

Canmore Skating Club 2017-18

(Corrections and Updates as of August 23, 2017)

Welcome to the Canmore Skating Club's 43rd season. Whether you are a new or returning member we hope you had / are having a wonderful summer and will be ready to begin the new season in September.

Our coaching team of Kendra Domenico, Robin Forsyth Tkacz, Cynthia Ullmark and Jan Ullmark are ready and eager to pass on their knowledge and love of skating to help you become the best skater you can be!

Your skating club Board of Directors continues to focus on ensuring our club maintains its good financial position into the future while offering affordable, high quality skating programs and a flourishing skating community within the Bow Valley.

Stay informed and get involved

- Our website is your main source for up-to-date information about club activities, (<https://canmore.skatingclub.com>) - bookmark it and visit often!
- Get to know us and the “wonderful world of skating” by **volunteering** throughout the year.
- This season we have a few events taking place – The Canmore Fall Invitational Competition, Ice Show (Date to be confirmed), CanSkate Event, Boys Only Intro to Figure Skating Tryout, Test Days, Christmas Wreath Fundraiser and Parent

Information Session (date to be determined).

- Watch for emails, notices on our website, signup sheets on the bulletin board and online signup opportunities.

Canmore Fall invitational Competition (Sept 22-24)

Volunteers needed for the Canmore Fall Invitational. Hosting a competition by the current generation of Canmore Skating Club requires hours and hours to organize, so members climb onboard – no experience required. It is an expectation of the club members to help with fundraising events throughout the year. We have incorporated a \$200 volunteer bond which is detailed later in the Welcome Package. We expect close to 300 athletes to register, so it is imperative to have the help of all our club members. The scope of the competition is so large, we all need to reach out to the community to fill our volunteer requirements.

Contact **Bev Gray** (bevagr@telus.net) and she'll find just the right job for you and your skater (earn high school volunteer hours). Also watch for the “**Signup Genius**” link coming your way.

Come out and cheer on club mates and some of the best skaters in the Pre-Juvenile through Senior categories in singles, dance and pairs in western Canada.

Registration

All registrations will be collected online through our Uplifter registration site. After you review the Welcome Letter, simply click on [Register here](#) or go to page 10 for instructions on how to register. Also, listed below are some pointers to help the registration process flow smoothly.

- Please use this Welcome Package to assist you with the program details and fees to determine the right program(s) for your skater(s).
- Check your shopping cart before submitting your registration to ensure you have chosen the correct days/sessions/packages and ensure you have selected the correct participant before registering.
- We are offering a 5% family discount for all our programs including CanSkate. To receive the family discount for everyone in the same family, you must register everyone at the same time (same invoice/checkout).

Payment Method

Payment is by credit card (Visa or Mastercard) and can be paid at once or divided into 3 installment payments dated: Initial Date (day invoice was created), Nov 1, 2017 and Feb 1, 2018. Please contact our treasurer, Sarah Burden prior to registering at ickleburden@gmail.com if you need assistance with the payment option.

Note: All Canmore Club members must pay the non-refundable Skate Canada/Club Annual membership fee of \$50 when they register for their first program of the 2017/2018 membership year.

Fundraising

This past December, 2016 we had our casino fundraiser. The casino fundraiser is our most important fundraiser as it substantially subsidizes our ice costs.

Skaters registering for programming will receive the benefit of these subsidies. It is expected that all skaters (new & old) registering for this year's programming will continue to volunteer while they enjoy the benefit of subsidized ice.

We also plan this year to continue with the Canmore Fall Invitational Competition, Christmas evergreen wreaths, and apply for more grants and donations.

Fundraising & Volunteer Bonds

This season, we will have a volunteer bond for the Canmore Fall Invitational Competition. Below are more details about the competition volunteer bond.

\$200 – Canmore Fall Invitational

Competition (Sept 22-24)– Volunteer requirements are based on your member's skating level:

- Pre-STAR – 4 hours/skater
(Formerly Pre-Preliminary)
- Junior – 8 hours/skater
- Intermediate – 16 hours/skater
- Senior/Adult – 16 hours/skater

Please watch for an email coming soon asking you to sign up on the volunteer sign up site called "SignupGenius". We used this volunteer sign up site last year and it worked quite well.

