

# Abbotsford Skating Club

47<sup>th</sup> Season

September 5, 2017 – March 17, 2018



## Location:

MRC Arena 3106 Clearbrook Road, Abbotsford, BC

[www.abbotsfordskatingclub.org](http://www.abbotsfordskatingclub.org)

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## Welcome to our Club

This is the Abbotsford Skating Club's 47<sup>th</sup> season! The Executive Board and our Coaching staff would like to extend a warm welcome to all our new members, and say "Welcome Back!" to all the returning members. We hope you will join us as we look forward to a season full of fun and great skating. Please check the display board in the lobby of MRC and the Club Website at [www.abbotsfordskatingclub.org](http://www.abbotsfordskatingclub.org) for important information regarding your Club and its members.

This booklet is provided as a guide to help you understand our programs and provide important information regarding equipment, rules, special dates and frequently asked questions. Our Executive – all volunteers – works very hard to provide the best possible programs and schedules for our skaters. Feel free to contact any Executive member or coach if you have any questions or concerns.

Abbotsford executive meetings are held on the second Wednesday of each month. The deadline for submissions to the executive meeting agenda is the Friday prior to that meeting, via email to our President.

### 2017/2018 Club Executive

President	Kendall Phinney	<a href="mailto:president@abbotsfordskatingclub.org">president@abbotsfordskatingclub.org</a>
Vice President	Open	
Past President	Jenny Johnson	<a href="mailto:pastpresident@abbotsfordskatingclub.org">pastpresident@abbotsfordskatingclub.org</a>
Secretary	Kim Tucker	<a href="mailto:secretary@abbotsfordskatingclub.org">secretary@abbotsfordskatingclub.org</a>
Treasurer	Colleen Doerksen	<a href="mailto:treasurer@abbotsfordskatingclub.org">treasurer@abbotsfordskatingclub.org</a>
Test Chair	Kendall Phinney & Kim Tucker	<a href="mailto:test@abbotsfordskatingclub.org">test@abbotsfordskatingclub.org</a>
Pro-Liaison	Lida Ruffell	<a href="mailto:proliaison@abbotsfordskatingclub.org">proliaison@abbotsfordskatingclub.org</a>
Registrar	Darcie Downey	<a href="mailto:registrar@abbotsfordskatingclub.org">registrar@abbotsfordskatingclub.org</a>
Publicity	Coral Christianson	<a href="mailto:publicity@abbotsfordskatingclub.org">publicity@abbotsfordskatingclub.org</a>
Equipment	Gord Phinney	<a href="mailto:equipment@abbotsfordskatingclub.org">equipment@abbotsfordskatingclub.org</a>
Regions Rep	Open	<a href="mailto:regionrep@abbotsfordskatingclub.org">regionrep@abbotsfordskatingclub.org</a>
Ice	Elaine Harley	<a href="mailto:ice@abbotsfordskatingclub.org">ice@abbotsfordskatingclub.org</a>
Fundraising	Jackie Veasey	<a href="mailto:fundraising@abbotsfordskatingclub.org">fundraising@abbotsfordskatingclub.org</a>
CanSkate Rep	Open	<a href="mailto:canskaterep@abbotsfordskatingclub.org">canskaterep@abbotsfordskatingclub.org</a>
Academy Rep	Michelle Wall	<a href="mailto:skatestarrep@abbotsfordskatingclub.org">skatestarrep@abbotsfordskatingclub.org</a>
Music	Natalie Venema	<a href="mailto:music@abbotsfordskatingclub.org">music@abbotsfordskatingclub.org</a>
Clothing Rep	Heather Duimet	<a href="mailto:clothingrep@abbotsfordskatingclub.org">clothingrep@abbotsfordskatingclub.org</a>

## Abbotsford Skating Club Group Programs

### Pre CanSkate

This program is for skaters from the age of 2½ to 5 years old, with little or no previous skating experience. The program will focus on the fundamentals of skating while having fun. Parents are not permitted on the ice. **\*Parents are not permitted to leave the arena while their child is skating.**

### CanSkate

Skaters must be at least 3 years old and able to take instruction in a group setting. This program is designed for beginners who wish to develop basic skating skills: forward and backward skating, stopping, turning, jumping, edges, and crosscuts. The Skate Canada series offers badges and incentives designed for this program. **\*Parents are not permitted to leave the arena while their child is skating.**

### Skate Academy

Skaters must have completed Stage 4 of the CanSkate Program. Skaters in this program will work towards completing their CanSkate Stage 5 & 6 badges as well as be introduced to other figure skating skills that will prepare them for Star Academy, Star Skate or Competitive Figure Skating. **\*Parents are not permitted to leave the arena while their child is skating.**

### Star Academy

Skaters must have completed the CanSkate Program. Skaters in this program will work within the new Skate Canada "Star 1" and "Star 2" system. In these levels skaters will work on specific figure skating skills and have the opportunity to enter competitions (if they so choose) and prepare for Skate Canada testing. **\*Parents are not permitted to leave the arena while their child is skating.**

### CanPowerskate

This 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. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve. The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Skaters are evaluated on skill level and are timed as they perform a test. This determines whether the skater receives a Bronze, Silver or Gold award for that level.

