

Come Skate with us...



WINTER INFORMATION BROCHURE

2009/2010 WINTER SEASON

Start Date: **September 8th, 2009**

Address: **888 Cosburn Avenue, Toronto, ON, M4C 2W6**

Club Office Phone#: **(416) 396-2872**

Club Fax#: **(416) 396-3200**

(Faxed in applications will not be accepted)

Club Coaches Room Phone#: **(416) 396-2879**

Website: www.eastyorkskatingclub.com

E-Mail Address: eastyorksc@rogers.com

TABLE OF CONTENTS:

The East York Skating Club (#1000434) is a member of Skate Canada sanctioned by Skate Canada to conduct Skate Canada tests.



<u>Topic:</u>	<u>Page:</u>
Winter Schedule	2
Club Executive, Board of Directors, Committees & Administration	3
Step-by-Step Procedure for Filling out the Application & Fees Explanation	4
Registration Procedure / Fee Payment Policy & Procedure	5
Session Qualifications & Minimum Requirements to Skate Off Session	6
Session Times & Fees	7
Skate Canada/The Central Ontario Section Program Structure	8-9
The East York Skating Club—A Brief Club Overview	10-11
Important Information for CanSkate & A Session Skaters	12-13
Equipment & Skate Sharpening Information	14
Ice Show	15
Coaching: Semi-Private & Private Instruction	16
The Professional Coaching Staff	17
Test Days—A brief explanation, Procedures and Fees & Etiquette	18-19
Competitions & Etiquette	20
Guest Skate Policy	21
Club Rules & Regulations	22
Events Outside the Club	23
Important EYSC Dates to Remember	24

Printed as of July 4, 2009

IMPORTANT EYSC 09/10 DATES TO REMEMBER (All Dates & Times Tentative)	
S E P T E M B E R 2 0 0 9	
Tue, Sept 8	First Day for B, C, D, & E Sessions
Tue, Sept 8	Music Operators Meeting—7:15 pm in Club Office
Sun, Sept 13	Program Assistants Seminar—MANDATORY (on & off ice): 3-5:30 PM
Sept 2009	Skater Development Seminars—Times & Dates to be confirmed
O C T O B E R 2 0 0 9	
Oct 1 & 4	First Skating Day for CanSkate1, CanSkate2 & A Sessions
Oct 11 & 12	NO SKATING Sunday & Monday due to Thanksgiving holiday
Oct 15 & 18	Club Clothing—In Arena Lobby: Times TBA
Thu, Oct 22	High & Low TEST DAY— NO REGULAR SKATING
Fri, Oct 23	Low TEST DAY— NO REGULAR SKATING (if necessary)
Sun, Oct 27	Club Competition Application & Fees Due
Oct 29 & Nov 1	Halloween Costume Days (CanSkate & A Sessions)
N O V E M B E R 2 0 0 9	
Nov 8,12,15,19,22,26	Ice Show Registration— Deadline Dec. 23
Nov 27 & 29	CLUB COMPETITION— NO REGULAR SKATING
D E C E M B E R 2 0 0 9	
Tue, Dec 15	Low TEST DAY— NO REGULAR SKATING (if necessary)
Thu, Dec 17	High & Low TEST DAY— NO REGULAR SKATING
Sun, Dec 20	Synchro Exhibition: 2:30-2:45 & Family Skate Day—2:45-5:30 pm
Tue, Dec 23	ICE SHOW REGISTRATION DEADLINE
Dec 24-31, Jan 1	Seasonal Holiday— NO SKATING due to holiday
J A N U A R Y 2 0 1 0	
Sun, Jan 3	Regular Skating Resumes for ALL Sessions
F E B R U A R Y 2 0 1 0	
Tue, Feb 2	Low TEST DAY— NO REGULAR SKATING (if necessary)
Thu, Feb 4	High & Low TEST DAY— NO REGULAR SKATING
Feb 11 & 14	Valentine Treat Days (CanSkate & A Sessions)
Mon, Feb 15	NO SKATING due to Family Day
Sun, Feb 28	Mini-Olympics Application & Fees Due
M A R C H 2 0 1 0	
March Break	There will be REGULAR SKATING during March Break EXCEPT on:
Sun Mar 14 & Thu Mar 18	NO REGULAR SKATING for CanSkate1, CanSkate2, A Sessions
	There will be a Modified Schedule for all other sessions on Mar 14 & 18 (TBA)
Sun, Mar 21	Last Sunday for CanSkate1, CanSkate2 & A Sessions
Thu, Mar 25	Last Thursday for CanSkate1, CanSkate2 & A Sessions
Sun, Mar 28	MINI-OLYMPICS COMPETITION— NO REGULAR SKATING
Tue, Mar 30	Last Day of Regular Skating for Winter Season
Mon, Mar 31	Low TEST DAY— NO REGULAR SKATING
March 2009	Ice Show Ticket Sales Day for club members—TBA
A P R I L 2 0 1 0	
Thu, Apr 1	High TEST DAY— NO REGULAR SKATING
Apr 2, 4, 5	NO SKATING on Fri, Sun & Mon due to Good Friday/Easter
Tue, Apr 6	Appreciation & Awards Evening @ 7:30 pm—Stan Wadlow Clubhouse
Tue, Apr 6	Ice Show Rehearsals Begin
Apr 8 & 9	Spring Registration: For 09/10 Winter Members
Sat, Apr 10	Ice Show Picture Day—8 am to 9 pm & Ice Show Rehearsals
Apr 15 & 16	Spring Registration: For Non/Outside Members
Thu, Apr 29	Ice Show Dress Rehearsal
M A Y & J U N E 2 0 1 0	
Apr 30 & May 1	Ice Show Performances
Mon, May 3	Spring Session Begins
Mon, May 24	Victoria Day: NO SKATING due to Victoria Day
Fri, June 4	Low Test Day: NO REGULAR SKATING
Sat, June 5	Low & High Test Day (begins @ 9 am)
PLEASE READ BULLETIN BOARDS!!!	
Club CLOSED from June 6/10 to September 6/10	

2009/2010 WINTER SCHEDULE

As of July 15, 2009

SUNDAY

1:45-3:00 Synchronized Skating
3:00-3:45 CanSkate1 Session
3:45-4:30 CanSkate2 Session
4:30-4:40 Flood
4:40-5:40 A Session
5:40-6:40 B Session Freeskate
(incl. 1 group lesson)
6:40-6:50 Flood
6:50-7:50 C Session Freeskate
7:50-8:00 Flood
8:00-9:15 D/E Session Freeskate
9:15-10:00 High Dance Session*
**Dances played on dance session
will depend on the skaters
registered and their qualifications,
which can change through the year.*

MONDAY

4:10-5:20 E Session
5:20-5:50 D/E Edge/Turn Stroking
Group
5:50-6:00 Flood
6:00-7:00 D Session Freeskate

TUESDAY

7-8 am Morning Ice
3:40-4:50 D/E Session
4:50-5:00 Flood
5:00-6:00 B Session
(incl. 1 group lesson)
6:00-7:00 C Session

WEDNESDAY

4:10-5:10 D Session Freeskate
5:10-5:25 D Session Dance
5:25-5:35 Flood
5:35-6:50 E Session
6:50-7:00 Flood
7:00-8:00 Synchronized Skating

THURSDAY

7-8 am Morning Ice
4:10-5:10 C Session Freeskate
5:10-5:25 C Edge/Turn Stroking
Group
5:25-5:35 Flood
5:35-6:20 CanSkate1 Session
6:20-7:05 CanSkate2 Session
7:05-8:05 A Session
8:05-8:15 Flood
8:15-9:30 E Session Freeskate

FRIDAY

4:10-5:35 D Session Freeskate
5:35-5:45 Flood
5:45-6:45 B Session Freeskate
(incl. 1 group lesson)
6:45-7:00 B Edge/Turn Stroking
Group

*There will be scheduled
skater development
seminars held throughout
the season. Please watch
bulletin boards, calendars
and website for notices of
these classes.*

**The Club reserves the right
to change &/or cancel
sessions and alter
qualifications based on
registration numbers to
benefit the Club and
maintain the safety of its
skaters.**

OTHER 09/10 DATES OF INTEREST (All dates subject to change)

*The events listed below occur outside EYSC.
Schedules & Events at EYSC are unaffected.*

Date:

Event:

LOCAL INVITATIONAL COMPETITIONS

Sept 17-20/09 Autumn Skate—Ottawa, ON
October 15-18/09 Octoberfest Invitational Competition—Barrie, ON
November 5-8/09 COS Sectional Championships—Oakville, ON
November 2009 Keswick Invitational—Keswick, ON (Date TBA)
December 2-6/09 Eastern & Western Challenge—Mississauga, ON
December 5-6/09 Lindsay Skate—Lindsay, ON
January 22-24/10 Uxbridge Invitational—Uxbridge, ON
January 30-31/10 Winter Glitters—Richmond Hill, ON
February 5-7/10 Oshawa Invitational—Oshawa, ON
February 19-21/10 COS StarSkate Championships—Brampton, ON
March 5-7/10 March Mania—Innisfil, ON
March 14-15/10 Trillium Cup & StarSkate Championships—TBA
April 9-11/10 COS Funskate Competition—Thornhill, ON
April 2010 Scarborough Skate Competition—Toronto, ON (Date TBA)

INTERNATIONAL SKATING UNION & OTHER NATIONAL CHAMPIONSHIP COMPETITIONS

September 24-27/09 ISU Nebelhorn Trophy—Obertsdorf, Germany (Olympic Qualifier)
October 15-18/09 ISU Tropheé Eric Bompard Cachémire—Paris, France
October 22-25/09 ISU Rostelecom Cup—Moscow, Russia
Oct 29-Nov 1/09 ISU Cup of China—Beijing, China
November 5-8/09 ISU NHK Trophy—Nagano, Japan
November 12-15/09 ISU Skate America—Lake Placid, US
November 19-22/09 ISU MasterCard Skate Canada Invitational—Kitchener, ON
December 3-6/09 ISU Jr. & Sr. Grand Prix Finals—Tokyo, Japan
February 11-14/10 Junior Canadian Figure Skating Championships—London, ON
January 14-17/10 Canadian Figure Skating Championships—London, ON
January 18-24/10 ISU European Figure Skating Championships—Tallinn, Estonia
January 25-31/10 ISU Four Continents Championships—Jeonju City, Rep. Of China
February 12-28/10 2010 Winter Olympic Games—Vancouver, BC, Canada
March 4-7/10 Ontario Winter Games—Huntsville, ON
March 8-14/10 ISU Junior World Championships—The Hague, Netherlands
March 22-28/10 ISU World Figure Skating Championships—Torino, Italy

FESTIVAL SYNCHRONIZED SKATING COMPETITIONS

December 5-6/09 Porter Invitational—Ann Arbor, MI
December 12-13/09 Bill Phillips Memorial Synchro—Stratford, ON
January 8-10/10 Winterfest & World Chall. Cup Synchro—Mississauga, ON
January 23or24/10 Six0 SynchroSkate—TBA
January 23-24/10 Lloyd Ogilvie Memorial Synchro—Hamilton, ON
January 23-24/10 Cupid's Capers Synchro Competition—Newmarket, ON
February 12-14/10 Regional Festival Synchro Championships—Fort Erie, ON
February 2010 Synchro Nationals Festival & Competitive—Oshawa, ON
March 20-21/10 Deveau/Winfield Synchro Invitational—Chatham, ON

ISU COMPETITIVE SYNCHRONIZED SKATING COMPETITIONS

January 14-17/10 ISU Cup of Berlin—Berlin, Germany
January 29-31/10 ISU Prague Cup—Prague, Czech Republic
January 29-31/10 ISU Finlandia Cup—Helsinki, Finland
February 5-6/10 ISU French Cup—Rouen, France
February 12-14/10 ISU Spring Cup—Milan, Italy
February 19-20/10 ISU Neuchatel Cup—Neuchatel, Switzerland
March 12-14/10 ISU World Challenge Cup for Juniors—Gotenberg, Sweden
March 19-21/10 ISU Leon Lurje Trophy—Goteborg, Sweden
April 9-10/10 ISU World Synchro Championships—Colorado Springs, US

CLUB RULES & REGULATIONS (amended June 2009)

CODE OF CONDUCT:

1. All skaters must comply with the Skate Canada/COS Code of Conduct.
2. Skaters representing the Club at any function (either at EYSC or another facility) are expected to conduct themselves in a responsible & respectable manner.
3. Any Club member defacing City or Club property or other skater's personal property or caught in the act of theft of any properties will, at the Board's discretion, be subject to disciplinary action.
4. No profanity or smoking permitted.
5. Concerns/complaints/suggestions will only be considered if submitted in writing and signed.
6. Inappropriate etiquette will result in disciplinary action.

SESSION RULES & REGULATIONS:

1) **General:**

- 1) Skaters in lessons and/or having solos/requests played have the right of way.
- 2) Coaches/Partner requests are played before skater's requests.
- 3) Coaches may request **1 solo or interpretive** or **2 dances or skills** per 15 minute lesson.
- 4) Coaches are not to play the entire dance or skills music and must wave off after sufficient patterns are completed.

2) **Freestyle Sessions:**

- i) No dancing permitted while a dance is being played on a freestyle session unless in a lesson.
- ii) When in effect, a solo play list will be played, alphabetically. If there is no play list, then requests will be played in the order they are requested.
- iii) Skater may only have **1 request** during a session (dance, skills or solo).
- iv) When Skaters are requesting they must state their name with their requests. When their request is played only their name will be announced. Only the skater who requested the dance may perform the dance to the music.

3) **Dance Sessions:**

- i) A dance play list will be played.
- ii) **SKATERS DO NOT REQUEST DANCES.** Coaches & Dance Partners may request.
- iii) **NO FREESKATE, SOLOS OR SKILLS** during designated dance sessions.

4) **Edge Turn/Stroking Groups:**

- i) The whole ice will be utilized. Coaches give lessons at their own discretion.

5) **Guest Skating** (See Guest Skate Policy on page 21)

SAFETY & SECURITY:

1. No socializing, games or horseplay permitted at any time (on or off the ice).
2. No gum, food or drink (other than water).
3. No walkmans.
4. No standing in the middle of the ice.
5. Skaters & lessons should not be confined to one area of the ice.
6. Skaters not permitted on the ice until zamboni doors are closed.
7. No unauthorized personnel permitted in the music room.
8. Parents/spectators are not permitted to stay in any area where there is a direct entrance onto the ice (i.e. penalty & players boxes, doors leading to the ice)
9. No interference with coaches or skaters during the session.

FAILURE TO COMPLY WITH CLUB POLICIES WILL RESULT IN DISCIPLINARY ACTION. ALL CLUB COACHES AND BOARD MEMBERS HAVE THE AUTHORITY TO IMPLEMENT THE APPROPRIATE DISCIPLINARY ACTION FOR VIOLATION OF THE ABOVE POLICIES. ACTIONS AGAINST ANY SKATERS WILL BE SUBMITTED TO THE SAFETY COMMITTEE AND THE BOARD OF DIRECTORS.

CLUB EXECUTIVE & BOARD OF DIRECTORS COMMITTEES & ADMINISTRATION

CLUB EXECUTIVE & BOARD OF DIRECTORS:

PRESIDENT:	MARY JANE STEPHENSON	416-694-9574
VICE-PRESIDENT:	CELESTE KLIPINA	416-425-5822
VICE-PRESIDENT:	CAROL SHORTELL	416-693-9233
TREASURER:	MICHELLE BELAIRE	416-757-3590
SECRETARY:	SANDY KLEIN	416-693-4375

Greg Beal 416-694-5223

Lindsey Brooker 416-690-2102

Deidre Gallibois 416-322-3677

Stephanie Kourtis 416-751-6632

Monique Loucas 416-462-9528

Leon Singh 416-693-3355

Sandy Johnston 905-683-6000 wait for dial tone then dial 905-655-4817

COMMITTEES/CHAIRS:

TEST DAYS:	CHAIR—Carol Shortell
COMPETITIONS:	CHAIR—Celeste Klipina
FINANCE:	CHAIR—Michelle Belaire
ICE SHOW:	CHAIR & Technical Co-Directors—Greg Beal & Leon Singh Artistic Co-Directors—Diane Fukushima & Sharon Reardon
Special Events:	Lindsey Brooker
Facilities & Equipment:	Greg Beal
Synchronized Skating:	Michelle Belaire
Club/Coach Relations:	Mary Jane Stephenson (Coaches Liaison & Contracts) & Sandy Johnston (Coaches Representative)
Awards & Bursaries:	CHAIR—Leon Singh
Club Clothing:	Michelle Belaire, Carol Shortell, Lindsey Brooker
Public Relations:	Stephanie Kourtis
Website & Comm.:	Stephanie Kourtis & Diane Fukushima
Members at Large:	Deidre Gallibois

ADMINISTRATIVE STAFF:

Club Administrator & Office Operations Coordinator:

Diane Fukushima 416-759-0586

(Administrator's Assistant: **Katarina Klipina**)

CanSkate/A Session Coordinator:

Sharon Reardon 1-905-655-4670

Competitions & Special Events Coordinator:

Sandy Johnston 905-683-6000 then dial 905-655-4817

Athlete Training & Development Coordinator:

Mark Hird 416-992-5308

B Session Coordinator:

Karen Bates 905-420-6550

Morning Program Coordinator:

Peter Surette 647-340-1854

STEP-BY-STEP PROCEDURE FOR FILLING OUT APPLICATION FOR MAIL-IN REGISTRATIONS & EXPLANATION OF FEES



For the 09/10 season, returning members will receive their winter information electronically, with links to our website for all of the pertinent information to register for the season. This season you may register **ON-LINE** or **MAIL-IN** your application. Below outlines instructions to fill out your form if you choose to **MAIL-IN** your registration:

STEP 1—SKATER PERSONAL INFORMATION SECTION:

- Be sure to carefully fill out this section. Please do not forget to include the proper year of your skater's birth date.