Members are required to fulfill the volunteer commitments, otherwise your account will be invoiced for the applicable bond amount. Any questions, please email the Canmore Skating Club.

Skate Canada Programs

CanSkate (4 and over) is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. This 1 day/2 day a week program consists of 6 badge levels and introduces specific skills that pertain to hockey, ringette, speed skating and figure skating. A CSA approved hockey helmet is required to participate in this program.

Pre-STAR (formerly Pre-Preliminary) is for those who are interested in pursuing the sport of figure skating. This is a full season program running September through March. Instruction is a progressive group format. Participants must have completed CanSkate badge 4 and figure skates are required. The figure skates should be good quality and not recreational figure skates. In addition, a CSA approved hockey helmet is required to participate in this program until the skater has passed badge 5.

STARSkate and **CompetitiveSkate** develop and refine fundamental figure skating skills. Skaters are responsible for hiring a club coach/es to help them set goals for their skating and further their skills. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Those who wish to challenge their figure skating skills and who show potential as competitive skaters can participate in the Competitive Skate program.

The Club has allocated ice time for these programs by dividing skaters into two groups based on Skate Canada tests passed and the

Coaching Team's discretion. Pre-STAR and junior skaters share ice time and off-ice jump classes. Most of our sessions are shared among all groups with varying combinations with the exception of some senior free skate sessions.

For the 2017-18 season, the Canmore Skating Club defines these levels as follows:

Pre-STAR (formerly Pre-Preliminary) – has passed CanSkate badge 4.

Junior – has passed CanSkate badge 6 based on the CSC Pre-STAR Programs standards.

Intermediate – has passed Preliminary Free Skate or be competing at Star 3, or passed Jr Bronze Dances and Preliminary Skating Skills.

Senior – has passed Sr. Bronze Free Skate or competing Pre-Juv or Star 6.

Adult – recommended that adults skate on junior sessions – Please consult with a coach prior to registering

*The above criteria is determined by coach recommendation.

NOTE:

Skate Canada suggests that STARSkate skaters skate 3–4 times per week. Competitive skaters may increase frequency 1-2 times more per week

Programming Details and Rates

Although we endeavor to keep program times as consistent as possible, holidays, special events and Eagles games may necessitate adjustments throughout the year. **Refer to the monthly calendar posted on the Club website & bulletin board for the latest scheduling information.**

CanSkate – Group Lessons

Monday & Thursday: 4:45pm – 5:30pm

FALL Session: Oct 5 - Dec 14 (excluding Oct 9)

- Mondays & Thursdays (both days): \$200 Start on Oct 5 for 20 sessions.
- Mondays (one day per week): \$130 Start on Oct 16 for 9 sessions.
- Thursdays (one day per week): \$159 Start on Oct 5 for 11 sessions.

WINTER Session: Jan 8 – Mar 22 (excluding Feb 19, 22). Winter registration scheduled to open in early November.

- Mondays & Thursdays (both days): \$200 Start on Jan 8 for 20 sessions.
- Mondays (One day per week): \$145 Start on Jan 8 for 10 sessions.
- Thursdays (One day per week): \$145 Start on Jan 11 for 10 sessions.

StarSkate & Competitive Programs

The 2017/18 season programming for our StarSkate and Competitive skaters runs from September 10, 2017 until March 22, 2018.

NEW THIS YEAR, we are offering skaters the flexibility to choose their own sessions (of course with the guidance from their coach). We will no longer be offering a base package but instead will offer a discounted rate based on the number of sessions purchased. We will still continue to offer the full package price which is the lowest price for our sessions.

Pre-STAR – Group Lessons (Formerly Pre-Preliminary)

This year the Pre-STAR Program has only set days and times, so it does not fit the criteria for choosing their own discounted sessions. The Pre-STAR Program is subsidized and is a fully coached program. Participants will ONLY have the option to purchase the full package.

M 3:45pm – 4:45pm Group class/edges
Th 3:45pm – 4:45pm Group class/edges
Th 5:00pm – 5:30pm Jump/Flexibility class

- Program runs Sept 18, 2017 – Mar 22, 2018
- No classes on Oct 9, Dec 25, Dec 28, Jan 1, Jan 4 and Feb 19.

Off ice classes are in the Peaks of Grass Gym unless otherwise stated.