## Group Registration Information

Please bring the following items to registration:

- Skate Canada Number (existing members only)
  - Care Card Number
  - Cheques made payable to "Abbotsford Skating Club"
  - Visa and MasterCard payments are now accepted
- 
- Please ensure you are registering your skater for the proper program. If you are unsure if the program is right for your skater, please ask when you are registering. If found that your skater does not meet the qualifications of the given program (as listed on the previous page), they will be removed and no refund will be issued.
  - All skaters **MUST** be registered before your sessions begin. You will not be allowed on the ice if we have not received your registration and payment.
  - First registration priority is given to ASC skaters with accounts in good standing. All other applications are considered first-come, first-served.
  - Late registration will be accepted. However, the rates will not be pro-rated until three weeks into the season.
  - A \$50.00 late registration fee will be charged for existing members registering after the final set registration date.
  - All registrations must be done in person.

Upon arrival on registration day, please take a number and begin filling out the registration form. Please ask any questions once your number is called.

If you have questions regarding registration, please email [registrar@abbotsfordskatingclub.org](mailto:registrar@abbotsfordskatingclub.org)

## Private Sessions

### Skate Canada StarSkate & Competitive Streams

Skaters are permitted to purchase private ice time, without lessons from a Coach. However, any skater wishing to participate in private lessons should contact a Club Coach for information. The schedule fees are for ice costs **only**. Lesson fees are contracted with your Coach. Once you sign up with a Coach, you are committing to that Coach for the season. You are free to have lessons from other Coaches; however, **you must go through your primary Coach to arrange additional lessons**. Skaters are only allowed on sessions for which they are qualified at the time of registration.

#### Junior Skater

No Tests Passed or Star 1 & 2 tests Of the New System

#### Intermediate 1 Skater

Preliminary Freeskate Test or Star 3 test of the New System  
(must have passed Star 3 Test)

#### Intermediate 2 Skater

Junior Bronze Freeskate Test or Star 4 & 5 of the New System  
(must have passed Star 5 test)

#### Senior Skater

Senior Bronze freeskate Test or Star 6 of the New System.  
(must have passed Star 6 Test)

#### Open

All levels of private lesson skaters

#### Elite Freeskate – Invite only

Skaters must actively compete in StarSkate or Competitive Skate events, skate no less than four days a week and be working on an axel or higher jumps. Skaters must be prepared and on time for their sessions, have a training plan, work hard and utilize their training time efficiently. Skaters must be goal setters and show improvement on each session. They must demonstrate dedication, determination, a winning/positive attitude and show a desire to skate to their potential. Skaters must sign a contract with their coach.

#### Enhanced Movements on Ice (EMI)

EMI is a group stroking session, coached by a ASC coach. EMI is designed to enhance a skater's movements, transitions, turns and basic skating skills. The program alternates between Field Movements, Flexibility, Cardio, Stroking, Edges, Turns and Spin days. EMI sessions provide them time to focus on their basic skills and spins while under the direction of one of our coaches. It also provides a group atmosphere for what is mostly an individual sport.

# Private Sessions Registration Information

Please bring the following items to registration:

- Skate Canada Number (existing members only)
- Care Card Number
- Cheques made payable to "Abbotsford Skating Club"
- Visa and MasterCard payments are now accepted
- MUST have a Music Commitment Cheque – see the Rules and Regulations – Music Playing section in this brochure.
- Please ensure you are registering your skater for the proper session and you have all your sessions confirmed with your primary coach. If found that your skater does not meet the qualifications of the given session (as listed on the previous page), they will be removed and no refund will be issued.
- All skaters **MUST** be registered before your sessions begin. You will not be allowed on the ice if we have not received your registration and payment.
- First registration priority is given to ASC skaters with accounts in good standing. All other applications are considered first-come, first-served.
- Late registration will be accepted. However, the rates will not be pro-rated until three weeks into the season.
- A \$50.00 late registration fee will be charged for existing members registering after the final set registration date.
- All registrations must be done in person.
- Skaters are not permitted to sell or trade sessions.
- There is music playing responsibilities – see the Rules and Regulations – Music Playing section in this brochure.
- Buy-ons are available. For pricing, see the Rules & Regulations section – Buy-ons. Additional Buy-on information in the FAQs section.
- Skaters who purchase private sessions that include EMI must be aware that participation in EMI is strongly encouraged.
- Once you have registered for a session, you are committed to your coach and that session for the season.
- There is a skater & parent meeting that must be attended – see Skaters' Agreement in Rules & Regulations

If you have questions regarding registration, please email [registrar@abbotsfordskatingclub.org](mailto:registrar@abbotsfordskatingclub.org)

\*Parents are not permitted to leave the arena while their child is skating, unless you have made prior arrangements with another parent or your primary coach. This rule applies only to Private Skaters.

# Our Coaches

[Brittney Friesen](#)

[coachbrittney@abbotsfordskatingclub.org](mailto:coachbrittney@abbotsfordskatingclub.org)

## **Coaching Levels & Certification**

Coaching: 13 years

Level of Certification:

Provincial Coach (NCCP Level 2) Singles

Canpowerskate Certified

Star 1-5 Assessor

## **Coaching Experience**

-Club Coach

-Coach Initiation in Sport and Making Headway in Sport.