STEP 2—ELECTRONIC MAILINGS SECTION:

- Indicate **YES** or **NO** regarding electronic mailings. **PRINT** your e-mail address neatly and **EXACTLY** as it appears in your e-mail address i.e. caps, underscores etc...

STEP 3—SKATING INFORMATION & QUALIFICATIONS SECTION:

- **Home club declaration:** state home club for the season i.e. where you pay your Skate Canada membership fees. Fill in your **Skate Canada #**. *If you are unsure of your Skate Canada # please contact the club administrator.*
- Fill in your skating qualifications. *If you are unsure of your qualifications, please contact the club administrator.*

STEP 4—SESSION REGISTRATION SECTION:

- To determine your session **go to pg 6**. *RETURNING MEMBERS—If you are unsure of your qualifications, please contact the club administrator. NEW MEMBERS—check session.*

4A. To determine **Days & Sessions** you will be skating **go to pg 7** to see schedule of session days & times. **Check** the days you will be skating and fill in **session** beside day. Fill in **time** of session if you are skating on Sunday.

(STEP 4B ONLY APPLICABLE TO A to E SESSION SKATERS)

4B. To **skate off session and/or to skate an additional day**, skater must meet the minimum qualification to skate off-session (**go to pg 6**). This off-session day may be used as an additional day to a full membership or an exchanged day on any 3-day membership. If skating off-session &/or an additional day check **Yes** beside **Additional Day** and show this day on the **Days & Session** line under Session Registration.

STEP 5—SESSION FEES SECTION (ALL FEES LISTED ON PAGE 7):

- **Line 1: Session Membership Fees**—is based on the # of skating days per week—**page 7**.
- **Line 2: Family Discount**—for families with 2 or more skaters. Apply the following: \$40 for 2 skater, \$80 for 3 skater or \$120 for 4 or more skater family. Apply discount once and on one application only (Line 1).
- **Line 3: \$10 Early Registration Discount**—for RETURNING MEMBERS if mailed in by the early registration date—*Aug 22nd*. Not applicable to NEW MEMBERS.
- **Line 4: Skate Canada Membership Fee**—is already on your form and is required by all EYSC home club members. If EYSC is your home club check **YES** box & add this to your total. If EYSC is not your home club check **NO** box & do not include in fees—**page 8**.
- **Line 5: Additional Day Fee**—is listed under the session you are qualified for—**page 7**.
- **Line 6: Morning Ice Fee**—Not applicable to CanSkate 1 or 2 or A Session—**page 7**.
- **Line 7: Credits**—(i.e. PA/Music Operators/Other etc...) Include these credits here. You will be notified of any credits. Not applicable to NEW MEMBERS. If applying on-line credits aren't accepted. In this case credits will be applied to other fees through the year.
- **Line 7A: Other Fees**—are any fees that are outstanding from the previous season which must be paid in order to register for the current season. You will be notified if you have any outstanding fees. Not applicable to NEW MEMBERS.
- **Line 8: Locker Registration Fee**—for those interested in renting a locker for the season. See the reverse of application for instructions for registration.
- **Line 9: TOTAL FEES**—Add lines 1 to 8.

STEP 6—PARENT VOLUNTEER SECTION: Circle areas you would be available to volunteer. This section is mandatory for all families.

STEP 7—PARENT/GUARDIAN SIGNATURE & HARNESS DISCLAIMER FORM:

- Sign & date the bottom. On the reverse the Harness Disclaimer form should be signed for skaters on B to E session (see back of application for explanation).

STEP 8—METHOD OF PAYMENT SECTION:

- Returning members (not registering on-line) may pay by **Visa, MasterCard (new), cheque, money order or cash ONLY**. If paying by **cash** please contact administrator for payment arrangements. Do not send cash in the mail.

See next page for Registration Procedures & Fee Payment Policies & Procedures

GUEST SKATE POLICY

A) General Rules for CLUB MEMBERS:

1. There are **NO SUBSTITUTIONS** for missed sessions. If a skater misses a day and wants to make it up, a guest skate fee will apply and rules 2 to 6 will also apply.
2. Skaters may guest skate 1 session above or 1 session below their level. Skaters may also skate on the Tuesday or Thursday morning for guest skate purposes. Those skaters guest skating will not be permitted to take part in the group lessons.
3. There will be a limited number of guest skaters permitted on a session. Permission to guest skate is at the discretion of the Club and is determined by the number of skaters on the ice.
4. **Skaters must book a guest skate 24 hours in advance in the club office, either in person, by phone (416-396-2872) or via e-mail (eastYorksc@rogers.com).** You will only be contacted if your guest skate is not possible.
5. **Skaters may not take to the ice until guest fees are paid.** Fees are payable by cash, cheque, visa or debit. Cheques are payable to East York Skating Club. Fees should be made in the Club Office or in the Club Mail Box (if the office is closed).
6. Guest skates will be assigned on a first come first serve basis.

B) General Rules for NON-CLUB MEMBERS:

1. ONLY 3 guest skates permitted in one season by Non-Club Members. *(This rule does not apply to the Morning Ice Program)*
2. A 1-Day Membership Fee will be charged if the maximum of 3 guest skates is exceeded. *(This rule does not apply to the Morning Ice Program)*
3. Music may be played if time permits and does not interfere with Club Member requests. *(This rule does not apply to the Morning Ice Program)*
3. Non-Club Members must be a member of Skate Canada and must have paid their Skate Canada Fees.
5. Rules 2 to 6 from Section (A) apply.

C) Rules for Parents participating in Mini-Olympics/Fun Competitions:

1. All parents must pay the **\$30** Skate Canada Membership Fee prior to taking to the ice – **this is a Skate Canada Policy**.
2. The **\$10** guest skate fee must also be paid prior to taking to the ice.
3. See Rules 2 to 6 from section (A) apply.
4. Guest skating for parents will be limited to certain dates. These dates will be posted during the season depending on competition/test dates.
6. Guest skating by parents will not be permitted prior to Test Days or Competitions – depending on when they occur.

D) Rules for NON-CLUB MEMBERS testing at EYSC:

1. Out of club skaters assigned to test at EYSC by Central Ontario Section will be charged a minimum of 1 guest skate in addition to the regular test fees charged by the club.
2. Out of club test skaters may guest skate a minimum of 3 guest skates at **\$15** a skate.
3. Must skate on the session they are qualified for based on the club's current qualifications.
4. Section (B) Rules 2 to 4 and Section (A) Rules 3 to 6 apply.

COMPETITIONS

Annual Club Competition: EYSC Annual Club Competition is held in November. EYSC's annual competition determines our Club Champions and is often used as a warm-up for other competitions held throughout the year at other clubs in Central Ontario and other Sections in Ontario. Fees & applications will be due approximately 4 weeks prior to the competition.

Club Competition: Friday, November 27 & Sunday, November 29, 2009 NO REGULAR SKATING

EYSC's Annual Mini-Olympic Competition: is in March each season. There will be events for ALL the skaters in our club, from the CanSkate and A Sessions to the E Session so that every skater has the opportunity to compete. The emphasis in this competition is **FUN** and participation by **ALL**. Competition announcement will be available in the New Year. Fees & applications will be due approximately 4-6 weeks prior to the competition.

Mini-Olympics: Sunday, March 28, 2010 NO REGULAR SKATING

Invitational Competitions: Throughout the year there are Recreational & Competitive Invitational Competitions hosted by other clubs that skaters may enter. Competitions announcements will be posted on the bulletin boards. You can obtain information about these competitions from your coach. Entering competitions would be at the discretion of the Coach, skater and their family and is an agreement between the skater, parents and coach only—not EYSC Board, Administration or volunteers. **Please see Page 23 for exact dates and locations** for the various Invitationals your skaters may register for (with the consultation and agreement of your private coach).

COMPETITION ETIQUETTE

All spectators must show respect for the skaters, coaches & evaluators during competitions. There is to be no horseplay in any part of the arena during these times especially in the presence of the judges & while skaters are on the ice. Only officials, judges & coaches will be permitted access to the Office & beyond the judging area.

