

*The
Thamesford
Skating Club's*



*Skater's Handbook
2008-2009*

Sanctioned by



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DATES TO REMEMBER

Date	Event
Sat. Oct. 18, 2008	Parent info day 11:30 a.m.
Tues. Oct. 21, 2008	Parent info day 6:00 p.m.
Sat. Oct. 25, 2008	Halloween dress up day
Tues. Oct. 28, 2008	Halloween dress up day
Tues. Nov. 11, 2008	Bring a friend day
Sat. Nov. 15, 2008	Bring a friend day
Sat. Dec. 20, 2008	Christmas Party 10:00 a.m. - 11:50 a.m.
Tues. Jan. 27, 2009	Teddy Bear day
Sat. Jan. 31, 2009	Teddy Bear day
Tues. Feb. 10, 2009	Valentine's dress up day
Sat. Feb. 14, 2009	Valentine's dress up day

Date	No Skating
Sat. Dec. 27, 2008	Pre-CanSkate/CanSkate sessions only
Tues. Dec. 30, 2008	Pre-CanSkate/CanSkate sessions only
Sat. Jan. 3, 2009	Pre-CanSkate/CanSkate sessions only
Sat. Jan. 24, 2009	All sessions cancelled due to Hutton tournament

TSC General Membership Meeting Dates

September 29, 2008

October 28, 2008

November 25, 2008

December 30, 2008

January 27, 2009

February 24, 2009

March 2009 TBA

All meetings are open. They begin @ 6:00 p.m. and are held in the cloak room at the arena, subject to room availability. Every effort will be made to post an agenda on our main bulletin board one (1) week in advance of the meeting. If you would like to make a presentation at a meeting, or have an item added to the agenda, please contact either the president or the secretary no later than the Saturday prior to the meeting date. Every effort will be made to add the presentation or item to the agenda as time permits. If we are unable to add your item or presentation, the president or secretary will contact you and arrangements will be made to accomodate your item or presentation at a later date.

THAMESFORD SKATING CLUB EXECUTIVE 2008-2009

PRESIDENT Teresa Walker 519-461-0291	H.O.M.E. REP Julie Hendriksen
VICE-PRESIDENT Debbie Morphew-Smith 519-451-2587	TEST CHAIR Julie Hendriksen 519-285-3324
TREASURER Susan Manzer 519-285-2540	BADGE CONVENOR Elaine Mauthe 519-285-5085
SECRETARY Sherri Nairn 519-285-3545	COMMUNITY REP. Debbie Morphew-Smith 519-451-2587
REGISTRAR Lori Wilde 519-285-5090	SPECIAL EVENTS TBA
FUNDRAISING Lori Wilde & Teresa Rooney	CARNIVAL CHAIR Amarlee Jagoe & Teresa Rooney
PRO REP Janice Woods jmwoods77@hotmail.com	P.A. REP Kayla Nairn 519-285-3545

THAMESFORD SKATING CLUB PROFESSIONAL COACHING STAFF

Name	Email
Janice Woods Paula Keon-MacDonald Mike Del Bel Belluz	jmwoods77@hotmail.com cdnonice@rogers.com jmwoods77@hotmail.com

ALL ABOUT OUR SKATING PROGRAMS

AVAILABLE PROGRAMS	QUALIFICATIONS
Pre-CanSkate	Learn to skate, minimum age 3
CanSkate	<p>Stages 1 and 2 (includes Learn to Skate). Receive group lessons and have the option of private lessons. It is recommended that children should be equipped with helmets.</p> <p>Stages 3 and 4. Receive group lessons and have the option of private lessons.</p>
Junior	<p>Stages 5, 6 and 7. Receive group lessons and have the option of private lessons. These skaters may elect to try Skate Canada tests.</p>
Intermediate	<p>Recreational test stream skaters (STARSkate program) who receive full private lessons. Junior skaters may blend 1 day junior with 1 day intermediate to facilitate transition into the test stream (STARSkate program).</p>
Senior	<p>Skaters receiving full private lessons who have passed at least two of the following: Preliminary Freeskate, & one of Junior Bronze Skills or Junior Bronze Dances, or be in high school.</p>
CanSkate Program Assistants	<p>PA's ideally are a minimum of 12 years old and have passed their preliminary free skate test. They must be patient, reliable and good role models. They must be able to demonstrate skills and teaching progressions. They supervise practice time and lead warm-ups.</p>

