

**CHATHAM SKATING CLUB  
2011—2012  
CLUB HANDBOOK**



**SKATECANADA  
CHATHAM SKATING CLUB**

*STARSkate Pre-Season* Sept 7<sup>th</sup>—Sept. 17<sup>th</sup> 2011

*Winter Season* Sept 19<sup>th</sup> 2011 —Mar. 25<sup>th</sup> 2012

Mark your calendar *Ice Show Sunday Mar. 25<sup>th</sup>*



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October 2011	
Mon. Oct 10 <sup>th</sup> (Thanksgiving)	
December 2011	
Fri. & Sat. Dec 2 <sup>rd</sup> & 3 <sup>rd</sup> (Girls Hockey Tournament) Fri. & Sat. Dec 9 <sup>th</sup> & 10 <sup>th</sup> (CMHA Silverstick) Mon Dec 26 <sup>th</sup> (Christmas Holidays) Wed. Dec 28 <sup>th</sup> (Christmas Holidays) Fri. & Sat. Dec 30 <sup>th</sup> & 31 <sup>st</sup> (Christmas Holidays)	
January 2012	
Fri. & Sat. Jan 6 & Sat. Jan. 7th (Synchro Competition) Fri. & Sat. Jan. 27 <sup>th</sup> & 28 <sup>th</sup> (OMHA Playdown Tournament)	
February 2012	
Fri. Feb. 3 <sup>rd</sup> (OMHA Playdown Tournament) Fri. & Sat. Feb. 17 <sup>th</sup> & 18 <sup>th</sup> (Maroon Cup 2012)	
March 2012	
End of Winter Season—March 25th - Look for SPRING Information!	

## President's Welcome

On behalf of the Chatham Skating Board of Directors and Coaches, I would like to welcome our new and existing members, to a fun skating season.

Our club offers quality professional coaching in a variety of programs such as CanSkate (Learn to Skate Program) for preschoolers, kids, teens and adults; Group STARSkate; CompetitiveSkate and Mini-Synchro. There should be a program for everyone, regardless of ability.

Our ice costs have risen yet again this season, so to offset that we need to fundraise. We do that mainly by requiring our families to sell promotional tickets, by hosting competitions, obtaining sponsors, and selling skating jackets.

We also are always looking for volunteers to help at the competitions, at our annual Ice Show, during Test Days and at the CanSkate table in the arena lobby. The volunteer work is fun, easy and a great way to meet other members of the skating club. We will again be asking our STARSkaters for a mandatory fundraising deposit.

This handbook is meant to be a resource for club ice time and schedule, but also contains information about skating in general, and our own house rules. Please take time to read it through.

The club has a bulletin board in the arena lobby, which will be regularly updated with club activities and upcoming events, ice time changes, cancellations and media reports. Our website address is [www.chathamskatingclub.com](http://www.chathamskatingclub.com).

Feel free to contact myself, a board member, one of our coaches, or visit the CanSkate table, or email us at [skaters@chathamskatingclub.com](mailto:skaters@chathamskatingclub.com) if you have questions or concerns. Thank you for choosing the Chatham Figure Skating Club.

Kathy Ashton

## Chatham Skating Club Board of Directors 2011-2012

**President:** Dr. Kathy Ashton

**Past President:** Brenda Glassco

**Vice President:** Rhonda Jubenville-Stallaert

**Treasurer:** Andrya Eagan

**Secretary:** Erin McGrail

### **Directors**

Cheryl Ross

Paul Robinson

Alex Bustard

Terri Kewley

Sue Fehr

Amy Dumoulin-Jeromel

Paul Lacina

**Coaching Rep.:** Jo-Ann Batten

## Club Skating Programs

	<p>CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters 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. CanSkate is the feeder program to all other Skate Canada Skating Programs, and is presented by BMO Financial Group, reflecting their commitment to grassroots development.</p>
	<p>CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.</p> <p>CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1.</p>
	<p><b>Skills, Tests, Achievement, Recognition</b> – this is what STARSkate is all about! <b>STARSkate</b> 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. We offer several levels of StarSkate from Level C through Level A.</p>
	<p>Adults participate in CanSkate, STARSkate and CanPowerSkate programs as well as on synchronized skating teams.</p>
	<p>The Competitive Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites)</p>
	<p>Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and maneuvers. The Maple City Ice Crystals are part of the Chatham Figure Skating Club.</p>

## CanSkate Program

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating.