-Coach Association of Canada – Making Ethical Decisions Certificate

-Emergency First Aid with CPR

-Coach disciplines of Freeskate, Skills and Dance

-Coach all levels and ages

[Stacy Geddes](#)

[coachstacy@abbotsfordskatingclub.org](mailto:coachstacy@abbotsfordskatingclub.org)

## **Coaching Levels & Certification**

Coaching: 25 years

Level of Certification:

National Coach (NCCP Level 3) Singles

-Partial Level 2 Dance

-CanPower Skate Certified

-Star 1-5 Assessor

## **Coaching Experience**

-Club Coach

-CanSkate Coordinator

-CanPower Coordinator

-Program Assistant Coordinator

-Coach Association of Canada – Making Ethical Decisions Certificate

-Hockey Canada – Speak Out Certificate

-Club Administrator Certificate

-Emergency First Aid with CPR

-Coach disciplines of Freeskate, Skills, Dance and Interpretive

-Coach all levels and ages

[Tami Kerr](#)

[coachtami@abbotsfordskatingclub.org](mailto:coachtami@abbotsfordskatingclub.org)

## **Coaching Levels & Certification**

Coaching: 11 years

Level of Certification:

National Coach (NCCP Level 3) Singles

Star 1-5 Assessor

## **Coaching Experience**

-Club Coach

-Skate and Star Academy Coordinator

-Coach Association of Canada – Making Ethical Decisions Certificate

-Emergency First Aid with CPR

-Coach disciplines of Freeskate, Skills, Dance and Interpretive

-Coach all levels and ages

## Katelyn Melsted

[coachkatelyn@abbotsfordskatingclub.org](mailto:coachkatelyn@abbotsfordskatingclub.org)

### **Coaching Levels & Certification**

Coaching: 5 years

Level of Certification:

Regional Coach (NCCP Level 1)

Star 1-5 Assessor

### **Coaching Experience**

-Club Coach

-Coach Association of Canada – Making Ethical Decisions Certificate

-Standard First Aid with CPR-HCP

-Coach disciplines of Freeskate, Skills and Dance

-Coach all levels and ages

## Angie Verma

[coachangie@abbotsfordskatingclub.org](mailto:coachangie@abbotsfordskatingclub.org)

### **Coaching Levels & Certification**

Coaching: 8 years

Level of Certification:

Regional Coach (NCCP Level 1)

### **Coaching Experience**

-Club Coach

-PreCanskate Coordinator

-Off ice Coordinator

-Adult Skating Coordinator

-Coach disciplines of Freeskate, Skills and Dance

-Coach all levels and ages

-Coach Association of Canada – Making Ethical Decisions Certificate

-Emergency First Aid with CPR

## Todd Geddes

### **Coaching Levels & Certification**

Todd is a CanPower Certified Coach and has First Aid with CPR Certified.

### **Coaching Experience**

Hockey Canada Development 1 Certified Coach

Coach Association of Canada "Making Ethical Decisions" & "Respect In Sport" Certificates.

Hockey BC Mentor Coach & Specialty Clinic Conductor

Hockey Canada NCCP Course Conductor Coach 1, Coach 2 & Development 1

## Rob Woodley

### **Coaching Levels & Certification**

Rob is a 4 time National competitor in pairs and has competed at the National Championships in Synchronized Skating. He is a Level II Certified Coach and is working to complete his Level III.

**Coaching Experience** Rob started working with Langley in 2002. As well as coaching in Langley he also dance partners in 12 other arenas and travels to various B.C. communities to partner tests. Rob's passion is pairs and he has coached pair teams to a Jr. National level.

\*At our Club, Rob is exclusively our Dance Coach. Lessons can only be arranged through your primary coach.

# Rules & Regulations

## Skate Canada Helmet Use Rule

All participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice. This policy is a minimum standard. Sections, at their discretion, may impose a higher standard which all clubs and skating schools within the sections' boundaries must adopt and implement. **If your child arrives with a bike helmet, they will not be permitted onto the ice.**

## Spectators

A responsible person **MUST** remain with your skater while they are on the ice. Also, to respect our skaters, we ask that parents ensure any siblings or friends at the rink refrain from distracting activities in the stands.

## Refund Policy

Abbotsford Skating Club does not offer refunds. Any requests for ice credits will be considered and only considered if accompanied by a detailed doctor's note and made in writing to the ASC Board of Directors. The skater must be absent for a minimum of three consecutive weeks before consideration will be given. Please include the session dates, times and number of weeks missed in your written request letter.

A \$25.00 administration fee will be charged if the refund request is approved.

Abbotsford Skating Club does not offer refunds or make-up sessions in the event that ice is cancelled due to weather conditions, tests, special events, or mechanical breakdowns. Note that cancellations due to hockey tournaments unconfirmed at time of printing will be credited to affected skaters.

Any person writing a cheque to ASC which is returned as NSF will be charged a \$25.00 fee. This applies to any cheque for any purpose.

## Ice Cancellations

Please refer to our schedule and our "Important Date" section of the brochure for all ice cancellations and condensed times. The sessions have been priced with all known cancellations only. The Abbotsford Skating Club does not send out reminders about posted ice cancellations. It is your responsibility to make note of these dates.

Please feel free to contact our coaches at [ascoach@abbotsfordskatingclub.org](mailto:ascoach@abbotsfordskatingclub.org)

# Rules & Regulations

## Ice Manners (or "common sense")

*People will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

*Maya Angelou*

Safety is of the most importance. Skaters need to be aware of their surroundings on the ice. They should take notice as to what each skater is working on in order to avoid collisions and near misses. Be courteous and aware of all skaters on the ice and know that all skaters have a right to use the whole ice surface.