Pre-CanSkate & CanSkate Program

The CanSkate program is a 'learn to skate' program for beginners. Through this program, skaters are introduced to the fundamental movements and basic skills of skating.

They are:

* Go forward	* Turn
* Go backward	* Spin
* Stop	* Jump

Each fundamental movement is also subdivided into stages to allow the skaters to excel and progress more quickly through each movement as well as stage.

These are basic movements. For example, a skater or group of skaters may be working on Stage 3. This system allows a child to progress at their own rate of accomplishment.

The CanSkate program is taught on our CanSkate and Junior sessions through group instruction. Private lessons are optional and can be taught on your child's regular session in addition to group instruction. On the Junior sessions, skaters enter the STARSkate Program where there is more focus on jumps and spins with connecting steps. These skaters may also choose to enter local competitions and begin taking SkateCanada tests. The next progression is to the Intermediate level where skaters continue in the Test Stream, working on free skate, skills and dance.

Skills introduced in the CanSkate stages are advanced and refined in the Intermediate and Senior programs. At this level, skaters have the opportunity to learn advanced skating elements and have these skills assessed against national standards at organized test days and competitions.

What Should My Skater Wear?

CanSkate children should wear warm, comfortable clothing that will not interfere with their skating, i.e. bulky snowsuits. Skaters up to the age of 5 years old should wear a helmet (hockey style is recommended, however, a properly fitted bicycle helmet will work also).

Skaters should wear mitts or gloves. No long scarves or hats should be worn on the ice as they can be dangerous. Long hair should be tied back if at all possible.

Skating costumes for girls consist of a skirt or a one piece dress and lycra tights or leotards and a warm sweater (this is optional for the CanSkate/ preliminary skater). A pair of warm pants and a sweater is suitable for boys.

Test Days

Test days are for everyone! When your skater is ready to try a test you will be informed by your coach (if you have selected a private coach) or by the coach working with your skater in the Junior Program.

Tentative test days for this skating season are scheduled for the following days: December 30, 2008 and March 2009 TBA. These tests are Tuesday nights and will be in place of the regularly scheduled skating lessons on these nights.

Tests consist of Dances, Skills and Freeskiate. Often a skater's first test tried is a dance. There is no "normal" rate at which tests are tried, as all skaters skate at their own individual level, therefore **do not compare your skater with another skater.**

In order to prepare a test day the coaches submit a list of test which they feel are ready to be tried. Envelopes will be prepared for the skaters to submit their test fees. A **\$10.00 fee per test** (Dance, Free Skate Elements, Free Skate Program, Skills) is required to be paid to Skate Canada. In addition you will be charged an administration/food fee of \$3.00. This fee is charged by the skating club to help cover the costs incurred on our Test Days. For example, if your skater were to test a Swing Dance, a Free Skate Preliminary Program and Free Skate Preliminary Elements, the fee would be \$10.00 for the dance, \$10.00 for the elements, \$10.00 for the program plus an additional \$3.00 for the administration/food. Therefore, a total of \$33.00 would need to be returned to your skater's coach or the Test Chair in the test envelope provided.

A schedule will be prepared allowing for the proper time for each test. The Test Chair will make sure that each level of testing has the appropriate judge. It is very difficult to make changes after a schedule has been prepared. Please notify your coach or the Test Chair if your skater is unable to do the test. Test day is busy day and we ask that all skaters arrive at the arena at least one hour prior to their scheduled test, as various circumstances can alter the schedule.