The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded.

The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

Stages	Fundamental Movements
Stage 1 - Balance	Go Forward
Stage 2 - Glide Forward	Go Backward
Stage 3 - Glide Backward	Stop
Stage 4 - Edges	Turn
Stage 5 - Power	Spin
Stage 6 - Speed	Jump
Stage 7 (optional) - Pre-Preliminary	Fitness Badges
	Fitness I & II

### What comes after Canskate?

Once your child has progressed through CanSkate, they can move into STARSkate which offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of dance, skills, free skate and interpretive skating.

Unique in Canada, this program teaches figure skating skills in a progressive and sequential manner and offers specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system. Skaters also have the opportunity to participate in competitions.

### How do I get my child started in STARSkate?

You might consider starting your child out with Group STARSkate. This program offers instruction in the STARSkate program but in a format that they are already familiar with from the CanSkate program. They will work with a dedicated coach and will start to work towards independent practice.

Skaters who are in the STARSkate program should begin looking for their own professional coach. Refer to the Professional Coaches pages in the club handbook for a list of coaches who provide instruction within our club.

Even if you already have selected a private coach, you can still consider the Group STARSkate session. Your child can get comfortable with the format of the STAR-Skate program and they can still receive their private lessons from their own coach.

If you have question, please stop by the CanSkate table to learn more about the STARSkate program.

## StarSkate & Competitive Progressions

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a 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.

Preliminary Dance	Freeskate
Dutch Waltz Canasta Tango Baby Blues	Preliminary Elements / Solo Junior Bronze Elements / Solo Senior Bronze Elements / Solo Junior Silver Elements / Solo Senior Silver Elements / Solo Gold Elements / Solo
<b>Junior Bronze Dance</b>	
Swing Dance Fiesta Tango Willow Waltz	
<b>Senior Bronze Dance</b>	<b>Skills</b>
Ten-Fox Fourteenstep European	Preliminary Junior Bronze Senior Bronze Junior Silver Senior Silver Gold
<b>Junior Silver Dance</b>	
Keats' Foxtrot Harris Tango American Waltz Rocker Foxtrot	
<b>Senior Silver Dance</b>	<b>Interpretive</b>
Paso Doble Starlight Waltz Blues Kilian Cha Cha Congelado	Introductory Bronze Silver Gold
<b>Gold Dance</b>	<b>Competitive Singles, Pairs &amp; Dance</b>
Viennese Waltz Westminister Waltz Quickstep Argentine Tango Silver Samba	Juvenile Pre-Novice Novice Junior Senior
<b>Diamond Dance</b>	<b>Synchronized Skating</b>
Ravensburger Waltz Tango Romantica Yankee Polka Rhumba Golden Waltz Austrian Waltz	Pre-Juvenile Juvenile Pre-Novice Novice Junior Adult

## **STARSkate Etiquette**

Proper skating attire is to be worn on all StarSkate sessions. Blue jeans are not permitted. Long hair must be put up.

Skaters MUST skate the discipline of the session (unless in lesson with your coach ie. Stroking on stroking session, skills on the skills session Dance lessons are allowed on freeskate sessions.

The skater who is "ON Program" (whose music is playing) gets the right of way as it is more difficult to stop quickly or see oncoming skaters. Always yield to these skaters. Cell phones are not permitted while on the ice surface.

Evidence of drug and/or alcohol use will not be tolerated and you will be asked to leave.

A professional coach or board member must be present prior to entering the ice surface on any session. DO NOT enter the ice until you are certain of their arrival.

### **Competitive Test Program**

The competitive test program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. In addition to the life skill benefits, skaters in this program receive:

- ✓ Access to provincial and national funding programs (as applicable)
- ✓ The opportunity to be selected to Skate Canada's National Team, Junior National Team, or Synchronized Skating National Team.
- ✓ The opportunity to compete at BMO Sectional, Challenge, Junior Nationals and/or Canadian Championships.
- ✓ Opportunity and potential to be selected to represent Canada Internationally at one or more than 30 competitions each year
- ✓ Access to sport science services

If you are interested in CompetitiveSkate, talk to your professional coach.