### **Right of way is given to:**

- Soloist with music – this means get out of their way
- Lessons with coach (including harness users)
- Oncoming skater watches spinning skater

### **Practice good safety:**

- Skate with your head up and your eyes open
- Always look in the direction you are skating
- If you fall, get up immediately
- No standing around in groups on the ice – you are a hazard
- If you are looking at your parent(s) in the stands you are not watching out
- When the Zamboni is on the ice, no one is allowed on the ice
- Bobby pins must be securely fastened (crossed) in hair when on the ice.
- A parent or other responsible person must remain at the rink with their skater

### **Manners:**

- A one-warning system followed by action is implemented
- Temper tantrums (e.g. stamping on the ice or kicking the boards) will not be tolerated
- No profanity on or off the ice, or whenever you are at the rink
- Smart Phones are permitted on the ice for recording purposes only. If this privilege is abused, then you will be asked to remove your device from the ice surface
- Ask permission from your coach if you want to leave the ice
- Respond promptly when your music is called. Junior & Intermediate skaters are not permitted to wave off (say no) to their music, unless done by their coach.

# Rules & Regulations

## Music Playing

The Abbotsford Skating Club skaters rely on its families to play music during the free skate sessions. The parents/guardians are required to play a minimum number of sessions during each season, whether or not the skater currently has music. A \$50.00 volunteer commitment cheque is required at beginning of each season. When you fulfill all your required music playing sessions, your cheque will be returned or shredded. If you would like to opt out of playing music for the season, you are required to pay a \$50.00 non-volunteering fee.

Since each session has a different number of skaters registered, they will be looked at separately and the music playing will be divided up equally amongst the families of the skaters registered for that session. This will ensure that each music slot is filled. Every session you play music on over the minimum requirement of 2 per session skated, per skater, will be given a \$5 credit which will be deposited into your son/daughter's Skater Account. If you are unable to play music at your scheduled time, then it is your responsibility to make sure that you find a replacement. Schedules will be e-mailed to the families and it will be posted outside the music room. When you play music on a session, you are required to sign the music book. If you do not sign the music book, or clearly indicate if it is a replacement and/or switch in the schedule, you will be not given credit for that session. If you have any questions, please email Natalie Venema at [music@abbotsfordskatingclub.org](mailto:music@abbotsfordskatingclub.org)

## Buy-on Fees for Private Sessions

### **Buy-ons are to be purchased as an entire session only**

30 minutes (ice only)	\$ 9.00	
45 minutes (ice only)	\$ 11.00	
60 minutes (ice only)	\$ 15.00	
75 minutes (ice only)	\$ 18.00	
Saturdays:	45 min f-skate with 15 min EMI	\$15.00
Friday & Saturday:	60 min f-skate with 15 min EMI	\$19.00
Mondays:	75 min f-skate with 15 min EMI	\$22.00
Fridays:	90 minutes (ice only)	\$26.00

Buy-ons ARE NOT permitted for part of a session. Buy-ons are not allowed on sessions that are full, as indicated on the Club Office door. A session is considered "full" when the maximum number of skaters has registered, not by the number of skaters on the ice. You **must** inform the music player when you have bought on to a session in order to have your music played. Payment must be deposited into the Mail Box and the Buy-On book filled out **before** your session begins.

# Rules & Regulations

## Skaters' Agreement

Skate Canada and ASC have an expectation that our skaters, parents, coaches and clubs will participate in this sport in a courteous manner within the spirit of fun and goodwill. It is the Abbotsford Skating Club's position that we are, first and foremost, here for the kids and that the skating rink should be a kid-friendly place. Parents and skaters of private sessions must attend a mandatory meeting at the beginning of the Fall & Winter season, which will be held on September 6<sup>th</sup> at 6:00 in the meeting room at MRC. Failure to attend this meeting will result in the parent and skater having to meet with their primary coach before they begin the season.

## Morning Ice Rule

Private lesson skaters: Please be aware that if you are skating on 3 or more sessions per week, one of those sessions MUST be a morning session. This rule does not apply to Junior Level skaters.

## Leaving child unattended

We understand that in the busy schedules we all have, that parents have many places to be. However, the most important place you need to be is with your child when they are on the ice. We cannot stress how important this is. There are many participants in our programs and if a child is hurt and a coach has to leave the ice to care for an unattended child, it leaves many more children at risk. The arena is a public building and we cannot control who may enter this building at any given time. If a child is found unattended, they will be removed from the program and only be allowed back, once we are satisfied that parental supervision requirements are being met. If the Club deems that the parent is not staying at the rink, then we will be forced to remove your child permanently from the program, without refund or ice credit.

## Switching sessions

Once you have purchased a session, switching is not permitted. Skaters are committed to that session and your coach for the season. If you are no longer available to skate that session, please note that no refunds or credits will be given and you may be liable for coaching fees for the season. Purchasing a different session is allowed. The only time that credits are considered, is if a skater is injury longer than 3 weeks, with a Doctors' note. See the Refund Policy section for more details.

# Rules & Regulations

## Social Media Policy

### Live Streaming

Skaters are not permitted to "Live Stream" on any social media outlet while they are on the Ice at any time or during any event.

