

Foothills Skating Club



**Information Handbook
2011-2012
www.ffsc.ca**

FFSC - Executive

President	Brenda Thompson	933-2664
Vice President	Heather Lehnert-Thiel	931-3833
Treasurer	Catherine Keenan	933-3354
Secretary	D'Arcy Falasconi	931-1875
Test Chair	Nicole Lansdell	933-3083
Casino Chair	Heather Glazier	933-3526
Fund Raising Chair		Vacant
Registration Chair	Tammy Osborne	933-2864
Volunteer Chairs	Tammy Osborne	933-2864
CanSkate Rep	Alexis Dreyer	933-5871
Prelim Prep Rep	Jackie Williamson	933-7471
Competition Info Rep	Brenda Thompson	933-2664
Public Relations	Heather Lehnert –Thiel	931-3833
Ice Manager	Brenda Thompson	933-2664
Skate Canada Contact	Brenda Thompson	933-2664
CanSkate Coach	Kerri Brauner	828-4777
Prelim Prep Coach	Ali Glazier	933-3526
Prelim Prep Coach	Alex Brauner	
Preschool Coach	Ali Glazier	933-3526
Test Coach	Kerri Brauner	828-4777
Coach Liaison	Nicole Lansdell	933-3083
Equipment	Dan Denning	933-5789
Arena - Office	Les Quinton	933-5272
Arena Concession	Anita Petterson	

Overview

The Foothills Skating Club welcomes you and your family to another fun filled year at the Oilfields Arena in Black Diamond. Our club is registered with Skate Canada. The coaches are certified by Skate Canada and all children are registered and insured by the national organization.

The Foothills Skating Club began 23 years ago in Black Diamond, Alberta. During that time, many young skaters have enjoyed the CanSkate program and have gone on to higher levels of skating. The club's continued growth is an indication of its success.

The Executive is made up of volunteers, usually parents of the skaters. The Executive is responsible for the hiring of the professional coaches each season as well as planning and maintaining the programs for the children. This group meets monthly. These meetings are open and parents of skaters in the club are welcome to attend. Meeting dates will be posted on the club bulletin board at the arena.

The club is pleased to welcome our new head coach Kerri Brauner. Kerri will run the CanSkate Programs and is available for private lessons with our Test Level skaters. We would also like to welcome new members to our coaching team, Ali Glazier and Alex Brauner. Ali and Alex will be coaching the PreSchool and Preliminary Prep.

All families are invited to our "Winter Kickoff Party." Come and meet the coaches on Thursday, September 29, 2011 from 5:00 to 6:00 p.m. at the Oilfields Arena. There will be an "experienced" dress and skate sale held during this time as well.

Throughout the year, special meetings are also called for various functions (competitions, ice show, etc) that can be attended for counted volunteer hours.

1. Organize Year End Awards Banquet in May 2012
2. Qualified skaters can earn volunteer hours by volunteering as Program Assistants for CanSkate. Contact Kerri Brauner @ 828-4777 for more information.
3. Participate in float making for Diamond Valley Parade in June (hours will be banked for next season).
4. If you can think of a project/job/idea such as organizing a bin of ice show costumes, organizing a can drive for charities at Christmas, ordering "Stars of Ice" tickets, etc., please contact Brenda Thompson @ 933-2664.

All volunteer hours when fully completed must be reported directly to the volunteer coordinator(s):

Tammy Osborne 933-2864.

Volunteer hours for the 2011/2012 season must be fully completed prior to March 15, of the current skating season in order to receive your cheque back.

Enjoy the 2011 - 2012 Skating Season!
Brenda Thompson, President (933-2664)

Programs

Pre-School – a ½ hour program for 3 and 4 year olds. This program is held on Mondays and commences October 3, 2011.

Cost \$140.00 full year for 20 lessons + \$35.00 registration fee.
\$ 80.00 half year (Oct to Dec or Jan to Mar) for
10 lessons + \$35.00 registration fee.

