fulfill your volunteer duties for the competition. Cheques to be cashed will be determined after the Peace Region Competition keeping in mind any prior help or shifts completed during the competition. As well part of the success of the competition is due to sponsorship from the community. This too will be taken into consideration as to how many sponsors a family obtained when determining whether the cheque should be cashed or not.

Every fall an organizing committee is formed. The various positions of the committee consist of Chair, Co-Chair, Operations Chair and Co-Chair, Hospitality/Official Chair and Co-Chair, Registration Chair and Awards/Boutique Chair

EQUIPMENT

Proper equipment is essential to becoming skilled in most sports and figure skating is no exception. Skaters cannot learn skills unless their boots fit well and support their ankles. Medium priced figure skates are usually sold with the boot and blade either riveted or screwed together as a unit. Purchasing appropriate skates to suit the level of skater and your budget is of the utmost importance. There is nothing wrong with good quality second hand skates. However if a youngster cannot walk across the floor holding his/her ankles up because the previous owner has broken the support down it is highly unlikely that he/she will be any better on the ice.

Fit of Boots:

Boots should be fitted with one pair of stockings only. There should be room to move toes but the foot should not slide around. The maximum amount of space between the toes and the end of the boot should be .5" or 1.3 cm. Figure skating boots are normally a size smaller than your normal walking shoe.

- Skates should fit snugly around the ankle and heel.
- There should be some room for movement but the ankle, instep and heel must be firmly supported.
- The ball of the foot should come just ahead of the point where the sole starts to cut in for the arch. This ensures proper positioning of the arch and is extremely important for balance.
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot.
- The front opening of the boot should be sufficiently wide to pull the laces tight.
- Never buy skates so big that they will last another season, because not only will they break down faster, skater progress may be hampered by ill fitting equipment.

Setting and Sharpening the Blades:

Even if your blades come already attached, it is important to ensure that they are located in the correct position on the boot soles (generally slightly inside the center line). These adjustments should only be done by an expert. United Cycle or Pro Skate in Edmonton is trained to do this and is well experienced in sharpening skate blades. Very few people who sharpen hockey skates really understand what is required for figure blades. Be sure to check your blades on a regular basis for sharpening. Experienced skaters have their blades sharpened approximately once a month.

Lacing Skates:

- Skates should be laced fairly loosely over the toe and front of the boot but snugly over the ankles.
- Be sure the tongue is centered and pulled all the way up.
- Laces should be hooked securely with sufficient tension to permit one finger down at the top of the back of the boot.

- Laces should be long enough to be tied in a double bow and tucked in. Never wrap laces around the top of the boot!

Skate Guards:

Skate guards should be worn when walking to and from the ice. Skate guards are necessary because they protect the edges of the blade, prolong the life of the skates, and are a safety factor when walking on various surfaces. Permanent damage can be done to a blade by walking on concrete without guards. Skate guards should be removed from the blades when the skates are stored. This is to prevent the blades from rusting.

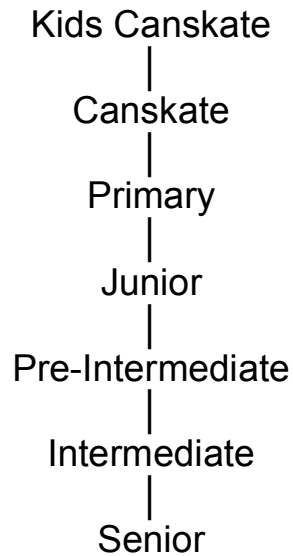
Care of Equipment:

- After each wearing, blades should be dried with a cloth and stored without guards. Guards should be washed out or replaced occasionally.
- Have a skate bag to keep skates, guards, soft guards, wipe cloths, extra laces, helmets, etc. organized and at hand.
- Boots and laces should be kept clean.
- It is advisable to apply a coat of lacquer or enamel on the sole of the new boot to prevent rotting.
- While removing skates make sure that they are sufficiently unlaced so that the back of the boot will not break down.
- Blades are sharpened properly on a regular basis. This is very important as the blade is the contact that makes the edges enabling a skater to do jumps and spins. Better quality steel requires less frequent sharpening. Each blade is hollow ground, giving both the inside and outside edges. For an experienced skater, sharpening is serious business! A poor sharpening can ruin the blade forever and affect their skating ability. It may cost a bit more, but having them done by an experienced technician will increase the blade's longevity.
- The bottom pick should not be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to, but it is import for jumping, footwork and balance.