It is the responsibility of the Coach to monitor the skater's behaviour in the dressing rooms and on the ice. It is the responsibility of the parent/guardian to monitor/control the skater's behaviour elsewhere in the arena. Etiquette at competitions applies whether the event is held at East York or at another Club. Skaters behaving inappropriately at such events would be violating EYSC Rules & Regulations & subject to disciplinary action.

REGISTRATION PROCEDURES

1) RETURNING (08/09) MEMBERS REGISTRATION

Returning members will have 2 options for registration, **ON-LINE** or **MAIL-IN**

- ◆ **ON-LINE** registration will begin as of **JULY 15** (follow on-line registration procedures)
- ◆ **MAIL-IN** registration will be sent to: **Diane Fukushima—Club Administrator**

18 Glen Eden Cres., Toronto, ON, M4B 2X9

DO NOT SEND APPLICATIONS TO THE CLUB

Receive a **\$10 early registration discount** if application is received by **Aug 22nd** (post-marked). Skaters will not be permitted to take the ice until application has been processed and payments received. If there is an issue regarding your application you will be notified.

**CONFIRMATION LETTERS FOR MAIL-IN REGISTRATIONS
WILL NOT BE SENT OUT**

2) NEW MEMBERS (Learn to Skate) REGISTRATION

(including siblings of returning members, skaters who were members prior to the 08-09 season)

New members will have 2 options for registration, **ON-LINE** or **IN-PERSON**

- ◆ **ON-LINE** registration is from **Sept. 14-25** (follow on-line registration procedures)
- ◆ **IN-PERSON** registration is from **Sept. 14-25** in the club office during the times below:

Office hours: Tue 5-7, Thu 6-8, Fri 5-7, Sun 5-8

NO MAIL-IN REGISTRATIONS.

**FULL MEMBERSHIPS & HOME CLUB MEMBERS are given first priority
ENROLLMENT IS LIMITED & BASED ON FIRST COME FIRST SERVE**

FEE PAYMENT PROCEDURES:

1) For ON-LINE Registrations—Follow on-line registration procedures.

2) For Mail-In Registrations (returning members)—Payment by VISA, MASTERCARD (new), CASH, MONEY ORDER or CHEQUE. Debit not accepted for mail-in registrations.

CHEQUES PAYMENTS: Payable to **East York Skating Club** (NSF accounts see below)

Option #1: Payment in full by cheque dated **AUG 31st** or *Day of Registration*

Option #2: Payment in 3 instalments with post-dated cheques for:

AUG 31st or *Day of Registration*, **OCT 15th**, **NOV 30th**

3) For In-Person Registration—Payment by CASH, CHEQUE, VISA, MASTERCARD or DEBIT.

APPLICATIONS SUBMITTED WITHOUT APPROPRIATE PAYMENT FOR FEES WILL BE RETURNED.

NSF ACCOUNTS:

Accounts that have incurred NSF cheques will be charged \$25 and the following will occur:

- 1) The outstanding membership fee and NSF fee must be settled **IMMEDIATELY** with cash, a money order or a certified cheque **ONLY**.
- 2) Skater will not be permitted to continue skating or participate in club functions i.e. such as test days, competitions, ice show etc... until their account has been settled.
- 3) Future payments must be paid with cash, money orders or certified cheques.

PERSONAL CHEQUES WILL NO LONGER BE ACCEPTED.

REFUND/WITHDRAWAL POLICY:

Club Policy is no refunds after the start of skating. Refunds will only be given in the following circumstances: **A)** due to major medical reasons or **B)** program was inappropriate for skater at the **CanSkate/A Level ONLY**. The following are the rules regarding refunds/withdrawals:

- 1) \$25 Administration Fee for withdrawal prior to the start of skating.
- 2) Withdrawal after the start of skating will only be accepted **by written request (for one of the reasons stated above)**.
- 3) The following withdrawal fees will be charged effective, date of written request:
 - **\$25 Admin. Fee + \$30 Skate Canada Membership Fee + \$7.50/class attended**
- 4) **NO REFUNDS** issued after December 15th except for medical circumstances accompanied with a medical certificate/note. Refunds will NOT be given to those registrants who leave due to their own decision or failure to attend (i.e. vacations, school trips etc...).

CANCELLED DAYS:

Please note that **REFUNDS/EXCHANGES** will not be given for days that are cancelled due to weather or circumstances beyond the Club's control.

SESSION QUALIFICATIONS

SESSION	SESSION QUALIFICATIONS
CanSkate 1	⇒ 4 Years Old as of December 31st OR ⇒ Not passed Stage 2 Badge HELMETS ARE MANDATORY FOR CANSKATE 1 SKATERS
CanSkate 2	⇒ 7 years Old as of December 31st OR ⇒ Passed Stage 2 Badge
A	⇒ Passed Stage 4 Badge Minimum Requirements to Skate UP/OFF Session*: Passed Stage 6 & must skate 2 days/week
B	⇒ Passed 1 Preliminary Dance Minimum Requirements to Skate UP/OFF Session*: Passed Preliminary Dances & must skate 3 days/week
C	Passed 1 of the following: ⇒ Preliminary Freeskate (Part 1 & 2), OR ⇒ Passed 1 of: 1 Jr. Br. Dance, Prel. FS Part 1 or 2, Prel. Skills Minimum Requirements to Skate UP/OFF Session*: To skate UP: Passed 1 of Sr. Br. Dances, Prel. FS, Jr. Br. Skills & must skate 3 days/week. To skate DOWN: skate 3 days/week. Exception: C Session skaters not permitted to skate UP on SUN or TUE
D	Passed 1 of the following: ⇒ Jr. Bronze Freeskate (Part 1 & 2), OR ⇒ Passed 2 of: Sr. Br. Dances, Prel. Freeskate, Jr. Bronze Skills Minimum Requirements to Skate UP/OFF Session*: To skate UP: Passed 1 of Sr. Sil. Dances, Sr. Br. FS or Jr. Sil. Skills & must skate 3 days/week. To skate DOWN: skate 3 days/week. Note: D skaters skating 4 or more days must skate the majority of days on their own session (ie. 3 days/week on D)
E	Passed 1 of the following: ⇒ Jr. Silver Freeskate/Competitive Skater in 08/09 OR ⇒ Passed 2 of: Sr. Br. Freeskate, Sr. Silver Dances, Jr. Silver Skills <i>* Note: skaters who were E as of Spring 08 do not have to re-qualify.</i> Minimum Requirements to Skate OFF Session*: Must skate 3 days/week (E skaters would skate off session on D Session) Note: E skaters skating 4 or more days must skate the majority of days on their own session (ie. 3 days/week on E). E skaters not permitted to skate on C.
<p>Minimum Requirements to Skate Up/Off Session—for A to E Session Skaters: Skaters who skate at least 3 days/week may skate OFF a level for an <u>additional day</u> OR to <u>exchange a day</u>, provided the minimum requirement has been met to skate up/off session (see above) and there is space available. B to E skaters may also skate in the morning (see below in morning ice). A session skaters may skate 1 day A & 1 day B.</p> <p>Moving Up Sessions: Skaters may move up sessions as of the following dates: ♦ A to D Session skaters may move up only after the OCTOBER test day. ♦ CanSkate1 & CanSkate2 Session skaters may move up until DEC. 31st. Movement to another session is dependant upon the numbers on the session above & the number of skaters moving sessions.</p>	

MORNING ICE PROGRAM

To take part the skater must be:	<ul style="list-style-type: none"> ♦ An adult skater 21 years of age or older ♦ A current Skate Canada Member registered at another club ♦ A registered East York Skating Club member who skates at least 1 day/week in his or her own session during the evening/afternoon hours. <p><i>Please Note: Also open to B to E session skaters who skate 3 days or more/week and would like to add morning skate as an extra day or an exchanged day. Group lessons are geared towards skaters who actively competing.</i></p>
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TEST DAYS—Procedures & Fees

What is the Official Procedure for trying a test?:

The following procedure occurs in order for a skater to try a test:

1. Coaches submit a Test List to the Test Chair 3 weeks prior to Test Day.
2. The test chair reports the test lists into Central Ontario Section Head Office.
3. The test chair prepares a “Coaches Pull List” and posts it in the Coaches Room.
4. PULL OUT DAY is 2 weeks prior to test day. **ONLY COACHES HAVE THE AUTHORITY TO PULL TESTS.** The Coaches will report pulls to Test Chair.
5. The Test Chair reports all pulls into COS Head Office.
6. The final draft of the test list is placed in the Club Office & Coaches Room.
7. Coach will give skater a “Test Day Submission Slip”
8. Skaters/Parents are then permitted to pay for tests right after the Pull Date.

