

Canmore Skating Club 2018-19

(as of October 2, 2018)

Welcome to the Canmore Skating Club's 44th 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.sc.uplifterinc.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 – Our Christmas Gala, Test Days, Christmas Wreath Fundraiser and Parent Information Session (date to be determined).

- New this year we have a Theatre On Ice session on Thursdays! Please watch our website for more detailed information.
- Watch for emails, notices on our website, signup sheets on the bulletin board and online signup opportunities.

Canmore Fall invitational Competition

WE ARE NOT HOSTING OUR FALL INVITATIONAL THIS YEAR DUE TO THE LIFECYCLE PROJECT UNDERWAY AT THE CANMORE REC CENTRE.

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 8 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, 2018 and Feb 1, 2019. 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 2018/2019 membership year.

Fundraising

In 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 subsidizes. 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 Christmas evergreen wreaths and apply for more grants and donations.

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 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.

For the 2018-19 season, the Canmore Skating Club defines the following levels:

Pre-STAR – 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 are determined by coach recommendation.

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 try to keep program times as consistent as possible, holidays, special events and Eagles games may require 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 11 – Dec. 17th (excluding Nov. 12th)

- Mondays & Thursdays (both days): \$200 Start on Oct 11 for 19 sessions.
- Mondays (one day per week): \$130 Start on Oct 15 for 9 sessions.
- Thursdays (one day per week): \$145 Start on Oct 11 for 10 sessions.

WINTER Session: Jan 7 – Mar 21 (excluding Feb 18). Winter registration scheduled to open in early November.

- Mondays & Thursdays (both days): \$200 Start on Jan 7 for 20 sessions.
- Mondays (One day per week): \$145 Start on Jan 7 for 10 sessions.
- Thursdays (One day per week): \$145 Start on Jan 10 for 10 sessions.

CanSkate will be pro-rated for late registrations after the first session is completed until 30 days following the first session. These programs will be pro-rated for the missed sessions and an administrative fee of \$25 will be applied.

Pre-STAR – Group Lessons

The Pre-STAR Program is subsidized and is a fully coached program. Participants will ONLY have the option to purchase the full package.

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

Wed 3:45pm – 4:30pm Group class/edges
Wed 4:45pm – 5:15pm Jump/Flexibility class

- Program runs Sept 17, 2018 – Mar 27, 2019
- No classes on Stat Holidays, Christmas Break or Family Week.

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

Full Package - \$920

1.75 hrs ice & 1 hr off-ice per week

StarSkate & Competitive Programs (Junior, Intermediate & Senior)

The 2018/19 season programming for our StarSkate and Competitive skaters runs from September 9, 2018 through to March 28, 2019. There is no skating on Stat Holidays or Christmas Break.

We are offering skaters the flexibility to choose their own sessions (of course with guidance from their coach). All skating sessions are open to all three of these levels, with the exception of Sundays. On Sundays, Junior and Intermediate skaters share ice and Pilates, while Seniors have their own ice time and Pilates session.

Skating sessions are priced per session, with the skater choosing which sessions/days they want to skate and coordinating with their coach.

Here are all the time slots available for Junior, Int. and Senior skaters. The only day that is different is Sunday. Off ice classes are in the Peaks of Grass Gym unless otherwise stated.

JUNIOR/INTERMEDIATE

S 3:00pm - 3:45pm Off ice Pilates
S 4:00pm - 5:00pm Open

SENIOR

S 3:45pm-4:45pm Off ice Pilates
S 5:00pm-6:00pm Sr. Open
S 6:15pm-7:00pm Sr. Open

SHARED JR/INT/SR

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 – 5:00pm	Open
W	6:45am - 7:30am	Open
W	7:30am – 8:00am	Edges
W	4:30pm - 5:15pm	Open
W	5:30pm – 6:15pm	Off ice Jump
TH	6:45am – 7:30am	Open
TH	7:30am – 8:00am	Endurance Stroking
Th	3:45pm – 4:45pm	Free

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. Remember by purchasing our programming, you are agreeing to help with our fundraising.

We offer a 5% discount when 6 or more sessions are purchased for an individual skater.

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

\$294	per 75 minutes of ice	\$11.76/session based on 25 weeks.
\$235	per 60 minutes of ice	\$9.40/session based on 25 weeks.
\$176	per 45 minutes of ice	\$7/session based on 25 weeks.
\$160	Edges and Turns per 30 minutes	\$6.40/session based on 25 weeks.
\$210	JR/INT Jump class for 45 minutes	\$8.40/session based on 25 weeks.
\$225	JR/INT Pilates class for 45 minutes	\$9.00/session based on 25 weeks.
\$277	SR Pilates class for 60 minutes	\$11/session based on 25 weeks.

Drop-in Fees

ICE

\$5 per 15 minutes

EDGES & STROKING (TWT AM 7:30-8:00AM)

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

OFF ICE SESSIONS

\$15 for Wednesday JR/INT/SR 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.

Other Important Dates

Warm up Week

Sept 5, 6 and 7

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

4:45pm-5:00pm Flood

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

PA Training

September 24, Oct. 1, 4 - 4:45pm-5:30pm
(On-Ice Training)

September 23 – 1:30pm-2:30pm (Off-ice)

Christmas Gala

December 13: 5:45pm-7:00pm

Holiday Skating Camp

January 2-4

Test Days

January 27: 2:00pm-7:00pm

March 30: 8:00am-1:00pm

Spring Skating (Separate Package/Drop in Fees)

April 8-19

Summer skating – July & August

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.

Questions

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

STARSkate and Competitive Coaches

Kendra Domenico

k.domenico@kcpenergy.com

Robin Forsyth Tkacz

tkaczrobin@gmail.com

Cynthia Ullmark

cynthiaullmark@gmail.com

Jan Ullmark

jullmark@shaw.ca

Canskate & Pre-STAR Coordinator

Meghan Jones

megkurt@telus.net

Board of Directors for 2018/19 Season

President	Mark Tkacz
Past President	Bonny Bay
Vice President	Marie Dearing
Treasurer	Sarah Burden
Secretary	Cheryl Gleig
Membership Director	Bev Gray
Special Projects Director	Norine Hori
Programs Director	Jennifer LeBelle
Coaches Rep	Jan Ullmark
Test Chair	Maude Marsan / Terri Solodan

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 (2018/19 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.

Refund/Cancellation/Missed Ice Policy

Any refunds/changes due to medical reasons, the 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".