Skating Clothing:

A pair of warm pants and a sweater or jacket with out a hood is suitable for beginners, as skaters progress they will be required to wear proper skating tights and a skating dress. Snowsuits should not be worn as they tend to be bulky and slippery. Gloves or mitts should be worn for warmth and safety. Helmets are mandatory for Kids CanSkate and Canskate to avoid injury in case of a fall. If a skater wears a toque or headband under the helmet, please ensure that it stays up on the head and doesn't slip down over the eyes. Bike helmets do not cover the full skull and are strongly discouraged. Long scarves and large hats should be avoided as they can be dangerous.

SKATER DEVELOPMENT



Skate Canada Test Program (Junior to Senior Levels)

Dance	Skills	Freeskate	Interpretive
-Preliminary	-Preliminary	- Preliminary	-Introductory
-Junior Bronze	-Junior Bronze	- Junior Bronze	- Bronze
-Senior Bronze	-Senior Bronze	- Senior Bronze	- Silver
Junior Silver	-Junior Silver	- Junior Silver	-Gold
-Senior Silver	-Senior Silver	- Senior Silver	
-Gold	-Gold	- Gold	
-Diamond			

Skate Canada Competitive Program (Senior Levels)

Dance (Pairs)	Freeskate (Singles)	Freeskate (Pairs)
-Juvenile	-Juvenile	-Juvenile
-Pre-Novice	-Pre-Novice	-Pre-Novice
-Novice	-Novice	-Novice
-Junior	-Junior	-Junior
-Senior	-Senior	-Senior

WHEN IS A CHILD READY FOR LEARN-TO-SKATE PROGRAMS?

There is no precise answer to this question, but in most cases, the sooner the better. Some children, although very mobile, find group instruction difficult because of their short attention span. Physical, emotional and social development varies with each child and, in turn, so does readiness to learn to skate in a group situation.

A child must be able to:

1. Walk on the floor with reasonably straight ankles while wearing skates.
2. Understand simple instructions and follow directions from a person other than their parent.

The child's rate of progress will vary according to the age, motor skill development, condition of equipment and the enthusiasm of the child, parents and coach.

Remember to put yourself in your child's place. Although skating looks easy – learning to do so is not always that simple. This is often a new environment – new surroundings, and new people.

Please be patient with the coaches, and most importantly with your skater while he/she is learning to skate.

KIDS CANSKATE

Helmets and skate guards are mandatory.

Teaching young children to skate the right way inspires self-confidence. The Kids CanSkate program offers basic movement on ice for ages 3 to 5. The course design has a strong element of play built in to encourage and capture the attention of this age group. The emphasis is on FUN.

To make learning to skate for the first time a pleasant and satisfying experience, coaches emphasize participation focusing on fun and continuous movement. Young skaters are encouraged to learn proper posture, and the correct methods of pushing, gliding, stopping, turning, jumping and spinning.

Once the basics have been learned, the preschool skater will be ready to progress confidently to the Canskate program.

GPSC monitors enrollments in both Kidskate and Canskate sessions. Our skater:coach ratio is as set out by Skate Canada guidelines to help keep our standards high by resourcing both certified coaches and Program Assistants when group size dictates.

Please be patient with your new skater as your child will progress at his/her own rate.

Parents are NOT to accompany their skater on the ice during lessons. This is for Skate Canada insurance purposes as well, we find that children will respond better to instructions when left in the care of coaches.

CANSKATE

CanSkate is a fun and safe program for children who have completed Kids CanSkate or who are able to skate on their own. It incorporates the use of music, skill development, and games in a somewhat more structured format than Kids CanSkate. CanSkate is a recognized Skate Canada program that teaches the fundamentals of skating which include forward skating, backward skating, stopping, turning, spinning, jumping and the four basic edges. The skills are arranged in a progressive teaching sequence and are divided into seven badges (Stages 1-7 of the Skate Canada Program).

These fundamentals prepare skaters to begin figure skating, hockey, ringette or recreational skating.