CanSkate – This "learn to skate" program builds through 5 skating levels set out by Skate Canada. The children receive instruction for 1 hour twice per week. This program uses circuit training where children move through a series of circuits set up each day to teach specific skills and keep the skaters moving constantly. They will receive 15 minutes of professional coaching time per group and 45 minutes with trained program assistants. These assistants have been trained by the professional coach to assist in implementing the program as outlined by Skate Canada. On ice, the professional coach maintains discipline with the assistance of the parents if necessary. For safety reasons, all children must wear CSA approved helmets. This year the CanSkate program will be held on Monday and Wednesday, commencing October 3, 2011 to mid March 21, 2012, 5:30 – 6:30 p.m.

Cost \$225.00 + \$35.00 registration fee (2 hours per week).
\$140.00 + \$35.00 registration fee (1 hour per week).

Note: CanSkate parents are required to be gate parents in rotation.

Volunteer Information

The FFSC has a volunteer/fundraising requirement for each family. The purpose of this program is ultimately to get skaters and their families involved in their club. There are always a number of jobs to do, and having many different families involved is a valuable resource. Family members or friends of the skater may volunteer, and their hours count toward the volunteer commitment. We are asking for a minimum of 10 hours from each family. There are various projects/jobs that can be completed to count toward your hours.

Volunteer/Fundraising Commitment:

1. \$100.00 cheque per CanSkate family postdated March 15, 2012.
2. 10 volunteer hours minimum per family
3. Coordinate hours with Volunteer Coordinator(s) as soon as your hours are completed to receive your volunteer cheque back.

Test and Prelim Prep volunteer commitment is a \$150.00 postdated cheque per family and 25 volunteer hours minimum.

The following options are available to meet the above requirements:

5. Hold position on FFSC Board. See President or Vice-President for available positions.
6. Participate in various fundraising endeavors
7. Attend regular monthly meetings (one meeting per month August through May, approximately one-hour duration).

Preliminary Prep – This is a transitional program between CanSkate and private lessons at test level and includes Badge 6 and 7 and first Skate Canada test as set out by Skate Canada. The children receive instruction for 1 hour twice per week. The Preliminary Prep Program will be held on Wednesdays (5:30 – 6:30) and Fridays (4:30-5:30) commencing October 5, 2011.

Cost \$325.00 + \$35.00 registration fee.

Conduct and Behavioral Expectations

Figure skating is a discipline that has certain behavioral expectations in order to ensure a safe and productive learning environment for all. Skaters must respect other skaters and the coaches as they move about the ice. CanSkate students are divided into skill groups and given a designated area for the circuit usually defined by the hockey lines on the ice. Skaters are to stay within their area and be attentive to the coach and program assistant. If they fail to do so, they will be asked to leave the ice.

Program assistants are older, more experienced skaters who are trained to teach the skill requirements of the CanSkate program. The professional coach is responsible for on ice discipline, but may request help of the parent if individual attention is needed. Coaches cannot be expected to remain with one child for discipline reasons while others are waiting for instruction.

Junior and senior skaters work independently and move around the entire ice area. To ensure their safety, they must be aware of the other skaters and respect space by not standing around in open ice areas. If standing still is necessary, they are to move to the outside along the boards. During free skate they are to give space priority to anyone receiving their private lesson with a coach or performing their solo when their music is being played.

Test Level – Test level skaters work independently toward tests according to their level of ability. Other than the 15 minutes of stroking daily covered in the fee schedule, all other lessons are arranged privately between the parent and the coach at a pre-arranged fee schedule. These lessons can be private, semi-private or group depending on the situation. The coach will provide advice about the lesson time recommended to achieve certain goals but **parents decide** how many lessons their child will have each week. We recommend that beginning skaters take semi-private or group lessons. The coach bills each skater individually.

Test Level Skating Times:

Mondays and Wednesdays 4:00-5:30 p.m.
Tuesdays and Thursdays 4:00-6:00 p.m.
Fridays 3:00-5:30 p.m. (alternating Friday)
Commencing October 3, 2011

Break In the Boot Clinic – Sept. 6 & 8, 2011 (4:00 to 6:00 p.m.)

September Test Level Ice -Sept. 15, 20, 22, 27 (4:00 to 6:00 p.m.)

Program Assistant Clinic – Sept. 13, 2011 (4:00 to 6:00 p.m.)

Cost:

Test Level A: 3 hours/week: \$285.00 + \$35.00 registration fee
Test Level B: 4 hours/week: \$335.00 + \$35.00 registration fee
Test Level C: 5 hours/week: \$385.00 + \$35.00 registration fee
Test Level D: 6 hours/week: \$435.00 + \$35.00 registration fee
Test Level E: 7 hours/week: \$485.00 + \$35.00 registration fee

Note: Above test level fees do not include coaching costs. Please contact your coach to discuss fees and arrange lessons.