## Choosing a Private Coach

### Who can take private lesson?

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

### Why private lessons?

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

- ✓ Help CanSkaters progress through the CanSkate program more quickly
- ✓ Help skaters understand and develop their strengths
- ✓ Target and improve areas of weakness
- ✓ Assist skaters entering and progressing through the STARSkate Canada test program
- ✓ Competitive skaters who wish to compete at recreational levels or higher require a coach.

### How/When are private lessons taught?

Private lessons may be taught on any club ice.

### How do I choose a private coach?

The Chatham Skating Club is fortunate to have retained a high calibre of dedicated professionals who, in addition to club work, offer private lessons. The club does not participate in your selection of a professional for your skater. This is a personal choice for you and your skater.

Tips for consideration:

- ✓ Talk to the coach. You are making a decision for your skaters needs. Take the time to introduce yourself, advise them that you are considering private lessons, and inquire as to whether the coach is accepting students.
- ✓ Talk to skating parents for added information.
- ✓ Watch the coach. Check how they conduct themselves and how they interact with other skaters.
- ✓ Inquire about fees. Fees for service vary so feel free to ask the coach what they charge.

### Expectations

The parent should expect the coach to:

- ✓ Be safety conscious
- ✓ Be properly trained in the art of coaching
- ✓ Make the sport enjoyable for their children
- ✓ Treat each child as an individual

The parent should not expect their coach to:

- ✓ Be babysitters
- ✓ Push children unreasonably
- ✓ Make a star athlete out of their child, unless the child is exceptionally talented.
- ✓ Force a non-competitive child into competition

## Skates

### Buying New Skates

Buying proper skates for your child is very important. Even at the CanSkate level, improperly fitted skates can cause blisters, bunions, ankle, and knee problems.

When fitting your child, remember these basic guidelines:

- ✓ Never buy skates more than 1/2 size larger than the foot measures. Make sure that you can squeeze no more than one finger down the back of the boot when it is on the child's foot. 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 the one side, the boot is too big or too small or there is not enough support for their weight.
- ✓ 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 hanging flexion of the ankles. In addition the plastic gets very cold and stiff on the ice, making the skater's feet cold.
- ✓ 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.
- ✓ Have your child 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.

### Care of Skates

Always walk in hard guards but never store your skates in hard guards, because the blades will rust. Use a soft cloth to dry your blades after skating. Fabric blade covers absorb the moisture from the blades and prevent the blades from rusting or getting chipped as you transport your skates.

### Lacing Up Your Skates

Make sure your socks are pulled up all the way. One pair is enough. Extra socks actually hold the feet tighter allowing them to get cold faster. Center the tongue of the boot and pull it as high as you can. Keep the lace at the bottom of the boot snug but not tight as to cramp the toes. Tie the laces tight over the instep (but not around the instep) for maximum support. From the instep to the top of the boot, the laces should be snug but not too tight so the ankle can flex and extend comfortably.

## General Ice Rules

### Courtesy

**Respect** the rights of other skaters. Be constantly aware of who is around you. Strive to avoid collisions.

### Ice Areas/Corners

Lutz corners are where skaters will be practicing jumps, spins etc – these designated areas are in the corners or centre. These are not areas where you hang out in.

### Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes ice time and is a hazard for other skaters to avoid. If you must stand, go to the boards. You may be asked to leave the ice if you are standing more than you are skating.

### Falls and Injuries

If you should fall, **GET UP QUICKLY!** Remember other skaters will have a much harder time seeing you when you are down low on the ice. Learn to fall properly so you can protect your head as much as possible. Keep your fingers away from your blades and keep "loose" when falling to avoid body injuries.

*\* if you see someone fall get a professional coach immediately. They are certified in first aid.*

### Clothing

**Helmet Policy**— CSA approved helmets must be worn by all CanSkate skaters up to and including stage 5. Skaters should wear clothing that allows for safe movement on ice but that is NOT too baggy or long or has anything dangling that may cause serious injury to you or other skaters. Long hair should be put up.

### Food/Drink/Cell Phones

Food, gum and cell phones are not permitted on the ice. Water may be consumed at the boards but not on the ice surface.