How much are the Test Fees?:

ALL TESTS ARE \$15

With all tests, there is a fee to try the test. Test fees include a charge sent to Skate Canada and a \$5.00 administration fee. NOTE: *Centralized Test fees & costs are determined by COS. The skater will be informed of the test fees & the due date when submitting the test and will be responsible for any additional fees charged to the club by COS.*

TEST FEE PAYMENT POLICY:

Test fees are paid in the Club Office approximately **3** days prior to Test Day* by CASH, CHEQUE, VISA OR DEBIT. If test fees are not submitted by the due date the **name of the skater/parent will be posted on bulletin board.**

If fees are still not submitted prior to skater taking the ice the following will occur:

- 1. The skater will not be permitted to try the test**
- 2. The test will be recorded as a “retry”**
- 3. The skater will still be responsible for the test fee**
- 4. Skater will not be eligible to test subsequent test days until fee is paid**

As well, in order to be eligible to try the test the skater must also be in good standing with the Club—i.e. **appropriate membership fees must be paid or the skater will not be able to test.**

REFUND POLICY—refunds will only be given after Pull-Out Day due to medical reasons. Medical note must be submitted within 1 week after the test date—if not received the test will go down as a retry and skater/coach will be responsible for the test fee. No refunds will be given to skaters who do not test due to their own decision or due to other conflicts other than medical.

***Please note if the Club Office is not open, fees may be dropped into the club mailbox (located at the top of the stairs leading to dressing room level).**

TEST DAY ETIQUETTE:

All spectators must show respect for the skaters, coaches & evaluators during test days. There is to be no horseplay in any part of the arena during these times especially in the presence of the judges & while skaters are on the ice. Only officials, judges & coaches will be permitted access to the Office & beyond the judging area.

It is the responsibility of the Coach to monitor the skater's behaviour in the dressing rooms and on the ice. It is the responsibility of the parent/guardian to monitor/control the skater's behaviour elsewhere in the arena. Etiquette on test days applies whether the event is held at East York or at another Club. Skaters behaving inappropriately at such events would be violating EYSC Rules & Regulations & subject to disciplinary action. **There will no be exceptions to these rules!!!**

TEST DAYS—A brief explanation

What are test days?:

Throughout the season the Club holds Test Days (as printed in the list of important dates at the back of this book) where skaters may try a test in front of an evaluator/judge (who are all volunteers within Skate Canada). The evaluator/judge will decide whether the skater is at a “pass” or “retry” standard. If a skater is in a “retry” position, they will have to try the test at a later test date.

What does Low & High Tests mean?:

Indicates the level of test that is being tried. Below outlines the levels:

- **Low:** Preliminary, Junior Bronze & Senior Bronze Dances, Freeskates & Skills
- **High:** Junior Silver, Senior Silver & Gold Dances, Freeskates & Skills, Diamond Dances, Interpretive and Competitive*** Tests

***Competitive & occasionally Diamond dance Tests are performed on Centralized Test Days held during the season by COS. Consult your coach for dates.

When does a skater try a test?:

First, **the skater must be taking private lessons**, and then the coach will decide when a skater is ready to test. The coach will then let the skater and/or parent know that the skaters’ test has been submitted for testing and how much the test will cost (see next page for procedures for trying tests). Skater will be given a test day submission slip.

Test Day Schedules—How is it determined/when is it posted?:

The actual schedule for a Test Day is at the discretion of COS and determined by the availability of judges/evaluators. The schedule is usually posted 1 week before test day. Skaters/parents are responsible for checking bulletin boards for the schedule. Schedules will also be posted on the website. All skaters are to be at the arena 1 hour before their tests **(NO EXCEPTIONS)**.

Who does it affect?:

Test days apply to skaters on the **A to E Sessions**. Test Days are set during regular ice time and are scheduled throughout the year (see schedule on outside back cover of brochure).

What to Expect on the Actual Test Day:

Your skater should be prepared in the following manner on test day:

1. Arrive at the arena **1 hour** before the test.
2. Skater should be in the proper attire i.e. girls in skating dresses & tights with hair done neatly & make-up (optional) & boys in skating pants and dress shirt.
3. Skaters to change in the dressing rooms before their test so that coaches and ice captains may find you.
4. Parents to stay in the dressing room area not in the area where skaters are entering and exiting the ice surface.
5. Following the test the skater will receive a test paper where the results and comments are written.
6. Skaters & parents to wait for their results in the arena lobby where either the test chair or your coach will give you your paper. The distribution of test papers/results is dependent upon when the evaluator has finished processing them and officially signs off on them.
7. Remember to discuss your test with your coach and partner.

Any other questions about test days should be directed to your coach.

COACHES are your greatest source of information.

SESSION TIMES, MEMBERSHIPS & FEES

Fees do not include \$30 Skate Canada Fee *

SESSION	DAYS/TIMES	MEMBERSHIP	DAYS/WEEK	FEES*
CanSkate 1	Sun 3:00-3:45 Thu 5:35-6:20	FULL Membership Includes: 1-45 minute Session/week (See pg. 12 & 13 for program structure)	1-Day Fee:	\$275
CanSkate 2	Sun 3:45-4:30 Thu 6:20-7:05	FULL Membership Includes: 2-45 minute Sessions/week (See pg. 12 & 13 for program structure)	2-Day Fee: 1-Day Fee:	\$415 \$275
A	Sun 4:40-5:40 Thu 7:05-8:05	FULL Membership Includes: 2-60 minute Sessions/week (See pg. 12 & 13 for program structure)	2-Day Fee: 1-Day Fee: Extra Day Fee:	\$455 \$320 \$125
B	Sun 5:40-6:40 Tue 5:00-6:00 Fri 5:45-7:00	FULL Membership Includes: 3 Freeskate Sessions/week 1-15 min Edge/Turn Stroking group/week 1-15 min group lesson/week	3-Day Fee: 2-Day Fee: 1-Day Fee: Extra Day Fee:	\$605 \$475 \$330 \$125
C	Sun 6:50-7:50 Tue 6:00-7:00 Thu 4:10-5:25	FULL Membership Includes: 3 Freeskate Sessions/week 1-15 min Edge/Turn Stroking group/week	Same as B Session	See Above
D	Sun 8:00-9:15 Mon 6:00-7:00 Tue 3:40-4:50 Wed 4:10-5:25 Fri 4:10-5:35	FULL Membership Includes: 4 Freeskate Sessions/week 1-30 minute Edge/Turn Stroking group/week	4-Day Fee: 3-Day Fee: 2-Day Fee: 1-Day Fee: Extra Day Fee:	\$900 \$775 \$625 \$455 \$125
E	Sun 8:00-9:15 Mon 4:10-5:20 Tue 3:40-4:50 Wed 5:35-6:50 Thu 8:15-9:30	FULL Membership Includes: 4 Freeskate Sessions/week 1-30 minute Edge/Turn Stroking group/week	Same as D Session	See Above
High Dance Session	Sun 9:15-10:00	Session outline: Dances from Sr. Br to Diamond will be played	Fee:	\$125
Morning Ice Program	Tue 7—8 am Thu 7—8 am	Session outline: Group lessons will be given on Tue only. Group lessons will involve video analysis, harness. Before comp there will be comp simulations	1-Day no lesson Fee: 1-Day with lesson Fee: 2-Day no lesson Fee: 2-Day with lesson Fee:	\$250 \$350 \$400 \$450

OTHER FEES

GUEST SKATING FEES: \$10 for Club Members \$15 for Non-Club Members**

*If non-club member skates more than 3 times they must pay a 1 day membership***

10 GUEST SKATE PASS: \$90.00 for Club Members ONLY

LOCKER RENTAL FEES: \$25 for the year (Register on the application form)

SKATE CANADA FEES: \$30 (See page 4 under “Explanation of Fees”)

SKATE CANADA & The Central Ontario Section

Skate Canada-The Association: "Skate Canada is a dynamic organization dedicated to the advancement of recreational and competitive skating in Canada. Registration with Skate Canada provides 'Associate Membership' in a nationwide organization which exists to promote skating." Your Skate Canada Fee is marked clearly on your application. This fee is used to support and develop various programs for the advancement of recreational and competitive skating.

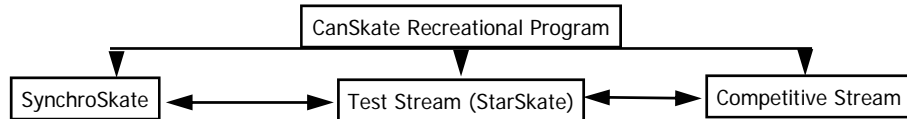
Your Skate Canada Card & Number: You will be issued a Skate Canada number when you become a part of the Association. This number becomes yours for life. This number is required on all documents relating to your skating activities i.e. taking Skate Canada tests, entering competitions and should be included in any correspondence to the Club, the Central Ontario Section (see below) or Skate Canada. After registration, you will receive a membership card, which will indicate your Skate Canada #, your Home Club & Club ID# (EYSC'S Club ID# **1000434**) and any Skate Canada Tests passed.