A room will be prepared for the judges, coaches and volunteers helping to expedite the result sheets. Please remember that only the judges, coaches and officials use this room. Each skater's results will be handed to the coach responsible for submitting the test. If the coach is busy and he/she requests it, the results will be delivered to the skater by a club official.

Immediately after the test day the test results are submitted with the required fees to Skate Canada, and these records are kept at a National level. Records are also kept at the club level and updated following each test day. The individuals involved with your test will bill all other test fees (ie. Partnering fees etc.) separately.

We strive to make test days a positive experience for everyone involved. A re-try is not a fail, it just means that the judges want to see the test again with certain improvements or changes.

What Should My Skater Wear?

For the skater who may try a Skate Canada dance test, a skating skirt and top or a one piece dress, a warm up sweater, clean lycra tights (with no holes), clean skates, and hair pulled back is desirable. Skates should be clean and laces should be secure.

Skate Canada STARSkate Program Judged and Evaluated Tests

DANCES	FREE SKATE Part 1 & Part 2	SKATING SKILLS
Preliminary <ul style="list-style-type: none"> • Dutch Waltz • Canasta Tango • Baby Blues • Preliminary Creative Dance 	Preliminary <ul style="list-style-type: none"> • Elements • Program (solo) 	Preliminary Junior Bronze Senior Bronze Junior Silver Senior Silver Gold Skills
Junior Bronze <ul style="list-style-type: none"> • Swing • Fiesta Tango • Willow Waltz 	Junior Bronze <ul style="list-style-type: none"> • Elements • Program (solo) 	INTERPRETIVE Introductory - Solo Bronze - solo Silver - solo Gold - solo
Senior Bronze <ul style="list-style-type: none"> • Ten-Fox • Fourteen Step • European • Bronze Creative Dance 	Senior Bronze <ul style="list-style-type: none"> • Elements • Program (solo) 	
Junior Silver <ul style="list-style-type: none"> • Keats Foxtrot • Harris Tango • American Waltz • Rocker Foxtrot 	Junior Silver <ul style="list-style-type: none"> • Elements • Program (solo) 	COMPETITIVE TESTS \$20.00 Singles, Pairs & Dance Juvenile Pre-Novice Novice Junior Senior
Senior Silver <ul style="list-style-type: none"> • Paso Doble • Starlight Waltz • Blues • Killian • Cha Cha Congelado • Silver Creative Dance 	Senior Silver <ul style="list-style-type: none"> • Elements • Program (solo) 	
Gold Dance <ul style="list-style-type: none"> • Viennese Waltz • Westminster Waltz • Quickstep • Argentine Tango • Silver Samba • Gold Creative Dance 	Gold <ul style="list-style-type: none"> • Elements • Program (solo) 	

CHOOSING A PRIVATE COACH

Who can take private lessons?

Anyone! Skaters from beginner through to the highest competitive level can and do benefit from private instruction.

Why private lessons?

Skaters choose private instruction for a variety of reasons .Here are a few!

- ✓ to help CanSkaters progress through the CanSkate program more quickly
- ✓ to help skaters understand and develop his/her strengths
- ✓ to target and improve areas of weakness
- ✓ to assist skaters entering the StarSkate Canada test program
- ✓ to assist skaters through the StarSkate Canada test program
- ✓ for competitive skaters who wish to compete at recreational levels or higher

How/when are private lessons offered?

Private lessons may be taught on Junior thru to Senior sessions as well as morning ice. (See package for program times)

How much do private lessons cost?

Private coaching fees range depending upon a number of variables including:

- ✓ the coaches level of expertise
- ✓ the coaches area or discipline of expertise
- ✓ the coaches years of experience
- ✓ the coaches level of certification with NCCP
- ✓(National Coaching Certification Program)
- ✓ Most lessons rates range between \$6.00 to \$12.00 per 15 min lesson

How do I choose a private coach?