Full Package - \$876 (approx. \$35 per week)
2 hrs ice & .5 hr off-ice per week

Junior

S 3:00pm - 3:45pm Pilates
S 4:00pm - 5:00pm Open
M 3:45pm - 4:45pm Open/edges
T 6:45am - 7:30am Open
T 3:45pm - 4:30pm Open
W 6:45am - 7:30am Open
W 3:45pm - 4:30pm Open
W 4:45pm – 5:30pm Jump
TH 6:45am – 8:00am Open
Th 3:45pm – 4:45pm Open/edges
Th 5:00pm – 5:30pm Jump/Flexibility class

- Program runs Sept 10, 2017 – Mar 22, 2018
- No classes on Oct 9, Dec 25-Jan 7 and Feb 19.

Off ice classes are in the Peaks of Grass Gym unless otherwise stated.

Full Package - \$1,560 (approx. \$63 per week)
7.5 hrs ice & 2 hrs off-ice per week.

Please discuss scheduling this ice with your coach before registering

Intermediate

S 3:00pm – 3:45pm Pilates
 S 4:00pm - 5:00pm Open
 M 5:45pm – 6:30pm Open
 M 6:30pm - 7:15pm Open
 T 6:45am - 7:30am Open
 T 7:30am - 8:00am Edges
 T 3:45pm - 4:30pm Open
 T 4:30pm - 5:45pm Open
 W 6:45am -7:30am Open
 W 3:45pm - 4:30pm Open
 W 4:30pm - 5:15pm Open
 W 4:45pm - 5:15pm Jump
 TH 6:45am - 8:00am Open
 Th 5:45pm – 6:30pm Open

On Wednesday, Int. skaters can choose 2 afternoons sessions that work for them or choose to mix & match the 3 afternoon sessions to suit their schedule. Either way the package price of \$1,896 is cheaper than if each program was purchased separately.



Senior

S 3:45pm – 4:45pm Pilates
 S 5:00pm - 6:00pm Open
 S 6:15pm - 7:00pm Freeskate
 M 5:45pm – 6:30pm Open
 M 6:30pm - 7:15pm Open
 T 6:45am - 7:30am Open
 T 7:30am - 8:00am Edges
 T 4:30pm - 5:45pm Open
 W 6:45am -7:30am Open
 W 7:30am - 8:00am Edges
 W 3:45pm - 4:30pm Open
 W 4:30pm - 5:15pm Open
 W 5:30pm - 6:15pm Jump
 TH 6:45am - 8:00am Open
 Th 5:45pm – 6:30pm Open

Full Package - \$1,896 (approx. \$76 per week)
10 hrs ice & 1.5 hrs off-ice per week

Full Package - \$2,451 (approx. \$98 per week)
10.5 hrs ice & 1.75 hrs off-ice per week

- Program runs Sept 10, 2017 – Mar 22, 2018
- No classes on Oct 9, Dec 25-Jan 7 and Feb 19.

Off ice classes are in the Peaks of Grass Gym unless otherwise stated
 Please discuss scheduling this ice with your coach before registering.

A la Carte Pricing

This option is provided for Junior, Intermediate and Senior level Canmore Skating Club skaters, STARSkate or CompetitiveSkate skaters from another Skate Canada club & adult skaters who wish to build their own package. Any discounts given will be based on these prices. Skaters must skate on sessions at the appropriate level. For example, if you are a Senior skater, go to the Senior’s listing to see all the programs available to build a package. Use the pricing below to help guide in building your package. Remember by purchasing our programming, you are agreeing to help with our fundraising. Even the starting a la price is subsidized.

A la Carte Discount Pricing

# of Sessions Purchased	Junior	Intermediate	Senior	Approx cost per 1 hr session based on average 25 week programming (uncoached)
Buy 1 session	A la carte Price	A la carte Price	A la carte Price	\$9 per session
Buy 2 sessions	A la carte Price	A la carte Price	A la carte Price	\$9 per session
Buy 3-5 sessions	10% off	10% off	10% off	\$8 per session
Buy 6 or more sessions	15% off	15% off	15% off	\$7.60 per session

BONUS: Receive an extra 5% off for each morning session that is purchased.