### Leaving the Ice Surface

Ask your coach for permission before leaving the ice during a session. Take all belongings with you at the end of the session.

*Safety first!*

*Safety first!*

*Safety first!*

*Safety First!*

## General Ice Rules

### Parents & Guests

Parents and guests are not allowed on the “player side” of the ice. Please stay in the stands or in the lobby area. Parents are not allowed on the ice surface. The club does not have insurance coverage for parents. If you need to speak with your child, get the attention of a coach or program assistant and they will get your skaters. If you must speak with your skater’s coach, try to meet with them between sessions so as not to distract from another skater who is receiving a lesson.

### Dressing Rooms

Skaters must make use of the dressing rooms and should enter and exit from the “public side” of the ice. Respect the girls and boys dressing rooms. We have asked for a “family” dressing room to accommodate Dads & Daughters and Moms & Sons.

### Doors

Skaters are not to enter the ice when the Zamboni doors are open. Please wait until the doors are closed before stepping onto the ice. All other access doors to the ice surface must remain closed for the safety of the skaters and spectators.

### Videotape Policy

According to Skate Canada:

“There is no written Skate Canada policy that would prohibit the taping of a skating session, however all of the members that are on the ice must be informed of the taping and their parents must agree in writing to have the session taped.

There are many concerned parents that do not wish to have their children filmed, so it is very important that permission from all parents be obtained.”

The policy of the Chatham Skating Club is videotaping of one’s own children is allowed only with prior written permission has been given.

### Guest Skating Policy

**Guest skaters** are skaters from other clubs who wish to periodically use a skating session during our club time. These skaters must ensure the club is aware and has approved their skating before stepping onto the ice. The club can choose to limit the number of guest skaters depending on the number of skaters who are on the ice.

**Club skaters** are to skate on the session that they are registered for. Skaters may not make up missed time on other sessions as those session times have already been paid for by other club members. If you wish to skate on a session for which you are not registered, you must pay guest fees.

Envelopes and pricing for guest fees are found on the side of the music cart. Please fill out the information on the front of the envelope, place payment inside the envelope and place the envelope in the red box found on the side of the music cart.

## **Fundraising Opportunities**

In order to keep our fees competitive, we must rely on fundraising to offset the increased operating costs and facility rental charges. There are various ways that you can help fundraise. We certainly don't expect parents to participate in every fundraising activity, but we hope that you will support the club where you can.

### **Ontario Skaters Promotional Contest**

As part of your membership fee, you will receive a book of Ontario Skaters Promotional Contest tickets. The cost of the tickets is incorporated into your membership fee so it is up to you whether you wish to sell the tickets and recoup your money or put your name on the tickets. Please return all tickets stubs to the CanSkate table by early January and we will submit your books to Skate Canada.

### **Boston Pizza Restaurant**

Each time a member of your club visits a Boston Pizza location in Skate Canada—Western Ontario your club receives a cash rebate.

### **Booster Club**

We assist in the promotion of local skating programs and encourage excellence in skating. The Booster Club raises funds and supports local skaters by organizing and participating in bingos, raffles, BBQ's, bake sales, annual Halloween Dance, Dress & Skate sales, and food table during competitions.

As a member of the Booster Club, you will have the opportunity to meet fellow skating parents while helping to reduce ice costs and registration fees. The Booster Club is always open to new ideas and opportunities to support our skaters. Meeting times are posted on the bulletin board by the canteen at Thames Campus arena.

### **Synchro Skating Competitions**

Our club is responsible for staffing the judge's room ensuring that meals and refreshments are served, and staffing the dressing rooms. As the host club, we are responsible for the facilities (setup and tear down). We are looking for volunteers to work a 2 or 4 hour shift.

### **Club Volunteering**

We are always looking for volunteers to help us run the CanSkate table, hand out newsletters, play music, call skaters etc. If you can help out in anyway please stop by the CanSkate table or speak with a board member.

## Annual Ice Show

The annual ice show is **Sunday March 25th** at Thames Campus Arena.

It will be general admission. All CanSkate including Preschool, CanSkate and Advanced CanSkate are invited to participate in the annual ice show. This is the time for the skaters to “show off” their accomplishments to friends and family. A costume will be provided at no additional cost to the skater. The skaters will begin practising after Christmas.

