

# Paradise Hill Skating Club Handbook

## New to Skating?

If you are a new parent to our club and this is your first time enrolling your child in a skating program, welcome. If you are a returning parent, welcome back. Here is a guide to all the information you will need to start skating with the Paradise Hill Skating Club.

## Register

The most important aspect of skating is choosing the program and level that is right for your child. Regardless of whether you hope to have a hockey player, speed skater, figure skater or merely want your child to learn basic skills, inspiring a love for skating is our primary goal. If you are unsure which program your child should be in please speak to our coach Andrea Salzl.

### Programs Offered:

#### **Pre-Canskate (age 3) & Canskate – ages 4 and up, including hockey players:**

Designed for beginners of all ages, Canskate focuses on fun, participation and basic skill development. Skater's progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning.

#### **StarSkate (Figure Skating)**

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. This program teaches figure skating skills in a group and/or private lesson format. Semi private and private lessons are available from our coach, Andrea Salzl, at the rate of \$8 for 10 minutes of lesson time. This cost is billed directly to the skater from the coach. Parents are encouraged to communicate directly with our coach if semi private and private lessons are desired. All parents are encouraged to attend the skater's practice sessions so that their progress can be tracked and parents can have an open line of communication with the coach. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system and these private lessons prepare them for these tests.

## Tentative Schedule

### Monday:

- 4:45 – 5:00 Canskate Prep (Program Assistants)
- 4:45 – 5:15 Pre-Canskate (3 year olds) (tentative – dependent upon numbers)
- 5:00 – 5:45 Canskate (ages 4+)
- 5:45 – 6:30 Jr Starskate

- 6:30 – 7:00 Stroking/Skills (Jr, Int., and Sr)
- 7:00 – 7:15 Break/Flood
- 7:15 – 8:00 Int. and Sr Dance
- 8:00 – 8:45 Int and Sr Free skate

Wednesday: Int and Sr Free skate from 7:15 – 8:00 and Int and Sr Dance from 8:00 – 8:45.

\* There is no skating on the days when the children have no school. These days are marked on the skating calendar \*

## Fee Structure

**Pre-CanSkate – tentatively scheduled based on number of skaters registered and program assistants available**

- \$180 for 2x/week entire season (30 min instead of 45 min)

### CanSkate

- \$225 for 2x/week entire season
- \$150 for 1x/week entire season
- \$150 for 2x/week for either Nov and Dec session or Jan – Mar session
- \$125 for 1x/week for either Nov and Dec session or Jan – Mar session

### StarSkate

- \$450 for entire season
- \$350 - Jr StarSkate 5:45 – 7:00
- \$400 – CanSkate and Jr StarSkate

\*There will be a \$50 late fee applied to any registration that is not received before October 1, 2015. Skaters are not allowed on the ice until their ice fees are paid. After 2 consecutive sessions, fees cannot be refunded.

All Skaters are required to provide their own skates and accessories (guards, blade covers, skate bag, as well as appropriate skating attire).

StarSkaters may incur extra costs:

- Coaching and Partnering Fees – lessons, test days and competitions
- Music fees for the burning of CD's for solo music
- Fees for Test days, Competitions, Seminars or workshops (optional)
- Travel and accommodations for above

## Fundraising

Paradise Hill Skating Club requires its families to participate in fundraising to help off-set the cost of ice and to raise money for Club activities for your child.

- **Little Caesar's pizza** – we ask you sell 15 units per family. You should have received your information package at registration. You can choose to do a buyout of this fundraiser for \$75. Cheque to be handed in at registration.
- **Skater's Lottery (ticket books)** – this is a mandatory fundraiser from Skate Canada.
- **Grocery Gift Cards** – we currently have Superstore and Paradise Foods available at Paradise Hill Agencies, Dandy Locks Hair Salon and Hair Paradise. Although this isn't a mandatory fundraiser, if you shop at any of these stores we ask you to support this fundraiser. The cards are dollar for dollar with no expiry. The stores sell them to us for a discount (4%-8%) and that is how we make our money.

## Equipment

### Skating Clothing

For young skaters in CanSkate, a warm pair of pants and sweater or jacket with mitts or gloves is suitable if the weather is mild. Snowsuits can be bulky and hinder the child's progress but may be necessary when the weather is cold. At the CanSkate level, **CSA** approved hockey helmet with face mask is also mandatory.

### Skates - Fitting Basics

A skater's size, weight, and skating level are very important. These aspects will determine what boot and blade to purchase and how long they will last.

- Skates should fit snugly around the ankle and heel – there should be room for movement, but the ankle, instep and heel must be firmly supported
- 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
- Avoid buying skates a size larger, as they tend to break down faster and hamper your child's progress and more importantly could create long term foot problems

### Buying used Skates and Blades

Good used skates may be a choice for your child, especially in the beginning stages. If you do buy used skates, you may want to know a bit about the brand and model of the boot and blades you purchase. Ask your Coach about suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower quality pair. Many skate companies have a website that describes an appropriate boot / blade combo for a particular level of skating.

### **Skate Sharpening**

Make sure you take your skates to a reputable skate sharpener who is familiar with the edges needed in figure skating. Do not remove the bottom pick, as it is essential for proper balance.

### **General Care of Boots and Blades**

Proper care of the boots and blades can help them last longer.