- ✓ ask around! Do you know someone who's child is taking private lessons?
- ✓ call potential coaches to arrange an interview,
- ✓ conduct an informal one over the phone.
- ✓ come out and watch a private lesson session...
- ✓ see the skaters and coaches in action. (see package for program times)

*See the listing at the beginning of this booklet for the names and telephone numbers for our club's professional coaches.

FUNDRAISING

Fundraising is a necessary requirement to meet our club's financial obligations for the skating year. Ice costs continue to rise on a yearly basis. All money raised through fundraising is directly applied to our ice bill (which exceeds \$10 000 per month of skating), pro fees, special events, carnival and other operating expenses.

Our club has developed a "Fundraising Commitment" dollar amount per skater. At registration, a bond cheque in the amount of \$100 is required to cover your Fundraising Commitment, dated for October 1st. At the time of registration, you will be given raffle tickets equal to your \$100 bond cheque. You then sell your tickets to recoup your \$100. The tickets must be returned to Lori Wilde by December 13, 2008 in order to hold the draw on December 20, 2008 at our Christmas party. During the skating season, there will be other various fundraising campaigns offered including frozen chicken and cookie dough. These campaigns give you the opportunity to raise more funds to further help cover the club's financial obligations. Please consider participating in these campaigns as well.

SKATE CANADA - WESTERN ONTARIO PROMOTIONAL CONTEST TICKETS

This is **NO RISK** for the Thamesford Skating Club and the prize board is amazing. Each skating family is required, at registration, to purchase one book of tickets for \$40. Tickets are \$2 each and when sold, you keep the money. For our club, the funds earned from the Ontario Skaters Promotional Contest are invaluable. All ticket stubs must be returned to Lori Wilde no later than January 24, 2009. These tickets are over and above our \$100 fundraising bond.

CARNIVAL

The carnival is an annual event held at the end of our skating season depending on Club finances and volunteers. Planning for this major event begins early in the season. Your executive is currently reviewing the format for the carnival. Please watch for updates in future newsletters. There will be a show, but we are looking at changing things a little. When the time come, please be generous with your time and patience in the preparation for this show. Our skaters look forward to entertaining us with their talents and we look forward to helping them do this!

THINGS TO READ AND KNOW

Skate Canada:

Skate Canada develops standardized programs for the development of skating at the Learn to Skate/ CanSkate; STARSkate; Synchronized Skating; PowerSkating; High School; and Adult levels.

The Coach:

Our coaches are current certified members of the Skate Canada Coaching Program. The role of the coach is to teach, develop and evaluate skaters' skills.

CanSkate Program Assistants:

Program Assistant's (PA's) are volunteers who play a very important part in the CanSkate program, and contribute greatly to the success of our club's program.

The Club:

The skating club is a vehicle through which the Skate Canada programs are delivered to the skaters. With the exception of coaches, the people who run the club are volunteers. Become acquainted with the club executive members (see page 3). These people can help answer many questions and concerns. The club is not responsible for injuries, loss of equipment or personal belongings.

The Parent:

CanSkate skaters must have an adult in attendance at the arena at all times in the case of injury, illness or bathroom needs. **All persons who are not wearing skates are prohibited from entering/walking onto the ice.** For insurance purposes, skates must submit signed registration forms and fees before entering the ice area. The skater and parent agree to the laws, rules and regulations of the T.S.C.

Cancellation of Membership:

A non-refundable administration fee of \$45.00 will be retained by the club. After December 31, 2008, there will be no refund of registration fees. Skate Canada fees are non-refundable.

NSF Cheque Policy:

1. One week to pay from time of notification.
2. Payment must be cash or certified cheque.
3. \$25 NSF fee.
4. Suspension if not paid to Treasurer within this period.
5. Reinstated once payment is made.

Any subsequent NSF cheques will require all subsequent payments to the club and affiliated committees be made by cash or certified cheque for the remainder of the skating season.

COMPETITIONS

How a Competition Runs

If and when your child chooses to enter competitions, you will be exposed to a whole different aspect of skating.

