



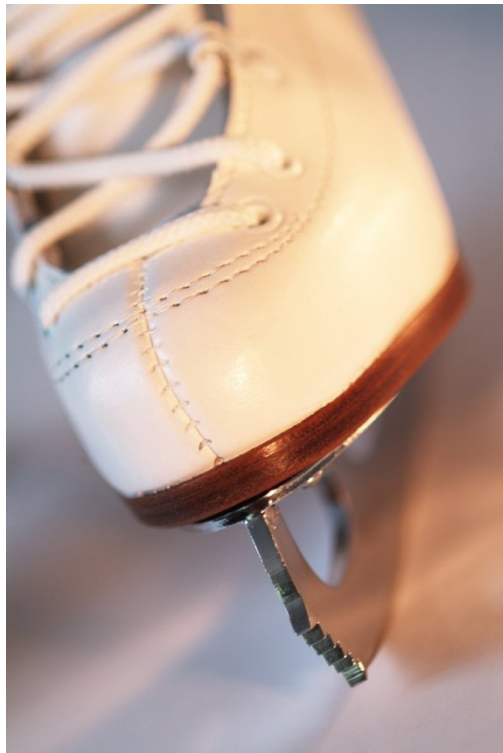
## Summer School 2011 NON-MEMBER

July 4<sup>th</sup> to 29<sup>th</sup>

Tentative Test Day: Saturday July 23<sup>rd</sup>

Test day date subject to change based on evaluator availability

Coca Cola Centre – South Pad



For more information contact GPSC:

(780)402-8012 or [gpsc@telus.net](mailto:gpsc@telus.net) or [www.gpskate.com](http://www.gpskate.com)

The Grande Prairie Skating Club is dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and / or achievement.

Space in Summer School is limited, so register early in order to reserve your spot.

Refunds will be issued for medical reasons only and a doctor's certificate will be required.

## REGISTRATION

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- The Grande Prairie Skating Club reserves the right to alter schedules and designate categories based on need and ability.
- The Grande Prairie Skating Club has the right to cancel sessions that have insufficient registrations.
- Skaters must be registered with Skate Canada and members in good standing.
- For skaters taking tests or attending competitions additional charges will be assessed and invoiced in addition to the registration and coaching fees.
- Ice cancellations have been allowed for in the registration prices. Watch for notices for any scheduled or unscheduled cancellations, including test days. Test days may preempt regular skating times due to judge availability. GPSC apologizes for any inconvenience this may cause.
- Please ensure that your coach is advised for any sessions your skater will be away for to avoid lesson charges.

## LEVELS

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### Primary

The Primary Program is designed to introduce skaters to figure skating. It is a well-rounded program incorporating all the different aspects of figure skating. Group lessons are included in all Primary Program packages. Skaters in the Primary Program must not have taken any Skate Canada Tests. Private lessons are available and encouraged based on availability. Please contact your coach of choice to set up lessons. Off-ice sessions are included in price.

### Junior / Pre-Intermediate

The Pre-Junior, Junior, and Pre-Intermediate programs incorporate all aspects of figures skating. Junior skaters are working on the Preliminary Skate Canada tests in all disciplines. Pre-Intermediate skaters must have completed at least one Skate Canada Preliminary test. Private and / or semi private lessons are required. Off-ice sessions are mandatory and included in the price.

### Intermediate / Senior

The Intermediate and Senior programs incorporate all aspects of figures skating. Intermediate skaters must have passed the Preliminary Skate Canada tests in all disciplines. Senior skaters must have completed their Junior Bronze Freeskate, Senior Bronze Skating Skills and Dances. Private and / or semi private lessons are required. Off-ice sessions are mandatory and included in the price.

## RULES AND REGULATIONS

General:

1. Proper courtesy must be extended to all skaters and coaches at all times. Swearing, kicking, stomping on the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately and the disciplinary process will be used.
2. Skaters must not eat while on the ice and only water bottles with water are permitted at the ice surface.
3. Skaters are required to be on time for all skating sessions and lessons regardless of whether it's group, private, or off-ice.
4. Permission must be attained before leaving the ice for any reason. This is both a courtesy to the coaching staff as well as a safety precaution for the skaters.
5. Do not stand and socialize in the middle of the ice or along the boards. Skaters will be given warnings and if these warnings are ignored will be asked to leave the ice.
6. Do not lie on the ice unless you are injured and need assistance.
7. If you need to speak to a coach, do so while they are off of the ice. Please do not interrupt coaches during lesson time unless it is your own child's lesson.