Live Streaming at Club events will be permitted from the stands. There is a possibility that ALL club events may be live streamed and posted to our websites. Club Events may include but are not limited to Seminars, Ice Shows, Fundraisers, Simulations and Competitions.

### Video Recording on Ice

All skaters and Coaches are permitted to make recordings at Ice level. We request that you are conscious about what you post to your social media sites and ask that you review all material prior to posting. It is at the Primary coach's discretion as to whether the skater needs to ask for permission BEFORE setting up their phone to record. Please discuss with your primary coach in regards to their policy.

## Out of Club Coaches

Out-of-club Coaches please contact us by email at [proliaison@abbotsfordskatingclub.org](mailto:proliaison@abbotsfordskatingclub.org) for permission to coach on our club sessions.

## Important Dates to Remember

First day of skating for private session skaters	Sept. 5, 2017
Private Session Skater & Parent Mandatory Meeting: 6:00 pm to 7:00 pm in the meeting room at MRC	Sept. 6, 2017
First day of Adult Learn to Skate	tba
First day of Canskate and Star & Skate Academy	Sept. 12, 2017
Abbotsford Skating Club Seminar @ MRC	Sept. 12, 2017
First day of Canpower Level 1 & 2 @ MSA	Sept. 26, 2017
First day of PreCanskate	Sept. 27, 2017
No skating – Thanksgiving	Oct. 9, 2017
Autumn Leaves Competition at Twin Rinks in Chilliwack	Oct. 20-22, 2017
Last Day of PreCanskate sessions	Nov. 3, 2017
First day of Precanskate sessions #2	Nov. 8, 2017
Simulation	Nov. 4, 2017
BC/YK Sections in Parksville	Nov. 9-12, 2017
No skating – Remembrance Day	Nov. 11, 2017
No skating – ice cancellations (pm sessions only)	Nov. 24 – 25, 2017
Jingle Blades Competition – Fleetwood Arena in Surrey	Nov. 24 – 26, 2017
Last day of Canpower Level 1 & 2 @ MSA	Nov. 28, 2017
Low Test Day 6:00 am to 9:00 am	Dec. 6, 2017
Low Test Day 12:00 pm to 3:00 pm	Dec. 9, 2017
Last day of Canskate and Star & Skate Academy	Dec. 14, 2017
Last day of PreCanskate sessions #2	Dec. 15, 2017
Christmas Party	Dec. 15, 2017
Last day of skating for private session skaters	Dec. 22, 2017
First day of skating for private session skaters	Jan. 8, 2018
First day of Adult Learn to Skate	tba
First day of Canskate and Star & Skate Academy	Jan. 9, 2018
First day of Canpower Level 1 & 2 @ MSA	Jan. 9, 2018
First day of PreCanskate sessions #3	Jan. 10, 2018
No skating – ice cancellation	Jan. 20, 2018
Simulation 12:00 pm to 3:00 pm	Jan. 20, 2018
Winterskate Competition in Chilliwack	Feb. 2 – 4, 2018
Last day of PreCanskate sessions #3	Feb. 9, 2018
No skating – Family Day	Feb. 12, 2018
First day of PreCanskate sessions #4	Feb. 14, 2018
Seminar	Feb. 17, 2018
Low Test Day 6:00 am to 9:00 am	Feb. 21, 2018
Low Test Day 12:00 pm to 3:00 pm	Feb. 24, 2018
Super Series Competition in Kelowna	Mar. 2 – 4, 2018
Ice Show Picture Day	Mar. 7, 2018
Last day of Canpower Level 1 & 2 @ MSA	Mar. 13, 2018
Last day of groups	Mar. 15, 2018
Last day of PreCanskate sessions #4	Mar. 16, 2018
Last day of skating for private session skaters	Mar. 17, 2018

## Volunteering

Abbotsford Skating Club operates solely due to the volunteer efforts of its members.

If you are interested in ensuring that the Abbotsford Skating Club runs to the best of its ability, please don't hesitate to come forward and ask anyone on the current executive, or a coach, how you can get involved.

When contacting a volunteer via email, it may take a few days to receive a reply. No task is too small and everyone is welcome!

## 2018 Year End Ice Show

To showcase our skaters, we will be staging our annual ice show at MSA Arena on Saturday, April 7, 2018. There is a matinee performance at 2:00, along with an evening performance at 7:00. It is the highlight of the season for all of our skaters! They look forward to performing together and putting on a great show.

When you register to participate in the show, at this time, each family must sign up to volunteer at one show. If you choose not to volunteer, a \$50.00 in lieu of volunteer payment will be charged. Registration is \$150.00, which includes a week of practice ice, coaching and a costume. If you register at our Fall/Winter registration that is held in August the cost will be reduced to \$125.00. Skating tights are required to be worn with the costume. If you do not already own a pair, they will be available to you for an additional cost.

Our Year End Show is a fun event for everyone involved in our Club! It is the only performance our Club puts on, so you don't want to miss it!