Home Club Declaration: Every skater must declare a Home Club. If you skate at more than 1 Skate Canada club regularly, you must determine your Home Club at the start of the season and pay your \$30 Skate Canada Fee through your Home Club. If EYSC is the only club you skate at then it will be your Home Club (\$30 is already on application).

Skate Canada—Central Ontario: is one of 13 Sections with the Skate Canada National Office. The Central Ontario Section (COS) encompasses a geographical area that is bordered by Lion's Head, Orillia, Ajax and Oakville and includes 109 clubs, over 28,000 members and 650 coaches and officials.

SKATE CANADA PROGRAM STRUCTURE

All Skate Canada sanctioned Clubs are based upon the Skate Canada Program Structure, which incorporates recreational to competitive levels of skating.



The CanSkate—Learn to Skate Program: New skaters begin in this program. It is a badge system, which introduces basic skating skills, on which our **CanSkate1, CanSkate2 & A Sessions** are based upon. Our badge system has several stages. Each Stage has a set of elements which the skaters will complete.

The A Session continues with the higher level CanSkate badges and introduces the skaters to the test stream at the Preliminary Test Level. There is a system of 17 badges for the A Session. Each badge is based on the elements required at the Preliminary Freeskate, Dance & Skills Level. See page 9 for the specific names at each of the Preliminary Levels. Eventually Preliminary Level Tests (along with the higher levels) will be performed for an evaluator on Test Days (see pg 18-19).

Upon completion of the CanSkate Program, there are two different streams/programs the skater will progress through (skater may choose one or a combination of both streams): **StarSkate (Test Stream) and Competitive**

1. The StarSkate (Test Stream) Program: This program involves a system of tests in the following disciplines: *Freeskate, Dance, Interpretive & Skills*. The Club's B to E Sessions are based on this program.

PROFESSIONAL COACHING STAFF

COACHES NAME	NCCP ACCREDITATION	Phone #
KAREN BATES	Level III CERTIFIED (Singles) Level II CERTIFIED (Singles, Dance)	905-420-6550
JESSICA CEHAJIC	Level I CERTIFIED, Level II Tech (all disciplines), Level III Theory & Tech	647-999-7109
MARCUS CHRISTENSEN	Level III CERTIFIED Technical Specialist	416-723-9118
MICHELLE FROST	Level II CERTIFIED (Singles, Dance), Level II Technical (Synchro), Level III Theory & Technical (Singles)	905-428-2056
DIANA FLYNN-KNAPP	Level II CERTIFIED (all disciplines), Level III Theory & Technical (Singles)	647-342-9154
DIANE FUKUSHIMA	Level II CERTIFIED (Singles, Dance, Synchro), Level III Technical (Singles)	416-759-0586
MARK HIRD	Level II CERTIFIED (Singles & Dance), Level III Theory & Technical (Singles)	416-992-5308
JENNIFER HUSSEY	Level I CERTIFIED Level II Technical (all disciplines), Level III Theory	905-582-9843
SANDY JOHNSTON	905-683-6000 wait for tone, dial 905-655-4817 Level II CERTIFIED (all disciplines), Level III Theory & Technical (Singles & Dance)	
CHRISTINE KERR	Level II CERTIFIED	416-696-9927
KATARINA KLIPINA	Level I CERTIFIED	416-425-5822
RITA POJEDYNSKI	Level II CERTIFIED (Dance, Singles)	416-686-8148
BEVERLEY MONSEGUE	Level I CERTIFIED Level II Theory, General Subject, ISPC Sport Science	647-883-0741
SHARON REARDON	Level II CERTIFIED (Singles, Dance, Synchro Skating) Level III Theory & Technical (Singles, Synchro)	1-905-655-4670
SIGNE RONKA	Level I CERTIFIED	416-554-9456
PETER SURETTE	Level II CERTIFIED (all disciplines), Level III Technical (Singles)	647-340-1854
ELIZABETH ZIEHL	Level II CERTIFIED (Singles)	416-285-9321

OTHER PROFESSIONAL INSTRUCTORS:

Dance Partners:	KEN LANGLOIS (Diamonds)
Synchro Coaches:	SHARON REARDON (Head Coach) DIANE FUKUSHIMA KATARINA KLIPINA

COACHING

Private & Semi-Private Lessons: All of our sessions receive group lessons, in one form or another, from Professional Coaches. A skater may wish to at some time receive private or semi-private coaching from one of the coaches on staff. Private & semi-private lessons are available on all sessions. When one decides to enlist the services of a coach is up to the skater and the parent.

Selecting a Private Coach: To arrange private lessons contact the coach directly. This arrangement is independent of the Club and the Club will not recommend a specific coach. When you hire a coach, the agreement is made between the skater, parent and the coach. The Club assumes no responsibility for private lessons arranged between the coach and the skater or for fees incurred as a result of this arrangement. The rate charged for semi-private and private lessons is the prerogative of the Professional Coach in agreement with his/her clients. You should receive a Coaching Code of Ethics when you contract a private coach.

Issues to Consider When Selecting a Private Coach: There are many issues that should be considered when contemplating private instruction. The following are points that should be discussed with the coach:

1. *Availability*
2. *Fee Structure (i.e. lesson rate, music, partnering, test days, competitions)*
3. *Number of Lessons per Week*
4. *Lesson Structure (i.e. Semi-Private or Private)*

Booking Lessons: Before the start of the season (i.e. in the summer) you should contact your coach with your intentions concerning your private lessons for the coming season. If you wait too long, you may find that your coach may not be able to meet your needs.

Absence from a Lesson: It is the skater's responsibility to inform their private coach of their absence for a lesson. You may find that you have been charged for a lesson that you did not attend if adequate notice was not given. If your coach is away, they will try to notify you and possibly send a replacement. In emergency situations, the coach will try to notify the Club of their absence and a notice will be posted on the Bulletin Boards. Each coach has their own policies regarding cancellations and missed lessons. Please consult your coach.

Coaching Change: If at some point you wish to make a coaching change, you must first find out if the coach you wish to change to has time. You must then notify your current coach of your intentions. All outstanding fees must be paid to the previous coach before lessons with the new coach can begin.

Club Dance Partners: Please note that EYSC Dance Partners are contracted by the Club to provide the coaching staff with appropriate/suitable partners for their clients. All lessons with Club Partners are done through the Private Coach (not by individual skaters/parents).

The Club welcomes any questions regarding private lessons & the Coaching Staff. Any questions that cannot be appropriately answered by the Board should be directed to your coach. All of the Coaches at EYSC are fully certified by the National Coaching Certification Program (NCCP). They are all highly qualified and experienced. On the following pages, is a brief outline of the coach's certification & experience. Any other information must be obtained through direct conversation with the coach.

Below outlines the tests at each level and in each discipline in the StarSkate Stream:

Compulsory Dances:

Preliminary (Dutch Waltz, Canasta Tango, Baby Blues, Preliminary Creative Dance)
Jr. Bronze (Swing, Fiesta Tango, Willow Waltz)
Sr. Bronze (Ten Fox, Fourteenstep, European Waltz, Bronze Creative Dance)
Jr. Silver (Keat's Foxtrot, Harris Tango, American, Rocker)
Sr. Silver (Paso Doble, Blues, Starlight Waltz, Kilian, Cha-Cha, Silver Creative Dance)
Gold (Quickstep, Viennese, Westminster, Argentine, Silver Samba, Gold Creative Dance)
Diamond (Rumba, Yankee Polka, Tango Romantica, Ravensberger, Golden & Austrian Waltz)

Skating Skills:

Preliminary (Waltzing Three's, Waltzing Mohawks, Expanding Exercises Forward & Backwards)
Jr. Bronze (Change Three's, Three's & Power Mohawks, Power Circles)
Sr. Bronze (Forward Brackets, Power Circles, Expanding Exercises)
Jr. Silver (Multi-Turns & Power Three's, Snakes & Ladders, Flying Choctaws)
Sr. Silver (Rockers & Choctaws, Multi-Circles Three's & Brackets, Expanding Exercises)
Gold (Counters & Change Three's, Multi-Circle Double Three's & Mohawks, Expanding Exercises)

Freestyle:

Preliminary (Part 1—Elements, Part 2—Program)
Jr. Bronze (Part 1—Elements, Part 2—Program)
Sr. Bronze (Part 1—Elements, Part 2—Program)
Jr. Silver (Part 1—Elements, Part 2—Program)
Sr. Silver (Part 1—Elements, Part 2—Program)
Gold (Part 1—Elements, Part 2—Program)

Programs & elements can be tested separately or at the same time. Skater may test elements only and then go back and test programs at another time (and vice versa).