A la Carte Prices

\$280	per 75 minutes of ice	Approx. \$11/session based on an average of 25 weeks.
\$224	per 60 minutes of ice	Approx \$9/session based on an average of 25 weeks.
\$168	per 45 minutes of ice	Approx \$7/session based on an average of 25 weeks.
\$150	Edges and Turns per 30 minutes	Approx \$6/session based on an average of 25 weeks.
\$132	PS/JR Jump class for 30 minutes	Approx \$5/session based on an average of 25 weeks.
\$198	JR/INT or SR Jump class for 45 minutes	Approx \$8/session based on an average of 25 weeks.
\$198	JR/INT Pilates class for 45 minutes	Approx \$8/session based on an average of 25 weeks.
\$264	SR Pilates class for 60 minutes	Approx \$10.50/session based on an average of 25 weeks.

Drop-in Fees

Ice

- \$5 per 15 minutes

Edges & Turns (incl ice)

- \$10 for 15 min class
- \$20 for 30 min class

Off-ice

- \$15 for Wednesday SR Jump class
- \$15 for Wednesday JR/INT Jump class
- \$10 for Thursday PS/JR Jump class
- \$15 for Sunday JR/INT Pilates class
- \$20 for Sunday SR Pilates class

Skaters who want to use ice they are not registered for must notify the Club at CanmoreSkatingClub@gmail.com and get the session approved at least 24 hours prior to the session. Guest skating will only be approved if space permits. Ice payment envelopes are available on the music cart. Please fill in the front of the envelope, insert the fee (preferably a cheque) and leave it in the box provided

Questions

1. **Website:** <https://canmoresc.uplifterinc.com>
2. **Email:** CanmoreSkatingClub@gmail.com
3. **Contact your coach.**

Other Important Dates

PA Training

September 17 – 1:30pm-2:30pm (Classroom Training – Ha Ling)
September 25, 28 & Oct 2 - 4:45pm-5:30pm (On-Ice Training)

Canmore Fall Invitational

September 22-24

Simulation Days

September 8, October 20, January 26
2:30pm-3:30pm each day

CanSkate Event

December 1: 2:30pm-5:30pm

Christmas Gala

December 14: 5:45pm-7:00pm

Holiday Skating Camp

January 2-4

Test Days

February 27: 2:00pm-8:00pm
June 6 or 7: 2:00pm-8:00pm

Spring Skating (Separate Package/Drop in Fees)

March 26—April 6

Ice Show

Date to be announced.

Skating Vacation – July & August

Warmup Weeks

August 28, 29, 30, 31

9:00am-9:45am JR/INT/SR
9:45am-10:00am Flood
10:00am-10:45am JR/INT/SR

Sept 5, 7

4:00pm-4:45pm JR/INT/SR Open
4:45pm-5:00pm Flood
5:00pm-5:45pm JR/INT/SR Open

Sept 6 (there is no flood)

4:00pm-4:45pm JR/INT/SR Open
4:45pm-5:30pm JR/INT/SR Open

Important Notes for Parents & Skaters

Attire

It is extremely important that skaters in the Pre-STAR and higher programs come dressed properly for skating. This means NO STREET CLOTHES, particularly no jeans. Skaters should wear leggings, tight fleece pants, skating skirts or dresses. On top, fitted fleece jacket, hoodies, etc. Hair should be pulled back in a ponytail or clipped so it doesn't fall in their face.

Gloves - these are a must for warmth and safety. The little stretchy kind is very popular and inexpensive.

Punctuality

In respect of the coaches and the other participants, it is important that skaters be ready to go on the ice at the start of their session. We recommend that you arrive at least 15 minutes early to give skaters a chance to warm-up, get their skates on, etc.

Skaters taking private lessons who are late may lose their time and if they don't show up, it is common practice for coaches to charge for lessons booked.

Contact Information

STARSkate and Competitive Coaches

Kendra Domenico
(Also CanSkate and Pre-STAR Program Coordinator)

k.domenico@kcpenergy.com

Robin Forsyth Tkacz

tkaczrobin@gmail.com

Cynthia Ullmark

cynthiullmark@gmail.com

Jan Ullmark

jullmark@shaw.ca

Our coaches have different interests, expertise and fee schedules. We advise all members to do their research and have a contract with their coach detailing fee schedules and expectations.