We are always looking for volunteers to assist with the little skaters to keep them safe and happy. Please ensure that you volunteer early. Watch for further information.

### Other Events

Other events that you will see at the club will be Halloween, Christmas party, Christmas Parade, Synchro show and Pop Concert. Watch your newsletters, and web site for announcements.

### Test Days

Will be announced through coaches, newsletters, communication board, and web site.

### Web Site/Newsletters and Communication Board

Please ensure that you visit and read our communication locations to keep up with events and skater’s news. Our web site is [www.chathamskatingclub.com](http://www.chathamskatingclub.com).

## Synchro Skating

Synchronized skating or “Synchro” is specialized discipline of skating involving groups of twelve or more skaters performing various group formations and manoeuvres. The objective is for the team to perform as on unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

SynchroSkate provides recreational synchronized skating teams the opportunity to qualify for National level competition in a program specifically designed to meet the needs of this type of team and skater.


There are currently three teams affiliated with the Chatham Skating Club:

**The Maple City Ice Crystals** is for skaters between the ages of 11 and 19. They will compete in scheduled events during the competition year. For more information please see their link from our web site [www.chathamskatingclub.com](http://www.chathamskatingclub.com) or contact Lissa Van Rijn (519) 351-5076.

**Chatham Electric Ice** is the adult Synchro team. They practice on Sunday evenings. For more information please contact Heather Schatte [heatherschatte@gmail.com](mailto:heatherschatte@gmail.com).

**Mini-Synchro** is for our younger skaters to who have completed stage 5 and want to begin learning synchronized skating skills. It’s fun for the kids and an excellent opportunity to skate in a team environment.

**Check out our programs!**

Professional Coaches			
Coach	Contact	Experience	Qualifications
	Jo-Ann Batten (519)354-3465 <a href="mailto:jbbatten@sympatico.ca">jbbatten@sympatico.ca</a>	40+ yrs	NCCP Level 3 Certified Level 3 Mentor Coach CanPowerskate Instructor Level 1 Special Olympics
	Joelle Batten <a href="mailto:jbatten-daigneau@cogeco.ca">jbatten-daigneau@cogeco.ca</a>	18 yrs	NCCP Level 3 Certified CanPowerSkate Level 1 Special Olympics
	Lisa Cooke (519)436-1597 <a href="mailto:lisa_cooke@sympatico.ca">lisa_cooke@sympatico.ca</a>	30 yrs	NCCP Level 3 Skating Unlimited
	Jacquelyn DeNure McGlynn	19 yrs	NCCP Level 3 Certified BMus. Honors, B.Ed., M.A.
	Valerie Duquette (519)352-7334 <a href="mailto:brad.val@hotmail.com">brad.val@hotmail.com</a>	15 yrs	NCCP Level 2 Certified Dental Assistant
	Lori Gunn (519)352-0120 <a href="mailto:Icepower64@hotmail.com">Icepower64@hotmail.com</a>	28 yrs	NCCP Level 3 Skating Unlimited Instructor CanPowerSkate Instructor Synchronized skating Mentor coach
	Sandy MacDougall (519)627-1712 cell (519) 350-6782 <a href="mailto:sam.sk.8@hotmail.com">sam.sk.8@hotmail.com</a>	34 yrs	NCCP Level 4 (10 tasks), NCCP Level 3 Certified Singles NCCP level 2 Certified Pairs, Dance NCCP Level 1 Special Olympics Level 1,2,3 Mentor Coach CanPowerSkate 22 years Skating Unlimited - Kidskate/Icebreakers
	Cathy Overdulse (519)352-2534 <a href="mailto:weskate@sympatico.ca">weskate@sympatico.ca</a>	31 yrs	NCCP Level 2 Level 3 Technical Level 3 Theory Skating Unlimited Instructor, Level 1 Special Olympics, B. Ed., B.A.(Psychology)