The program is taught by qualified and experienced professional coaches assisted by amateur coaches (Program Assistants). The CanSkate coaches (Program Assistants) must attend a clinic where their practical skills and theoretical knowledge are tested. Under the guidance of professional coaches, these instructors provide

additional instruction and individual assistance during practice sessions. It is a requirement of all our Intermediate and Senior skaters to participate as Program Assistants.

Please remember that these young skaters are volunteering their time to aid the professional coaches with the program. If there are any problems relating to any GPSC CanSkate instructor, please direct these immediately to the professional coach. Please do not address the Program Assistant. Your concerns will be handled promptly as our club is very conscious of developing proper coaching attitudes in these young coaches of the future. Please do not hesitate, however, to praise or compliment these young volunteers for jobs well done. Their enthusiasm, spirit and dedication are appreciated by the coaches and club organizers alike.

CanSkate sessions include warm-up, stroking, skill instruction, creative exercise to music, games and cool-down activities.

These days and special events are scheduled throughout the season.

Skaters are evaluated on an on-going basis through the use of evaluation sheets. As each badge level is completed, badges and/or certificates are awarded. "Fun" handouts are given out often. There are no formalized "Test Days".

The CanSkate program is designed so that a skater can progress at his/her own speed. Remember that individual differences and practice time can affect the skater's rate of progress. The average skater can spend 2-3 seasons to complete the program. Two skating sessions per week are strongly recommended because skaters tend to forget what has been taught if the time span between lessons is too great.

The CanSkate program promotes fun, friendship, exercise and, through group participation, a development of good skating skills and a lifelong love for the sport of skating.

PRIMARY

The Primary Program is designed to introduce skaters to figure skating. An exciting and inexpensive group program custom tailored to introduce younger skaters to the test stream and competitive skating programs. It is a well-rounded program incorporating all the different aspects of skating: Skating Skills, Jumps, Spins & Field moves. Group lessons are included in the package. Skaters are encouraged to work on their own before and after lessons to develop independent work skills. Skaters must not have passed any complete Preliminary test in any discipline.

TEST/COMPETITIVE PROGRAMS

All test and competitive programs are designed for skaters who are willing to commit more time and effort to their figure skating skills and wish to train for, and be tested on levels of achievement from Preliminary to Gold.

The program is tailored to the individual. Ice time is chosen from available scheduled sessions, and paid for separately. Lessons are arranged privately with the Coaching staff and lesson fees are paid directly to the coach. Lessons will be structured around private, semi-private or small group.

The skater refines skills in skating skills, freeskate, dance and interpretive disciplines. There are 6 skills levels (6 tests), 6 freeskate levels (6 two-part tests), 6 dance levels (21 dance tests), 3 Interpretive levels (3 tests) – potentially leading to a gold medal in each discipline.

Highly motivated skaters may also choose to enter the Skate Canada competitive program which involves competing at a range of events from Regionals to Sectionals (Provincials), to Divisionals (Western Canada), to Canadians (Nationals) and beyond. Skaters may also choose whether or not they wish to enter competitions or compete at a recreational level. It is solely up to each individual and their passion. There is something for everyone.

It is up to the skater/parent to keep in contact with the coaches to decide on your goals for the year and to follow up on the skater's progress.

JUNIOR

The Junior Program incorporates all aspects of figure skating. Skaters in this program are working on their Preliminary level in any discipline of figure skating. Private or semi-private lessons are required. Skaters are expected to work independently before and after their lesson time.

PRE-INTERMEDIATE

The Pre-Intermediate Program incorporates all aspects of figure skating. Skaters in this program must have completed any portion of the Preliminary level (Skills, Freeskate or Dance). Private or Semi-private lessons are required. Skaters are expected to work independently before and after their lesson time.

INTERMEDIATE

The Intermediate Program incorporates all aspects of figure skating. Skaters in this program have completed their Preliminary Freeskate and Preliminary Skills or complete Preliminary Dances. Private or Semi-private lessons are required. Skaters are expected to work independently before and after their lesson time.

SENIOR

Senior Program skaters must have passed their Junior Bronze Freeskate, Senior Bronze Dances and Senior Bronze Skating Skills. Private or Semi-private lessons are required. Skaters are expected to work independently before and after their lesson time.

SKATE CANADA TESTS

A great deal of work is involved in the staging of a test session. We would ask for parents' co-operation and also to remember that the evaluators/judges are volunteers, and have spent many hours apprenticing and writing exams in order to qualify as Skate Canada Evaluators and Judges. They warrant our respect and gratitude. Test sessions are held throughout the winter and spring sessions and during summer school.

