

## **IMPORTANT INFORMATION FOR CanSkate & 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

**CanSkate/A Session Assistant** – Caitlin Bruce

**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).

**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. 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, and 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.**

**DO NOT INTERFERE WITH GROUP LESSONS!!!**

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

**CanSkate1 & CanSkate2 Sessions:**

15 min Warm-up (Professional)

30 min Group (Professional)

**A Session:**

15 min Stroking (Professional)

30 min Group (Professional)

10 min Independent Practice Time

5 min Dance Session

**Helmets are MANDATORY for the CanSkate 1 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 Lessons:** 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 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.

**Please see reverse for important information regarding session PROTOCOL**

## CanSkate 1 & 2 and A Session PROTOCOL

It is important that you become familiar with our facility...we ask that all parents/skaters carefully read through the following the following protocol regarding parents & skaters during the CanSkate 1 & 2 and A Sessions. Due to the large number of skaters on these sessions it is very important that you adhere to the following guidelines:

**ICE SURFACE DOORS & DRESSING ROOM ASSIGNMENTS:** The ice surface has 2 doors for the skaters to get on and off. One is located by dressing rooms 4-6 (the **SOUTH** entrance) and the other is located between the players' benches (the **EAST** entrance). Which entrance you will be using will depend on your dressing room assignments. Our 6 large dressing rooms are located downstairs. The following outlines the dressing room assignments & entrances on and off the ice surface:

| <b>THURSDAYS:</b> | <u>Session</u> | <u>Dressing Rms</u> | <u>Entrance</u> | <b>SUNDAYS:</b> | <u>Session</u>    | <u>Dressing Rms</u> | <u>Entrance</u> |
|-------------------|----------------|---------------------|-----------------|-----------------|-------------------|---------------------|-----------------|
|                   | A              | 2 & 3               | East            |                 | CanSkate 1 (2:30) | 4, 5 & 6            | South           |
|                   | CanSkate 1     | 4, 5 & 6            | South           |                 | CanSkate 1 (3:15) | 2, 3 & 4            | East            |
|                   | CanSkate 2     | 2 & 3               | East            |                 | CanSkate 2        | 4, 5 & 6            | South           |
|                   |                |                     |                 | A               |                   | 2 & 3               | East            |

**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.
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.

### OTHER IMPORTANT CLUB INFORMATION

1. **SPECIAL ACTIVITIES:** We conclude our season with an Ice Show. This is one of the main hi-lights of the year. Some of you have already pre-registered (it's never too late to pre-register – just go to the office). More information regarding ice show will be available in October. As well, there is also the very popular Mini-Olympics, which also happens at the end of the year before the Ice Show. This is a fun competition open to every member of the Club (even if you do not have a private coach). We also have a Halloween Costume Day and a Valentine Treat Day for the CanSkate & A Sessions. On page 23 & 24 of the brochure there are a list of important dates (tape this to your fridge).
2. **CLUB COMMUNICATION SYSTEM (the Brochure, Newsletters, Calendars, Bulletin Boards & WEBSITE):** As you can tell the Winter Information Brochure has been mentioned many times throughout this letter. This booklet is a very important tool for all parents and skaters...it will help guide you through the year and our club – please take the time to read it cover to cover. 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. All 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 newly update website [www.eastyorkskatingclub.com](http://www.eastyorkskatingclub.com). We encourage you to read our newsletters, flyers & calendars distributed/e-mailed throughout the year. These will contain a more updated list of events since the original printing of the brochure (please note the changes carefully). We strongly encourage you to read the bulletin boards every time your skater comes in for their session and regularly visit our website. These will have all the information about the club.

I would like to wish everyone an exciting, productive and enjoyable season.

Sharon Reardon - CanSkate 1 & 2 and A Session Coordinator

### 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 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 15<sup>th</sup>** except for medical circumstances accompanied with a medical certificate/note. Refunds will NOT be given to those 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.