Within the category your child enters, there will probably be a number of other skaters also competing. There will be a draw to fairly determine the order that the skaters will compete. If there are many skaters competing in the same category, they will be divided into smaller groups of 8-10 called flights. Each flight of skaters has the opportunity to “warm up” for a few minutes. Following warm up, each skater will perform their program in the order drawn. A panel of judges will mark each performance and the results will be tabulated and posted for everyone to see.

Competition Announcements

Competition announcements and registration packages are available on the Western Ontario section website, <http://www.skating-wos.on.ca/competitions.htm>. Your child's coach will talk to you about entering a suitable competition. The coach will also supply all of the information and a registration form for you to complete and mail into the competition. Ensure that your entry forms are mailed well in advance of the closing date for the competition.

Before the Competition

On your child's last day of skating before a competition, his/her music should be gathered from the music room and both this copy and the back up copy must be taken to the competition. The time your child skates at the competition will be provided to you by your child's coach and/or you may be notified by mail. You should arrive at the competition location one hour prior to this time.

When arriving, you will have to register your skater, turn in your child's music and go to the assigned dressing room. Your coach will meet you there and you can proceed to get your child ready for competition. Note - many competitions do not allow for anyone other than the skater and the coach in the dressing room. You may be required to have your child come out of the dressing room to perform last minute preparations.

Don't forget to pick up your child's music before leaving the competition.

What Should My Skater Wear?

Quite often competitors are dressed in a competition dress with their hair styled and makeup on. Acceptable attire includes a skating skirt and top or a one piece dress, a warm up sweater, clean lycra tights (with no holes), clean skates, and hair pulled back. From time to time, there are gently used competition dresses for sale by worn by our skaters in past years.

Competitions, especially the first few, can seem a little overwhelming. By asking questions of other parents who have had children compete in the past, you will be better prepared for what to expect.

BUYING NEW SKATES

Buying the proper skates for your child is very important. Skating is a demanding sport. Even at the primary levels, improperly fitted skates can cause blisters, bunions, ankle, and knee problems. It is suggested you go to a proper skate shop that specializes in ice-skating. When fitting your child remember these basic guidelines:

- ✓ Never buy skates more than ½ size larger than the foot measures. Make sure when your child puts on the skate that you can squeeze no more than one finger down the back of the boot. If the boot is slightly too big a thick insole will make the boot comfortable and decrease the chance of blistering.
- ✓ Make sure your skater can stand securely in the boot. If the ankle is tilting to one side the boot is too big or there is not enough support for their weight.
- ✓ If it is a second hand boot make sure it is not too strong as this will make it difficult for the skater to learn proper knee and ankle bend. Make sure there are no wrinkles.
- ✓ Molded plastic skates should be avoided because the plastic ends up controlling the foot. These skates are so inflexible that skaters will have problems bending their knees and changing flexion of the ankle. In addition the plastic gets very cold and stiff on the ice, making the skater's feet cold as well.

Skates should fit snugly around the ankle and heel with some room to wiggle the toes. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.

Walk around in the skates off the ice; they should feel comfortable.

SHARPENING

Be very careful where you go to get your skates sharpened. A hockey grind is very different from a figure grind, and the stone used to sharpen is also very different. A figure skating blade has various rockers (curves of the blade), depending on the level of the skater. The bottom pick should NOT be removed—the pick is part of the design of the figure skates and is essential to proper balance. It is suggested that you see a professional skate sharpener that will set the proper grind level for your skater. Skates should be sharpened after about 30 hours of skating. **Your coach could recommend whom they prefer you go to.**

CARE OF SKATES

Always walk in hard guards but never store your skates in hard guards, because the blades will rust. Blade covers absorb the moisture from the blades and prevent the blades from rusting or getting chipped as you transport your skates.

CONCLUSION

If you are not happy with the skates - perhaps realizing a bubbled sole or crooked blade after you get home – return them! Learning to skate should be a fun and fulfilling experience. Good skates will foster enthusiasm and excitement in anyone learning to skate.