Interpretives: Introductory, Bronze, Silver, Gold (Programs/Solos)

As a skater progresses through the test system, some choose to also go into the Competitive stream of the Skate Canada program.

2. The Competitive Stream Program: This program involves a system of tests in Singles, Pairs & Dance which would enable a skater to compete towards a regional, provincial, national and international level. These tests would be performed in front of judges on a test day. Skaters who have passed their Sr. Bronze Freestyle could consider this route. The following outlines levels for Singles, Dance & Pairs (some of which require tests):

Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior, Senior

Synchronized Skating is another avenue a skater may pursue. The club currently has 2 Pre-Juvenile Team. For more information contact the Synchro Coordinator (see pg. 3)

The path a skater chooses is a complicated decision, especially for the inexperienced. Where the skater goes in skating depends on their goals and is guided by the Professional Coach. **If a skater chooses to remain in figure skating and wishes to progress past the CanSkate level they need to contract a private coach.** The Professional Coach is the best source of information and guidance for your journey through the figure skating world. (See Coaching pages 16-17)

For an exact outline of each test see the display case or borrow a copy of the SKATE CANADA rulebook from the Club Office. There are also other books and videotapes available on Figure Skating & SKATE CANADA that may be signed out from the Office or ordered directly from SKATE CANADA.

THE EAST YORK SKATING CLUB

The EYSC has a long tradition of success dating back to 1949. The EYSC is sanctioned by Skate Canada and is a non-profit organization served by a dedicated volunteer board, a highly skilled Professional Coaching Staff and Administrative Staff all working together to meet the needs of the skaters and their families. Below is an outline of many of the activities & services the Club has to offer throughout the year.

Communication System: The bulletin boards, hand-outs and E-mails are the Club's primary system of communication. In 2007 the club implemented **E-mail communication**. This must be requested on the application form at the start of the season. Winter registration, notices/hand-outs will be sent electronically. For those who do not request e-mail communication, they are responsible for picking up notices/hand-outs in the club office (when notified on the bulletin boards). **Bulletin Boards** are located by the dressing rooms, in the lobby and by the Office (located at the north end of the arena). All club info can be accessed from our website www.eastYorkskatingclub.com.

IT IS THE RESPONSIBILITY OF THE SKATER & PARENT TO CHECK THE BULLETIN BOARDS EVERYDAY FOR IMPORTANT NOTICES/HAND-OUTS.

The CLUB OFFICE: is located in the north east corner of the building (beside the music room above the zamboni entrance). Winter Office Hours are as follows:

**MON (4:30-7 PM), TUE (4:15-7 PM), THU (4:15-9 PM),
FRI (4:15-7 PM), SUN (2:30-9:30 PM)**

Security & Lockers: While the Board strives to provide a safe environment for skaters, it is everyone's responsibility to assist. Any suspicious persons seen in the arena should be reported to the office or arena staff. Skaters should inform their coach each time they leave the ice. The Club also provides a limited number of lockers to rent for the season (September to end of Spring Session). The fee is \$25. Lockers are given to returning renters first.

THE CLUB IS NOT RESPONSIBLE FOR BELONGINGS LEFT UNATTENDED IN THE DRESSING ROOMS.

Program Assistants (PA): is a vital part of the Club and assist on the CanSkate1, Canskate2 and A Sessions. Program Assistants must be qualified for B as of Spring 2009, be 10 years old as of September 1st and attend the PA seminar (skates are required) at the start of the season to be certified. They earn \$4.00 in credits for every 1 hour session that they work. These credits are applied to future club membership fees. To sign up contact the Co-ordinator—listed on page 3.

Music Operators: The Club often uses skaters to help play music for sessions. Each music player is trained in the rules & operation of the music system. Music Operators must be qualified for C as of Spring 2009, be 11 years old as of September 1st and attend the Music Operators meeting at the start of the season. The Operators are credited \$9.00/hour - \$5.00 paid directly to the Operator and \$4.00 credited towards future club membership fees. To become a Music Player contact the Co-ordinator-listed on page 3.

ICE SHOW

EYSC holds an Ice Show each year in April/May. It is the most anticipated event of the season. There are many things that occur and dates to remember that are too numerous to mention on this page. Once Ice Show registration begins more information will be provided to help you navigate Ice Show successfully so that it is a memorable time for both you and your skater. Here is just a very brief overview:

REGISTRATION: There will be 6 official registration days in November when volunteers will be set-up in the arena lobby OR club office to take fees and parent volunteer commitments. In December specific dates and times will be established to take skater's measurements. Registration closes on the last skating day in December—see LAST PAGE.

VOLUNTEERS: Ice Show is an endeavour that requires the most volunteers as compared to any other event the club holds. A more detailed explanation regarding volunteer requirements will be available at registration, however, **all families are required to volunteer as a part of their skaters' registration**. At the CanSkate & A Levels the most assistance is needed in either dressing rooms or costume cutting. *An extra pair of hands is always appreciated.*

ALL PARENTS ON THE ICE SHOW COMMITTEE ARE VOLUNTEERS!

FEES: Ice Show fees will be listed on the Ice Show Application form.

NUMBERS: The session you skate on will determine casting and the maximum numbers a skater may sign up for—See application form.

CASTING: is based primarily on the results of the annual club competition, with final decision made by the Artistic Directors. Casting is posted after club competition has been completed (usually during the first part of January).

COSTUMES: The procedures for costumes will be announced at a later date. Please watch for notices.

PICTURE DAY: In April there will be a picture day where all numbers and soloists will be photographed for the Ice Show Program. This takes place in the Arena Lobby.

TICKET SALES: will occur at the end of March/beginning of April. The tickets are sold on first come first serve basis. Details regarding fees and the policies and procedures for ticket sales will be published in January.

REHEARSALS: begin in April and run for 3 weeks until Show Nights. Rehearsal and Picture Day Schedule will be published in early March. There will be 3 on-ice practices, 1 Run-Through practice and 1 Dress Rehearsal. If skaters miss more than 1 on-ice practice they may forfeit their position in the show. Run-Throughs and Dress Rehearsals should not be missed.

SKATERS ARE ONLY PERMITTED TO MISS 1 ON-ICE PRACTICE

Ice Show Code of Conduct:

Ice Show **Skaters** and their **Parents** are expected to follow the Club's Rules & Regulations (pg 22) and behave appropriately during all practices, run-throughs, dress rehearsal and show nights. They are to treat **ALL** coaches and volunteers with **respect and dignity**.

Costumes and accessories are not to be altered in any way. Failure to comply by **skater or parent** may forfeit the skaters' position in the show.

EQUIPMENT & SKATE SHARPENING

Most department and sport stores sell inexpensive beginner equipment, however the quality will vary considerably. Skates must be carefully examined for firm ankle support, good leather quality and correct mounting of the blade.

When Shopping For and Fitting New Skates:

- Wear the tights or socks that will be worn when skating.
- The skates should fit snugly around the ankles and heel. Avoid buying a larger size skate in the anticipation that the skater will “grow into it”. This will only cause discomfort and poor results.
- There should be some room for movement at the toes and ankles; however, the instep and heel must be firmly supported.
- The tongue should be well padded for comfort and should be wide enough to cover the front of the ankle and stay in place.
- Avoid skates that have lots of wrinkles in the leather.
- Have the skater stand with even weight over both feet and bend his/her knees. There should be enough space at the back of the boot to fit a thin pencil half way down, to the top of the skater's heel.
- Have the skater walk around in the skates. Do not walk in the boots if the blades have not yet been mounted.
- **NEW/RUSTED SKATES MUST BE SHARPENED BEFORE USED.**

Handy Tips for Care of Skates:

- Always wear guards when not on the ice, even on rubber matting.
- Always remove guards before storing skates. Dry blades and sole plate completely with a towel. Store skates without the guards.
- Always unlace skates sufficiently before removing them or else you will destroy your skates by ripping the back seam.
- Store skates in an area where fresh air can circulate around them. They should not be left in a bag, locker or near a radiator.