- When removing skates, unlace them enough before taking them off so that the back of the boot does not break down or rip
- Blades and soles must be dried carefully with a soft cloth
- Remove guards and wipe / wash them. Grit and dirt become lodged in the tracks of the guards. Replace guards occasionally
- Cover dried blades with soft blade covers (terry cloth or soft fabric)
- Take skates out of bag at home to let them air dry at normal temperatures to avoid rotting and rust

## **Test Days and Competitions (StarSkate)**

### **Test Days**

Skate Canada Clubs schedule tests for skaters at the StarSkate and CompetitiveSkate levels on an on-going basis, provided a qualified Skate Canada Evaluator or Judge is available. The coach will determine if skaters are prepared to take the test. If skaters pass a test, they then move to the next level in that discipline. If skaters are not successful, they may retry that test. Skaters must wait until the next scheduled Test Day before retrying a test.

### **Tentative Test Day Dates**

Dec – Maidstone

Jan – Meadow Lake

Feb – Lashburn

Mar - Macklin

### **Competition**

Competitions in skating offer the skaters an opportunity to perform in front of an audience and to be assessed on their performances by Skate Canada Judges.

Paradise Hill Skating Club is part of the region 10 area for Saskatchewan. Our regional competition for the 2016/2017 year is in Kindersley. The date is TBA later this year.

## **Dates to Remember:**

**Nov 2 – First day of skating**

**Nov 7 – Parent Meeting (5:00 in Arena Lobby)**

**Dec 21 – Bring – A – Friend Day**

**Jan 9 – First day of skating for 2017**

**TBA – Regional Competition in Kindersley (Tentative)**

**Feb- Meadow Lake Funfest ( date TBA)**

**Mar 8 – Last of skating (Canskate)**

**Mar 12 – Achievement Day, Great Family Skate and Windup Supper**

**Mar 15 – Last day of skating (StarSkate)**

## Stay Informed & Ask Questions

This year we will use Remind 101 to keep parents informed of upcoming events. It is a free app that you download, create a sign in, and enter the code @skate2014. You will receive push notifications, texts or emails depending on your preference. If you don't have a cell phone or tablet please let us know and we can make other arrangements.

If you have any questions or concerns about our programs, please don't hesitate to contact any of our Board members or coaches.

**President:** Laurie Anne Fink 306-344-5475  
**Vice-President:** (vacant)  
**Treasurer:** (vacant)  
**Secretary:** Jaclyn Palen 306-344-4797  
**Registrar:** Kaitlynn Otte 306-830-2196  
**Test Chair:** Danelle Fink 306-344-2686  
**Directors:** Tanya Singer 306-344-5055  
Carrie McClellan 306-344-5045  
Dee Anne Stockman 306-344-7305  
Maxine Forsyth 306-344-4830  
**Arena Board Rep:** Lindsey Eaton 780-522-7692  
Adam Fink 306-344-2200  
Bryson Leganchuk  
**Coaches:** Andrea Salzl 306-344-2280  
Kaitlynn Otte 306-830-2196  
**Dance Partner:** Aidan Von Holwede

## Club Roles & Responsibilities

Skate Canada skating programs offered by member clubs and skating schools must be operated according to national delivery standards.

### Providing Program Assistants

Paradise Hill Skating Club Program Assistants are skaters 12 years or older, with more skating experience, who volunteer their time to help with the CanSkate Program. They demonstrate skills under the direction of the Coaches and generally help out wherever needed.

**Club Code of Ethics:**

Parents should be familiar with the Skate Canada Club Code of Ethics. The Club Code of Ethics can be found on the Skate Canada website at [www.skatecanada.ca](http://www.skatecanada.ca)

**Coaches Rules and Responsibilities:**

All Skate Canada Coaches must abide by the Skate Canada Professional Coaches' Code of Ethics.

Parents can review the Coaches' Code of Ethics on line through the Skate Canada website:

[www.skatecanada.ca](http://www.skatecanada.ca). Coaches must complete a Skate Canada approved Police Check; hold a valid First Aid Certificate and have a current Skate Canada Coaching Membership.

# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 First day of Canskate	3	4	5
6	7 Skating  Parent meeting 5:00 arena lobby	8	9 Skating	10	11	12
13	14 No skating (no school)	15	16 Skating	17	18	19
20	21 Skating	22	23 Skating	24	25	26
27	28 No skating (no school)	29	30 Skating			

# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Skating	6	7 Skating	8	9	10
11	12 Skating	13	14 Skating	15	16	17
18	19 Skating	20	21 Christmas party and bring a friend day	22	23	24
25	26 No skating-school break	27	28 No skating-school break	29	30	31



# January 2017

Calendar with Canada Holidays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> New Year's Day	<b>2</b> No skating (school break)	<b>3</b>	<b>4</b> No skating (school break)	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Skating	<b>10</b>	<b>11</b> Skating	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Skating	<b>17</b>	<b>18</b> Skating	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Skating	<b>24</b>	<b>25</b> Skating	<b>26</b>	<b>27</b>	<b>28</b> Chinese New Year
<b>29</b>	<b>30</b> No skating (no school)	<b>31</b>				

# February 2017

Calendar with Canada Holidays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Skating	2	3	4
5	6 Skating	7	8 Skating	9	10	11
12	13 Skating	14 Valentines Day	15 Skating	16	17	18
19	20 Family Day No skating (school break)	21	22 No skating (school break)	23	24	25
26	27 Skating	28				

# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Skating	2	3	4
5	6 Skating	7	8 Last day of Canskate	9	10	11
12 Achievement Day	13 Starskate	14	15 Last day of Starskate	16	17	18
19	20 Macklin test day?	21	22	23	24	25
26	27	28	29	30	31	