Professional Coaches			
Coach	Contact	Experience	Qualifications
	Rachel Polacek-van Ballegooyen 519 354-8523 <a href="mailto:skatervb76@yahoo.ca">skatervb76@yahoo.ca</a>	16 yrs	NCCP Level 2 Level 3 Technical Level 2 Synchronized Skating CanPowerskate
	Christi Steele 519-352-6921 <a href="mailto:csteelecoach@gmail.com">csteelecoach@gmail.com</a>	2 yr	CanSkate Coach Level 1
	Christina Wootton-Luckhurst 519-360-9404 <a href="mailto:Cluckhurstskate@aol.com">Cluckhurstskate@aol.com</a>	19 yrs	NCCP Level 3 Singles and Synchro NCCP Level 2 Singles, Synchro, Ice Dance KIDSKATE/Skating Unlimited Course NCCP Level 1 Special Olympics CFSC Canskate Co-ordinator
	Laura Wigglesworth-Smith (519)360-1855 (519)365-5311 (cell) Sk8rgal@hotmail.com	11 yrs	NCCP Level 2 Level 3 Singles, Technical, & Theory

### Program Assistants

The Chatham Skating club would not be able to offer the CanSkate programs to its members without the assistance of our Program Assistants (PAs). The PAs who are recognized by the red jackets they wear, assist the professional coaches on the ice with the following duties:

- ✓ Demonstrating skills and teaching progressions
- ✓ Supervising practice time
- ✓ Leading warm-ups and cool-downs under the direction of the coach
- ✓ Reinforcing learned skills (following up on instructions from the coach)
- ✓ Leading exercises, circuits, games, creative expression exercises under the direction of the coach
- ✓ Taking attendance and handing out weekly incentives

PA's are volunteer skaters from our Level A, B, and C StarSkate program. Having the opportunity to assist in the CanSkate program helps to develop leadership skills and gives them the chance to put in their volunteer hours. They also provide our young skaters with great role models.

Weekly Ice Schedule		
Monday	4:00 - 4:30 4:30 - 5:15 5:15 - 5:45 5:45 - 5:55 6:00 - 7:00 <b>6:00 - 6:30</b> <b>6:30 - 7:00</b> <b>7:00 - 8:00</b> 8:00 - 8:15 8:15 - 8:45 8:45 - 9:30 9:30 - 9:45 9:45 - 10:00	B/C Skills B/C Freeskate & GrpSkate B/C Dance & GrpSkate Flood <b>CanSkate</b> <b>CanSkate— Preschool 1</b> <b>CanSkate – Preschool 2</b> <b>Canskate – Advance/Teen/Adult</b> Flood A/B Dance A/B FreeSkate A/B Skills Flood
Wednesday	4:00 - 4:30 4:30 - 5:15 5:15 - 5:45 5:45 - 6:00 <b>6:00 - 7:00</b> <b>6:00 - 6:30</b> <b>6:30 - 7:00</b> 7:00 - 7:30 7:30 - 8:15 8:15 - 8:30	B/C Skills B/C FreeSkate & GrpSkate B/C Dance & GrpSkate Flood <b>CanSkate</b> <b>CanSkate—Preschool 1</b> <b>CanSkate—Preschool 2</b> A/B Dance/Skills A/B FreeSkate Flood
Friday	4:00 - 4:30 4:30 - 5:15 5:15 - 5:45 5:45 - 6:00 6:00 - 6:15 6:15 - 6:30 6:30 - 7:00 7:00 - 7:45 7:45 - 8:00	A/B Dance A/B FreeSkate A/B Skills Stroking Flood B/C Dance B/C Skills & GrpSkate B/C FreeSkate & GrpSkate Flood
Saturday	7:30 - 8:30 8:30 - 9:00 9:00 - 9:30 9:30 - 10:30 10:30 - 10:45 <b>10:45 - 11:45</b> <b>10:45 - 11:15</b> <b>11:15 - 11:45</b> 11:45 - 12:00	A/B FreeSkate Open Dance Open Skills & GrpSkate (9:15 start) B/C FreeSkate & GrpSkate Flood <b>CanSkate</b> <b>Canskate – Preschool 1 &amp; Parent/Tot</b> <b>CanSkate – Preschool 2</b> Flood
Skaters are to skate on the session they are registered for. You cannot make-up missed time on other sessions.		
Level A/B/C Guest Fees		
\$15 per 30 mins    \$20—45 mins    \$25—75 mins		

*Schedule is subject to change—see no skate days*