Please refer to our website [www.gpskate.com](http://www.gpskate.com) for additional rules, calculation of test day and competition fees, music fees etc.

## OFF ICE SESSIONS

Spring School off-ice sessions will be administered by the Alberta Sport Development Centre staff and the Grande Prairie Skating Club Professional Coaching Staff. All off-ice sessions are MANDATORY and no refunds will be given if you choose to not participate in these sessions. Skaters need to have proper attire and have removable layers if they are too warm. Sessions can be indoors and outdoors so please be prepared. Running shoes are required no skate shoes or casual sneakers. Skaters need to bring water they will not be permitted to leave for drinks.

Please meet at the GPSC table by the mail slots for all off-ice classes unless otherwise instructed.

## STROKING SESSIONS

Stroking sessions will be taught by GPSC Professional Coaches and all skaters are expected to attend. During stroking sessions it is expected that skaters respect the rules of the GPSC, do not talk and try their hardest. Stroking sessions are for the benefit of the skater and what a skater puts into each session is what they will get out of it. Skaters are required to be on time for all stroking sessions and once the gates are closed they will be asked to wait until there is a break in the class to add the late skates in.

# GRANDE PRAIRIE SKATING CLUB PROFESSIONAL COACHES

## Ashley Hanson

- NCCP Level 1 Certified / Partial ISPC Level 2
  - Gold Freeskate Elements, Gold Dance, Gold Skating Skills
  - 8 years coaching experience
- [ahanson99@hotmail.com](mailto:ahanson99@hotmail.com) (780) 830-0229 or (780)978-1029

## Cheryl Kjemhus

- NCCP Level 2 Certified / ISPC
  - Junior Silver Freeskate, Gold Dances, Gold Skating Skills, Bronze Rhythm Dance
  - 5 years coaching experience
- [cherylkjemhus@gmail.com](mailto:cherylkjemhus@gmail.com) (780) 357-3480

## Caroline Crowe

- Canskate certified / NCCP Level 1 Technical
  - Senior Bronze Freeskate, Gold Dances, Silver Interpretive, Senior Silver Skating Skills
  - 3 years coaching experience
- [cdcrowe@ualberta.ca](mailto:cdcrowe@ualberta.ca) (780) 933-7529

## Kelsi Murphy

- Canskate certified / Partial NCCP Level 1
  - Junior Bronze Freeskate, Partial Junior Silver Dances, Silver Interpretive, Junior Silver Skating Skills
  - 1 year coaching experience
- [kelsimurphy@hotmail.com](mailto:kelsimurphy@hotmail.com) (780)532-6014

## Sharon Bates

- NCCP Level 1 Certified
  - Junior Bronze Freeskate, Partial Senior Silver Dance, Skating Skills Class 3
  - American Sign Language Prep Basic & Int Levels, Special Needs Worker Certification Program
  - 5 years coaching experience
- [lsbates@telus.net](mailto:lsbates@telus.net) (780)766-3032

## Emily Van Amstel

- NCCP Level 1 Certified/Partial NCCP Level 2
  - 16 years coaching experience
- [cevana@telus.net](mailto:cevana@telus.net) (780)933-3221

## Diana Lazoruk

- NCCP Level 1 Certified / Partial ISPC Level 2
  - Senior Bronze Freeskate, Junior Silver Dance, Skating Skills Class 5
  - 8 years coaching experience
- [camdihome@telus.net](mailto:camdihome@telus.net) (780)814-1265

- Families must arrange lessons with the coach themselves for any private lessons. ALL skaters junior through senior are required to have private lessons.
- Any coaches wanting to bring their own skaters to GPSC programs must apply in writing to the Grande Prairie Skating Club [gpsc@telus.net](mailto:gpsc@telus.net). Coaches will be required to sign off on the code of ethics form prior to stepping on the ice the first time.
- Out of town skaters are more than welcome to book lessons with GPSC coaches based on availability.

# SUMMER SCHOOL ICE SCHEDULE

July 4<sup>th</sup> to 29<sup>th</sup> – 4 weeks each week follows the same schedule

## Jumpstart: Weeks 1 & 2 ONLY

**REGISTER THROUGH THE LEISURE CENTRE 780-538-0455**

<b>Time</b>	4:15-5:00pm
<b>Days</b>	Monday through Friday

## Primary: Weeks 1-4

*\*Runs Monday through Friday each week*

Time	Session
2:45pm-3:00pm	Off Ice Warm Up
3:00pm-3:15pm	Skates On
3:15pm-4:00pm	On Ice Class

## Junior: Weeks 1-4

*\* Junior skaters are skaters working on their Preliminary level and have not yet completed a Prelim Test*