Parents and friends will be asked to observe from the stands, not along the rink side as this creates a distraction for the skaters.

Any use of ridiculing, profane or inappropriate language or behavior will result in the skater being automatically suspended for a period to be determined by the board.

Skaters must be on time for their skating session and may not leave the ice early unless there has been an arrangement made between parent and coach.

Skaters will not disturb their coach if the coach is in a lesson with another skater. You will either need to wait until your coach is free or talk to another coach.

Skaters will show respect for ALL coaches and parents, and cooperate with requests made by coaches and parents. Skaters will also show respect for their fellow skaters.

Skaters whose music is playing have right of way on the ice and all other skaters, including coaches, must move out of their way in order to avoid accidents.

Skaters who are in lessons have the next priority and other skaters should make the attempt not to interrupt those lessons by talking or skating through their lessons.

Coaches may request that a skater either sit in the box for 15 minutes or leave the ice for that day after **3 warnings** for breaking rules.

HAVE FUN AND SKATE SAFE!

Events

Test Days— Junior and Senior Test Level skaters try tests throughout the year after learning the required skills. The coach will recommend to the parent when a skater is ready for a test. With the parent's consent, the coach then notifies our club's Test Chair who will fill out the necessary forms and give them to the parent to sign and collect the corresponding fees for the test. The Test Chair will then notify the parent again of the day and time the test is scheduled. Foothills Skating Club has one test day annually but tests can be tried at other clubs (e.g. Okotoks, High River, and Calgary). You are billed a test fee (e.g. \$20.00 per dance, \$20.00 per skating skill) as well as coaches time and/or partnering costs for the test. There may be an "Out of Club" fee if testing at other clubs.

Skate Canada sets out dance, skating skills and free skate test requirements for both singles and pairs. The judges are trained by Skate Canada or regional associations and volunteer to come for the test day.

Test days are quite formal events with dress and appearance requirements, as well as behavioral expectations when representing Foothills Skating Club.

Competitions – During the season there are competitions held throughout the region. Notices of these events will be posted on the bulletin board, please remember to check the board. Registration forms accompany the notice or are available by mail or fax. The coach will suggest whether a skater is ready to compete in an event but it is up to the parent to decide whether their child will enter. Fees for competitions range from \$25 - \$55 per event, depending on the event and the level of the skater.

Ice Expectations and Rules

Skaters will be prepared to skate and train hard while on the Ice. Proper attire should be worn and **HAIR MUST be tied back**. Headbands are not considered tied or clipped back. **Test Level and Prelim Prep skaters may not wear loose-legged pants during their ice time for safety reasons.** They may, however, wear them to PA or any other CanSkate ice function. Coaches will immediately ask skaters to leave the ice and rectify either of these situations before they continue that session.

Kleenex and water bottles should be kept along the sides of the boards. Getting off the ice to blow noses or to get a drink takes too much time.

No gum, candy or food will be allowed on the ice surface. Please snack either before or after ice time.

Skaters **must** advise their/a coach before getting off the ice for any reason.

Skate guards **must** be worn at all times, when not on the ice, to protect your blades.

Skaters **must** attempt to attend all stroking sessions for conditioning purposes unless they have permission from their coach or parents to miss certain sessions. If a skater chooses to miss a stroking session they will simply be asked to stay off the ice for that session time in order that they are not in the way of skaters who are stroking.

Skaters will not play in the middle of the ice or visit along the side of the boards as this presents a danger to those skaters who are working. **Skaters will get up immediately after a fall** unless they can't due to an injury in which case they will immediately call for a coach to assist them.

Test Days and Competitions – Those registered will be notified of skating times. Skaters must arrive 1 hour ahead of their scheduled ice time. Events can run ahead of schedule and they **do not** wait for late arrivals. Report to the registration area and/or Ice Captain, upon arriving at the arena.

Attire for these events should be “like new” condition (skates polished and laces washed). Skate laces are to be tucked in. Skating dress should be neat and fitted to show bodylines. Tights should be beige. Hair must be neatly pulled back, away from the face.