Frequency of Skate Sharpening and other Facts:

- The following outlines **general** guidelines that you may follow:
 - Beginners (CanSkate & A)**—skating 1 day/week sharpen skates every 2-3 months, skating 2 days/week sharpen skates every 6 weeks to 2 months
 - Advanced (B to E)**—skates should be sharpened after 20-30 hrs of skating.
- Other factors to consider when determining the frequency of sharpening are:
 - Condition of ice**—skating at outdoor public rinks may dull/nick blades quicker
 - Damaged edges**—blade may be accidentally be nicked due to various reasons
 - Skater preference**—some skaters prefer very sharp or duller blades
- UNDER ANY CIRCUMSTANCES **DO NOT REMOVE THE BOTTOM TOE PICK!**
- Use a good figure skate sharpening company. The club recommends below:

Places for Purchasing/Maintaining your Skating Equipment:

TK Services-Skate Sharpening (Tom Kalweit)	905-420-5973
Tom Kalweit is located in Pickering. Price: \$14 per sharpening Price includes a Pick-Up and Drop-Off Services	
Jake's Figure Skate Sharpening	905-889-3276
j_brunott@hotmail.com (Appointments recommended) Hours: Mo-Tu, We 11:30-5:30, Th-Fr 8:30-5:30, Sa 9-4 14 Essex Ave., Unit 28, Thornhill, ON L3T 3Z1	
Figure Skating Boutique	416-225-1377
Mara Boutique	416-690-0736

Morning Ice Program: Started in 2007. The morning ice will consist of group lessons on Tuesdays. These group lessons will focus on video analysis and harness work. The groups will be small so that skaters will receive more individual attention. The Thursday morning will be open so that skaters will be able to continue their independent work and receive lessons from private coaches, if desired. The morning ice will also be used as ticket ice where any member of the club may take part in. Skaters may pay as they go, take out a membership i.e 2-day or 1-day membership – without lessons or purchase 10 pack guest skate pass. It will also be open to Adult skaters and out of club skaters (in limited numbers and based on numbers). Peter Surette is the Coordinator for this session. **Synchronized Skating:** Since 1991 EYSC has had a festival synchronized skating team. East York Skating Club is currently fielding 2 teams at a Beginner & Elementary level. If you are interested in more information on synchronized skating please contact the Synchronized Skating Representative on the Board—listed on page 3.

The Harness: is a device used by the Coaches to assist the skaters in jumps (for the B to E Session skaters). Parent and skater must sign the waiver, on the back of the application form, before this device is used.

Fun Days: The Club offers 2 Fun Days for the CanSkate Level during the season – Halloween Costume Day and Valentine Treat Day.

Club Clothing: The Club also has it's own clothing line which include jackets, vests and turtlenecks all embossed with the club logo. You may also get your skaters name embroidered as well. In October a booth is set up in the arena lobby where orders are placed and paid for in October and are available for pick up before Christmas. Clothing is made by ice life.

Skater Development Days: Approximately 2-3 times per year specific days are designated for skater development. This is when the club will organize seminars and invite guest coaches, skaters etc... to work with our skaters. Other times we will also use this ice for extra practice time for skaters.

Family Skate Day & Synchro Exhibition: On one of the last Sundays before the Christmas Holidays the Club holds its Annual Family Skate Day. Skaters and their families are invited to come and skate for a few hours. The club supplies hot chocolate and goodies for the children. And of course Santa makes his annual visit as well. The synchro team also puts on an exhibition before the festivities begin.

Mini-Olympics Fun Competition: This tradition began in 1999. It is a day of fun competition with events for every member of the club from the CanSkate level to the more competitive level. See page 20 for more information.

Annual Gala Evening: This tradition began in 1999. It is a semi-formal evening where our volunteers, Program Assistants, Music Operators are honoured and where the annual skater awards are presented. It is also an opportunity to thank the skaters, families, Board and Professional Coaching Staff for all their hard work throughout the season.

Ice Show: The Ice Show is one of the Club's most highly anticipated events of the season. See page 15 for a more detailed outline about the ice Show.

Spring Session: Every year after the Ice Show has finished the Club operates a 5 week Spring Session. Sign up for spring is in April. Skating for all levels is provided and a Test Day is held at the end of the Spring Session.

IMPORTANT INFORMATION FOR CanSkate1, CanSkate2 & A Session Skaters

WELCOME to the East York Skating Club. My name is **Sharon Reardon** and I am the CanSkate/A Session Coordinator. I am responsible for organizing the CanSkate1, CanSkate2 and A Sessions. I am proud to introduce you to our Team:

CanSkate/A Session Coordinator – Sharon Reardon

Club Administrator/PA Supervisor & Coordinator – Diane Fukushima

Professional Coaching Staff – please see page 17 of the Brochure

The CanSkate1 & CanSkate2 Sessions: These sessions are based on the CanSkate Program of Skate Canada. It is a series of badges. A badge sheet is available in the Club Office and is posted beside the CanSkate Bulletin Board across from Dressing Room 4. Skating techniques are taught from the basic level to the more advanced level. The CanSkate program is your first step toward more specific figure skating techniques (which become more of a focus on the A & B Sessions).

Helmets are MANDATORY for the CanSkate1 Session.

A Session: will introduce the skaters to the StarSkate (Test Stream) Program of Skate Canada. In order to help with the transition to the higher level sessions where there is much less group instruction. A skaters will receive more independent practice time (10 minutes) and be introduced to a Dance Session, which will be the last 5 minutes of the session. During dance session the Preliminary Dances will be played. The group lessons given will involve more figure skating specific elements (jumps, spins, skating skills, dance). *See pages 8-9 for explanations regarding Skate Canada programs.*

Group Lessons: All skaters will be put into groups according to their age &/or badge level. These groups are colour coded for easy identification. There will be a sign on the bulletin board by the dressing rooms indicating which group each skater is in. **CHECK THE BULLETIN BOARD BEFORE GOING ON THE ICE.** Once assigned to a group the skater will have a coloured string tied to their skate which will match their group. Skaters will spend most of their time in these groups.

Professional Coaches & Program Assistants (PA): Within their group lessons, the skaters will spend time with a **Professional Coach and PA.** Each PA attends an instructional seminar at the start of the season. Please do not speak to the PA concerning skater progress or coaching. If you have any questions regarding the coaching or groups please feel free to speak with myself (Sharon Reardon) or with the Professional Coach **after the session.**

Session Structure: Below outlines the session structure for the CanSkate1, CanSkate2 and the A Sessions:

CanSkate1 & CanSkate2 Sessions:	A Session:
15 min Warm-up (Professional)	15 min Stroking (Professional)
30 min Group (Professional)	30 min Group (Professional)
	10 min Independent Practice Time
	5 min Dance Session

Equipment & Skating Attire: Information regarding equipment is outlined on page 14. In order to ensure comfort & safety, skaters should wear warm clothing AND mittens. Clothing should not be too tight or restrict movement.

Assessment & Achievement of Badges: The Professional Coach will assess skaters on a daily basis. When they have achieved a badge, the Coach will issue a badge slip. This slip is taken to the Club Office to purchase the badge. The prices are as follows: *CanSkate Badges: \$1.00 per badge, A Badges: \$2.00 per badge* Passing a badge does not necessarily mean changing groups. Skaters will be notified if they will be changing groups.

PRIVATE COACHING: Private lessons with a Professional Coach is strongly recommended, especially if your skater plans to progress in the sport. *A skater can only progress through the A Session with private lessons.* Many skaters will begin private lessons right away. Please see page 16 for a detailed explanation of coaching and page 17 for a list of EYSC's Professional Coaches.

Moving Up Sessions: Once a skater has passed a badge or a test that would qualify them for the next session, the skater has the option to move up provided there is room in the session above. The following are the deadlines for moving up:

Moving from CanSkate1 to CanSkate2 **OR** CanSkate2 to A Session:

Skaters may only move up until December 31st.

Moving from the A Session to B Session:

Skaters may move up until after the OCTOBER test day.

In order for a skater to move from A to the B Session they must pass 1 Preliminary Dance. *In order to try a test the skater must be taking **PRIVATE LESSONS WITH A PROFESSIONAL COACH.***

B Session Structure: Even though more independent work is required, skaters will receive 1 group lesson/session along with the 1 stroking group/week by a Professional Coach.

Security & Safety: Due to the large number of skaters and parents during CanSkate1, CanSkate2 and A Sessions, the following rules will apply:

1. Skaters must change in the dressing rooms, not in the lobby or seats. Dressing room assignments are posted on the CanSkate bulletin board.
2. The stairs in the lobby are the only way to access the dressing rooms.
3. Parents/spectators are not permitted in the player's benches, penalty boxes, or areas where skaters enter and exit the ice surface.
4. Skaters enter and exit the ice from the South or East doors only. Which entrance is used will depend on dressing room assignments.
5. Only skaters are permitted in the areas accessing the ice surface. Parents must stay behind the doors entering the ice surface before/after sessions.
6. Skaters will not be permitted to leave the ice during their session without permission or without an adult.

*****MOST IMPORTANT:*****

7. THE CLUB IS NOT A DAYCARE. Therefore, all skaters must be accompanied to the arena by a parent or guardian and they must be in attendance for the skaters' entire session (especially Canskate & A).

Adherence to these rules is necessary for the safety of the skaters and the successful operation of our programs. We appreciate your cooperation. Above all I would like to wish everyone a productive and enjoyable season.

*Sharon Reardon,
CanSkate & A Session Coordinator*