Time	Session
12:15pm-12:45pm	Off Ice
12:45pm-1:15pm	Break
1:15pm-1:30pm	On Ice Stroking Class
1:30pm-2:30pm	Freeskate
2:30pm-3:00pm	Dance and Skills
3:00pm-3:15pm	End of Day or Break for Junior Skaters
3:15pm-4:00pm	<b>OPTIONAL</b> Freeskate <b>*extra charge to skate</b>
4:00pm	End of day for Junior skaters who skate 2 <sup>nd</sup> FS

## Pre-Intermediate: Weeks 1-4

*\* Pre-Intermediate Skaters must have passed at least one complete Preliminary test*

Time	Session
12:15pm-12:45pm	Off Ice Session – classes vary through the week
12:45pm-1:15pm	Lunch Break and Skates On
1:15pm-1:30pm	On Ice Stroking Class
1:30pm-2:30pm	Freeskate
2:30pm-3:00pm	Dance and Skills
3:00pm-3:15pm	Break
3:15pm-4:00pm	Freeskate
4:00pm	End of Day for Pre-Intermediate Skaters

## Intermediate: Weeks 1-4

*\* Intermediate Skaters must have passed all of their Preliminary level tests*

Time	Session
9:45am-10:00am	Stroking
10:00am-10:45am	Freeskate
11:00am-11:15am	Break
11:15am-12:15pm	Dance/Skills
12:15pm-1:00pm	Freeskate
1:00pm-1:15pm	Break
1:15pm-2:00pm	Off Ice
2:00pm	End of Day for Intermediate Skaters

## Senior: Weeks 1-4

*\* Senior Skaters must have passed Junior Bronze Freeskate, Senior Bronze Skating Skills, and Senior Bronze Dances*

Time	Session
9:00am – 9:45am	Freeskate
9:45am – 10:00am	Stroking
10:00am-10:15am	Break
10:15am-11:00am	Off Ice
11:00am-11:15am	Break
11:15am-12:00pm	Dance / Skills
12:15pm-1:00pm	Freeskate
1:00pm	End of Day for Senior Skaters



## 2011 SUMMER SCHOOL REGISTRATION FORM

Skater's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Skate Canada #: \_\_\_\_\_ AHC#: \_\_\_\_\_

Parents Name(s): \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Work Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ (required)

Home Club: \_\_\_\_\_

Coach: \_\_\_\_\_

\*make sure you arrange lessons with a GPSC coach for skaters junior and above.

Primary level skaters can request summer school lessons as well.

Please ensure you have submitted...

1. Fee sheet (pg 6) with highlighted or circled sessions or weeks
2. Registration Form pg 7
3. Medical Form pg 8
4. Talk to coach about lessons and make arrangements

### PLEASE MAKE NOTE OF THE FOLLOWING

- All registration forms must be accompanied by payment
- Payment must accompany registration – if buying all 4 weeks total can be split over two equal payments. First check due upon registering and balance dated July 4, 2010. Checks can be made payable to "Grande Prairie Skating Club". Check, cash, or money order are accepted forms of payment.
- Please drop forms off to the Grande Prairie Skating Club office mail slot on the 2<sup>nd</sup> floor of the Coca Cola Centre or mail them to:  
Grande Prairie Skating Club  
Box 21254  
Grande Prairie, AB  
T8V 6W7
- Buy on rates are \$12.00 per hour for members \$15.00 per hour for non-members please send buy on requests to [gpssc@telus.net](mailto:gpssc@telus.net). All buy on requests must be approved by the GPSC.
- Stroking and Off Ice Programs are included in the package and are mandatory for all skaters.
- Must be members in good standing with your current club to register for the Summer School.
- All registration forms must be completely filled and accompanied by payment.
- Please make cheques payable to "GRANDE PRAIRIE SKATING CLUB"
- Refunds issued for medical reasons only

## MEDICAL FORM

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Medical Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Allergies or Disabilities (please list all): \_\_\_\_\_

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## WAIVER

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I accept full financial responsibility for this application form. Further, I and my child agree to abide by the rules and Regulations of SKATE CANADA and the Grande Prairie Skating Club as set down by the Board of Directors. I agree that the GPSC and/or their Directors and Coaches will not be held responsible for any accident or loss, however caused, and damages which may arise from such accident or loss. I give the Grande Prairie Skating Club permission to publish my child's name, club information and/or photo in Club publications, newsletters, newspapers, website, on the skate Canada: Alberta-NWT/Nunavut website and/or in the "In The Loop" newsletter.

Parent / Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_