## Fundraising

Our club offers an amazing Fundraising program. For those who are unaware, we have a program in place where 50% of each skater's fundraising efforts are put into their "Skater Account". These funds build and add up every time you participate in a fundraiser. At each registration, you can use your funds to help pay your registration fees. The other 50% of the Fundraising efforts goes to our Club. These funds are used to help keep our ice costs down, skater improvement, our Annual Ice Show and much, much more! Remember **EVERY LITTLE BIT HELPS!**



## Skates and Equipment

If you wish to purchase or sell skates or clothing, please visit our Facebook page at Fraser Valley Ice Skating Buy/Sell or contact Heather Duimet by email at [clothingrep@abbotsfordskatingclub.org](mailto:clothingrep@abbotsfordskatingclub.org)

For info regarding equipment, skate sharpening, etc. contact the following:

Cyclone Taylor Figure Skating  
1005 West 49<sup>th</sup> Avenue, Vancouver, BC  
604.264.9261

Or

Skaters Edge  
Unit 10 – 145 Schoolhouse Street, Coquitlam, BC  
604.521.5550

**NEVER BUY SKATES TOO BIG SO THAT THEY WILL LAST ANOTHER SEASON!!**

## Frequently Asked Questions

### General information

#### What is a sanctioned club?

It is a club run under the Skate Canada rules and regulations. Abbotsford Skating Club is a Skate Canada sanctioned club. Each registered member receives a Skate Canada member number which stays with the skater for life. This number is used when the skater takes a Skate Canada test or participates in a competition.

#### We are new to skating where do we start?

PreCanskate or CanSkate is the best place to start if your child has no skating experience or has basic forward and backward skating skills. PreCanskate is designed for ages 2 ½ years to 5 years old and Canskate is designed for ages 3 and older. The skater will develop and improve the basic skills in a fun and exciting environment under the watchful eye of experienced coaches and our elite skating program assistants.

#### Where Can I get my Hockey Skates Sharpened?

You can get your hockey skates sharpened locally at Centre Ice or Sports Zone.

#### Where can I get my Figure skates sharpened?

We recommend you get your figure skates sharpened at Skaters Edge or Cyclone Taylor.

#### What Is the Difference Between Figure Skate Sharpening and Hockey skate Sharpening?

The simple answer is A LOT! Figure skating blades must be ground to create a hollow. The depth of the hollow depends on the skater's preference and the discipline they skate in (freeskate versus dance). The hollow creates two edges, inside and outside. The big rule of thumb is: **NEVER, EVER** give your figure skates to someone who only sharpens hockey skates or uses any automated skate sharpening machines which are found at some arenas. Trust your skates to someone who knows what they are doing.

#### How Frequently Should I Sharpen My Skates?

Once you feel that your edge is slipping, skidding or you lack the control you feel you normally have, it is time to sharpen. Some skaters don't mind slightly dull blades while others find that they require them to be really sharp. Skaters should take notice how they like their blades so that they can get them sharpened early enough (or close to) competitions and tests so that they are perfect when the time counts. On average, skates need to be sharpened after 24 hours of ice time.

### **Where can I buy skates and skating apparel?**

Skates can be purchased from any skate shop. Skaters Edge, Cyclone Taylor or any other sports store (Sport Check, Mad Dogs, Sports Zone). Both Skaters Edge and Cyclone Taylor carry a wide range of new and used skates and skating apparel, and are trained to properly fit skates. Check out our Facebook page Fraser Valley Ice Skating Buy/Sell for used skates and apparel.

### **What type of skates should I buy?**

The type of skates you choose to wear will reflect what discipline you are learning to skate for. Those interested in figure skating or recreational skating will prefer a figure skate while those keen on hockey or ringette should be in hockey skates. Skaters who want to move into one of our Academy programs must wear figure skates.

### **When can my child stop wearing a helmet?**

Once your child has completed their level 5 badge, they can stop wearing their helmet.

### **What can we expect at skating lessons?**

Skating lessons are a fun and exciting challenge for young children. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs for our members. But parents please remember that ice is slippery and hard, and not all children feel comfortable on the ice right away. Our coaches are well-trained in alleviating skater's fears. Just be patient and your child will soon be gliding across the ice with a smile on their face

### **Does every child have to pay the Skate Canada Membership Fee or is it one fee per family?**

The \$40 Skate Canada membership fee must be paid for every skater registered with the Abbotsford Skating Club. This fee provides insurance for each member providing our club and skaters a safe environment in which we can enjoy skating. It also allows our club to purchase CanSkate supplies such as badges, report cards, etc. from Skate Canada. If you move away from BC, you can register in any Skate Canada club in your new city and start at the badge level you left off at in ASC! Also, your Skate Canada number stays with you. The Membership Fee is for a season which runs from September 1 to August 31.

### **What is proper practice attire?**

For Group Skaters, you are encouraged to dress warm. Do not wear anything that is too restricting. For example: for groups the boys can wear jogging pants, track pants and the girls can wear long yoga pants (not too flared though), jogging pants, tights with skating skirt, etc. For Private skaters, figure skating dresses or skirts are encouraged. However, athletic wear is acceptable.

### **Do I need to stay in the arena while my child is on the ice?**

Remain on-site at the rink for the duration of each lesson. We would like to reinforce that parents cannot leave their children unattended at the rink. If you must leave, you must provide another adult to be responsible for your child. There is always a risk of injury and it is imperative that a responsible adult be present at all times in case of an emergency. See Rules and Regulations for more information.

### **What is Off-Ice? What do I need for Off-Ice Class?**

We are pleased to offer strength and conditioning sessions and dryland training sessions. These sessions are an important component of figure skating training. They help to improve on ice performance and to reduce injury risk. The sessions are managed by our Club Coaches and are designed to teach skaters the basics of warm-up, cool-down, stretching, & strengthening as well as balance and technique for jumps and spins, and creative expression. Attire and equipment: Athletic shoes (runners) and stretch active wear clothing. Bring a water bottle, and a skipping rope.