Board of Directors for 2017/18 Season

President	Bonny Bay, bonnylbay@me.com
Vice President	Carolyn Henry
Treasurer	Sarah Burden
Secretary	Cheryl Gleig
Membership Director	Terri Solodan
Special Projects Director	Vacant
Programs Director	Bev Gray
Coaches Rep	Kendra Domenico
Test Chair	Maude Marsan, maude.marsan@hotmail.com

Instructions on How to Register

1. Go to <https://canmoresc.uplifterinc.com> to register.
2. If you do not have an account, go to “Login” or “Registration” to create your account.

Member: Parent/Guardian/Adult Skater

Skater: Participant

NOTE: The payment option for our Uplifter registration system when registering online is by credit card only which will take 3 payments (Initial payment, Nov 1 and Feb 1). If you require assistance with your payment type and/or number of payments, do not continue on to step 3. Please contact our treasurer @ ickleburden@gmail.com for further assistance.

3. Go to “Registration” and register for the appropriate level/program(s).
4. Go to the “shopping cart” and review selected programs.

Please do not use “note” in the invoice as it is not delivered to us directly. Please contact us via email at canmoreskatingclub@gmail.com for your additional message.

5. Read and accept all policies.
6. Make payment by credit card.

Any other questions, please email canmoreskatingclub@gmail.com

Canmore Skating Club Policies (2017/18 Season)

Accidents and Liability Waiver

It is understood and agreed that the Canmore Skating Club, Skate Canada and the Town of Canmore shall not be liable for injury or loss occasioned by the member while travelling to or from or participating in skating practices, competition, or other activities, nor shall they be responsible for any damages or losses caused by the member during the same time. The member and/or member's parent(s)/legal guardian agrees to indemnify the Canmore Skating Club, Skate Canada and the Town of Canmore and hold it harmless from any claims or demands in respect of such loss or damage. The Supervisor on duty also has my permission to take my child for medical attention if required.

Photo Release Policy

By completing the online registration process, the skater (over the age of 18) or parent/guardian expressly grants to the Skate Canada/Canmore Skating Club the right, privilege and license to use the skater's picture of likeness in any photograph, video production or any other forms or media publication and to use the skater's verbal or written statements of declarations for the purpose of promoting the Canmore Skating Club's programs or to encourage financial support for the club.

Helmet Use Policy

On July 1, 2011 Skate Canada implemented a helmet use policy. In order to participate in the CanSkate program, all skaters who have not achieved Stage 5 in the CanSkate program or who lack good balance and control must wear a CSA approved hockey helmet while on the ice.

Volunteer/Fundraiser Commitment

The Canmore Skating club requires its members to participate in our volunteering & fundraising special projects.

Volunteers & fundraising contribute to the success of the Canmore Skating Club.

Listed below are the requirements for the Canmore Fall Invitational Competition.

- Canmore Fall Invitational Competition (Sept 22-24, 2017)
 - Pre-STAR (Formerly Pre-Preliminary) - 4 hours per skater
 - Junior- 8 hours per skater
 - Intermediate - 16 hours per skater
 - Senior - 16 hours per skater
 - Adult – 16 hours per skater

We require a \$200 intent/bond for the Canmore Fall Invitational Competition. If you are unable to fulfill/commit to any of these projects, the Canmore Skating Club will invoice the member account accordingly for the amount owed.

Refund/Cancellation/Missed Ice Policy

Any refunds/changes due to medical reasons, skater/guardian must first notify the Canmore Skating Club/membership director. This will become the official date for any adjustments, a doctor's recommendation must be provided as soon as possible. Each case will be reviewed individually to provide the best possible solution for both parties.

If a skater misses a registered class/ice session for their own personal reasons, they may not skate on a different session to "makeup" for missing a session or skate on transferred ice. If a skater wishes to makeup a missed session, they may pay the applicable drop in fee for ice they are eligible to skate on.

The Canmore Skating Club does not issue refunds or credits in the events of ice cancellations by the arena or due to mechanical breakdown or due to unforeseen circumstances. The Canmore Skating Club will make every effort to provide makeup ice at no additional cost for those affected skaters.

Payment in Arrears

All fees in arrears must be paid in full prior to starting the new regular skating season. If you have a situation that prohibits you from paying your account in full, you must contact our club president or treasurer to discuss payment options. This could affect your status with Skate Canada.

Parent Code of Conduct Policy

You can find the Parent Code of Conduct Policy at the top of our website home page under the tab "Policies".