Test Regulations:

1. A skater must be a 'member in good standing' to be allowed to test. Test fees must be paid prior to the test.
2. To be eligible for a test, the skater must have passed all preceding tests.
3. Skaters are required to be at the rink 1 hour before the scheduled time of the test. Skaters must not go on the ice until instructed to do so.
4. Common sense, appropriate attire, and appropriate behavior is expected on Test Days. Skaters must show respect for themselves (ie-properly dressed, skates clean, etc.), for others (conduct themselves quietly while others are testing), and for the judges (be on time, courteous and practice self-control).
5. It is your responsibility to keep your individual test result forms and records for future inquiries.

COMPETITION CHECKLIST

TO DO:

- Fully complete all competition entry forms before deadline date and return to coach prior to deadline with appropriate payment. Any forms that are incomplete maybe denied.
- 2 copies solo cd's and 1 tape
- Polish skates and new or washed laces (cut to correct length and melt ends)
- Sharpening (minimum one week before competition)
- Costume (tried out prior for fit and comfort and possible alterations)
- Beige tights only (not worn over skates)
- Undershirt for warmth under dress, no turtlenecks.
- Warm up sweater and matching gloves, for warmup period only. Form fitting, zip, button or wrap. No hood. White, black or matching color of dress. (Do not wear competition ribbons or medals on ice)
- Hair must be worn neat and tidy (braid or bun, off face, must not catch on costume). Nothing loose, bobby pins must "lock". Tested at same time as costume before event.
- Extra tights, boys extra socks. Clear nail polish for emergency runs.
- Skate bag, guards, wipe for skates, and possibly a garment bag.

ORDER OF EVENTS:

Arrive a minimum of 1 hour before the start of your event (1/2 hour for the first event of the day). Be prepared for an early start or late start, don't book any other events near this time. Note: Competition events are permitted to start 1 hour early regardless of whether all skaters are present. You may want to bring something to do in case the competition is late.

When you first arrive go to the registration area, hand in your music. (Remember to pick up your music after the event before you leave for the day).

Find your groups dressing room and let the ice captain know your there. The ice captain is the person with the clipboard. Check the starting order. Find out the skating order and whether it will be early or late.

Find your coach (they will be looking for you as well).

Do your off ice warm up in a quiet place if possible (20 minutes minimum). Include stretching, light jog, jumps, program walk-through. Look at ice for start place. No silliness or running around while waiting. Focus on preparation. Use a ipod, mp3 player or walkman if you have one with your music it on it.

Makeup (minimum blush and lipstick) remember bright lights and nerves wash out a skaters color so foundation is recommended.

NOTES TO REMEMBER

While wearing your costume be careful where you sit.

Laces must be tucked securely between tongue and boot, not loose and hanging out.

You should never compete on a completely empty stomach, especially in the morning. However, avoid at all costs greasy, spicy, sweet or heavy foods. Avoid drinking quantities of liquids, especially pop.

Results are posted within an hour of skating times. Check the results area. Sometimes placements 1-6 receive an award and are expected at presentation area. Find out at the registration desk. Sometimes there are qualifying rounds to finals.

Bring a camera for the awards presentations. Never use a flash in the rink as it is extremely dangerous for the skaters. 400 ASA or faster film is recommended instead.

Always remember – placing first, second or third is not the measure of a great skater, a personal best is; and failing to plan is planning to fail.

OTHER INFORMATION

ICE CANCELLATIONS

Unfortunately there will be ice cancellations from time to time throughout the season due to hockey tournaments, holidays, etc. Every effort is made to reschedule and make up those sessions affected, however these unscheduled cancellations have already been considered in your registration fees.

Notification of any changes will be posted on the bulletin board with as much advance notice as possible and arrangements will be made to accommodate these program changes.

TEAM ATTIRE

Our club colors are red, black and white. Team attire has been designed around our club colors and is available to order periodically. Notice will be sent out to all members when we will be sending out a large order (Fall) or visit the office as we may have some extras available for sale.

PICTURE DAY

Once a year – usually in the fall - the Grande Prairie Skating Club brings in a photographer to do individual photos of each skater. Each skater should come with their hair and makeup done as well as wearing a competition skating dress. Date TBA