## **Frequently Asked Questions**

### **Group Programs**

#### **PreCanskate, Canskate, Canpower, Skate & Star Academy**

#### **Who teaches PreCanskate?**

Currently we have 2 professional coaches that teach the PreCanSkate Program, Angie Verma & Stacy Geddes.

#### **Who teaches CanSkate?**

Currently we have 4 professional coaches that that teach the CanSkate Program – Stacy Geddes, Tami Kern, Angie Verma and Katelyn Melsted. We also have several PA's that assist the coaches where needed.

#### **Who teaches Canpower?**

Currently we have 2 professional coaches that that teach the CanPowerSkate Program – Todd Geddes & Stacy Geddes. We also have an assistant coach that helps the coaches where needed.

#### **Who teaches Skate & Star Academy?**

Currently we have 4 professional coaches that that teach the Skate & Star Academy Program – Tami Kern, Stacy Geddes, Angie Verma and Katelyn Melsted. We also have several PA's that assist the coaches where needed.

### **Who are the older skaters helping on the CanSkate and Skate & Star Academy sessions?**

ASC program assistants are advanced skaters in our club, who have been trained to assist our professional coaches on the CanSkate, Skate & Star Academy sessions. They are volunteers; their role is to help young skaters practice the skills they have learned with the professional coaches and to make sure the children are having fun while they are learning to skate. Anyone who is 8 years or older, can try out to become a PA. A written test must be passed. For more information, see Program Assistants section of FAQs.

### **How much time does my child get with a coach?**

Coaches rotate between each group for every lesson. Sometimes your child will start off their lesson with a coach and sometimes they will finish the lesson with a PA, but each group does get the same amount of time.

### **Why is my kid not getting enough attention?**

Naturally in the beginning the children who cannot stand will get a bit more attention than those who can. However, all children will receive the same amount of attention.

### **Why is my child not learning as fast as the other children?**

Every child learns at his or her own rate. The way they interpret information is different as well. Some children catch on to things faster than others. This does not mean your child does not understand, it just means they need a bit more time.

### **What is CanPower?**

CanPower focuses on balance, power, agility, speed and endurance. CanPower provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. The CanPower program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that level.

### **Can I register my child in CanPower?**

Yes, as long as they meet the following requirements. Skaters must wear full hockey gear to all sessions. All skaters must have basic forward and backward skating skills. All skaters must be able to skate the length of the rink using alternative strides. All skaters must be able to stop on command without use of the boards. Skaters must have passed Level 3 of the CanSkate program.

### **Can my daughter register for CanPower?**

Yes. Both Girls and Boys can register for CanPower.

### **Will the sessions fill up quickly?**

Yes! All our programs are very popular and most classes offered will reach the maximum number of skaters before the starting date. We do start a waiting list when a session fills, but it is best to register early to guarantee a spot!

### **How will my child be grouped?**

During the first week of skating, coaches will assess the child's ability. They will then be placed in groups with children of the same level.

### **How long does it take to complete each program?**

Many factors can affect a skater's rate of progress – amount of ice time, equipment, age, natural ability, whether or not they are attentive during instruction time and extra instruction in the form of private lessons all are key factors in how quickly your child learns the skills.

**Remember there is no set standard of time.** Let your child progress at his or her own rate of development. If you are concerned about your child's progression, please speak to one of the professional coaches. Remember to do this off the ice or email them directly. Email addresses can be found in our Coaches section of this booklet.

### **How will I know what progress my child is making?**

At the end of each season you will be given a report card letting you know what your child has accomplished during the season. As your child accomplishes levels, they will be given a badge to represent that they have passed that level. \*\* Please note that the group colors you see at lessons have nothing to do with their progression. They may be in Red Group in the Fall and Green Group in the Winter. Groups are made according to the levels of skaters registered at that time. They are just a color used for grouping purposes only.

### **When is my child ready to move to Skate Academy?**

In order to join our Skate Academy program, your child **MUST** have finished his/her level 4 badge. No exceptions will be made.

### **When is my child ready to move to Star Academy?**

In order to join our Star Academy program, your child **MUST** have finished his/her level 6 badge. No exceptions will be made.

### **What is offered after Star Academy?**

There are no other group programs offered after Star Academy. Your Skater can enter private lessons if they so choose to.

# Frequently Asked Questions

## Private Sessions

### Will a coach approach me to let me know my child should take private lessons?

No. Coaches will not approach you directly in regards to private lessons. However, coaches may provide you with private lesson information if they feel that your child is ready for this next step. Anyone, at any time, can register for private lessons. If you are interested in beginning private lessons, please email one of our coaches to see who may have availability for you. Their information is in the Coaches section of this booklet.

### How do I pick a coach for Private lessons?

You should always take into consideration that your child works well with and appears to have built a connection with. You can read about all our coaches on our website [www.abbotsfordskatingclub.org](http://www.abbotsfordskatingclub.org) or in our lobby bulletin board, or in the Coaches section of this booklet. Once you have decided on a coach, you will need to contact them to discuss your options which can be done in person or via email.

### How do I know if my child is ready for private lessons?

Is your skater interested in moving forward with figure skating? Do they show a keen interest in the sport? Are they enthusiastic about participating? Can they work well on their own? If you answered yes to these questions your child is ready to take on private lessons.

### If I take private lessons, does that mean I have to compete or test?

No. You can take private lessons just to further your knowledge in skating. There is no pressure to compete or test.

### When I register for Private lessons are there any additional costs?

Yes. When you register you are paying for Ice ONLY. You are still responsible to pay for coaching fees and any Off-Ice classes that are not built into your session. Each coach charges a different rate. You will need to contact the coaches to find out their current rate. Please respect your coaches billing dates and pay them accordingly.

### What is a "Buy on"?

A Buy On is when you pay to skate a session that you are not registered for but qualify to skate on.

### Who can Buy On?

If you are a Junior, Intermediate or Senior Skater, you have the opportunity to "Buy-On" to a session that you are not registered for but qualify to skate on. Often this happens when a coach, skater and/or

parent wants an extra session to work on a difficult skating skill, or a little extra ice time when preparing for a test or competition. If a session is "full", then no Buy-Ons are allowed.

### How do I purchase a Buy On?

When you choose to come for an extra Buy-On session and BEFORE going on the ice you must:

1. Sign in in the Buy on binder located by the front door of the music room.
2. Pay the current fee by cheque or cash. This can be found on the schedule posted in the book.
3. Ensure that you have written the skater's full name and session(s) chosen on the front of the little brown envelope located in the buy on binder.
4. Put the payment into the slot located on the club door. **Do NOT leave payment in the binder!!**
5. You must buy a session in full.

### My Child doesn't have music; do I still have to play music?

Yes. Even though your child does not have music yet you are still required to play music on each private session you register for. The amount of times you will be required to play is 2 per session during the Fall/Winter season and 1 during the Spring season. If you choose to play over these minimum requirements, you will receive a \$5.00 ice credit for each session you played. If you do not want to play music at all, you may pay a \$50.00 in lieu of fee.

## Program Assistants

### What is a Program Assistant?

ASC program assistants are advanced skaters in our club, who have been trained to assist our professional coaches on the CanSkate, Skate & Star Academy sessions. They are volunteers; their role is to help young skaters practice the skills they have learned with the professional coaches and to make sure the children are having fun while they are learning to skate.

### How do I become a PA?

Anyone who has advanced skating skills and is mature enough can try out to become a PA. All final decisions are made by the PA coordinator.

A training session is mandatory and a written test must be passed.

For information, please contact Stacy Geddes at [coachstacy@abbotsfordskatingclub.org](mailto:coachstacy@abbotsfordskatingclub.org)

# Frequently Asked Questions

## Testing & Competition Stream

### When is my child ready to compete?

This is something you and your child's coach can discuss. Don't be afraid to ask questions. Remember your coach doesn't know what you want unless you discuss it with them. If your child is in one of the academy classes and is interesting in competing, speak to one of our coaches to see what steps you need to take.

### StarSkate Program and Competitive Program

The StarSkate Programs are Star 1 through 10 and Ladies & Men's Gold. The Competitive stream is Pre-Juvenile to Senior. Your child can choose to compete in the Starskate stream or once they are meeting requirements, they can cross over to Pre-Juvenile (Competitive). The competitive stream and some Starskate events have age prerequisite. Asking your coach about these two programs and which way you would like your child to go would be advisable when they begin private sessions.

### What are Skate Canada Tests?

These are the tests that skaters take in the Star Skate Stream. Star 1-5 tests are assessed by certified coaches (the Coach Assessor must train the skater in the discipline that they are assessing them in). Star 1-5 testing is assessed on club sessions and must be paid for arranged previous to assessment. Once skaters are ready to test in Star 6 - Gold they go to a centralized test day in their region (our Region is the BC Coast Region; Hope to Whistler) and are assessed by a volunteer certified judge. Centralized test days often require a skater to travel to another club within our region for testing. Centralized test applications must be registered and paid for by the BC Coast Region test application deadline in order for skaters to test.

### Can my child test?

All registered skaters in good standing are eligible to test with their coach's consent. It is important to remember that what is in the best interest of one skater is not always in the best interests of another skater. Please discuss testing and assessments with your primary coach.

### What is a Low Test?

A low test is anything that is in the Star 1 to Star 5 testing system.

### Where are Low Test held?

Star 1 to Star 4 tests are held on Home Ice during regular sessions. Star 5 test are held on designated ice at a low test day.

### What is a High Test?

A High Test is anything that is Senior Silver and Gold Level.

### Where are High Tests held?

High Tests are centralized, which means that skaters from throughout the BC Coast Region are expected to travel to designated club rinks in the Lower Mainland to do their tests.

### Interpretive FreeSkate Tests

The Interpretive Program provides an avenue within which skaters can develop their ability to interpret music without the pressure created by the demand for technical difficulty in other programs. Interpretive program is artistic movement and interpreting the music

#### The levels are:

Introductory  
Bronze  
Silver  
Gold

### How do I know what testing my Skater Should Start with?

Talk to your coach. Coaches will make the decision of testing based on their skaters desire to compete and what level they are ready to compete at.

### What does my child wear when they are testing?

The answer depends on the type of test but normally tests are done in a competition dress, with a club jacket. Hair should ALWAYS be tidy and off the face. Make-up is up to coach. Usually no gloves.



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