

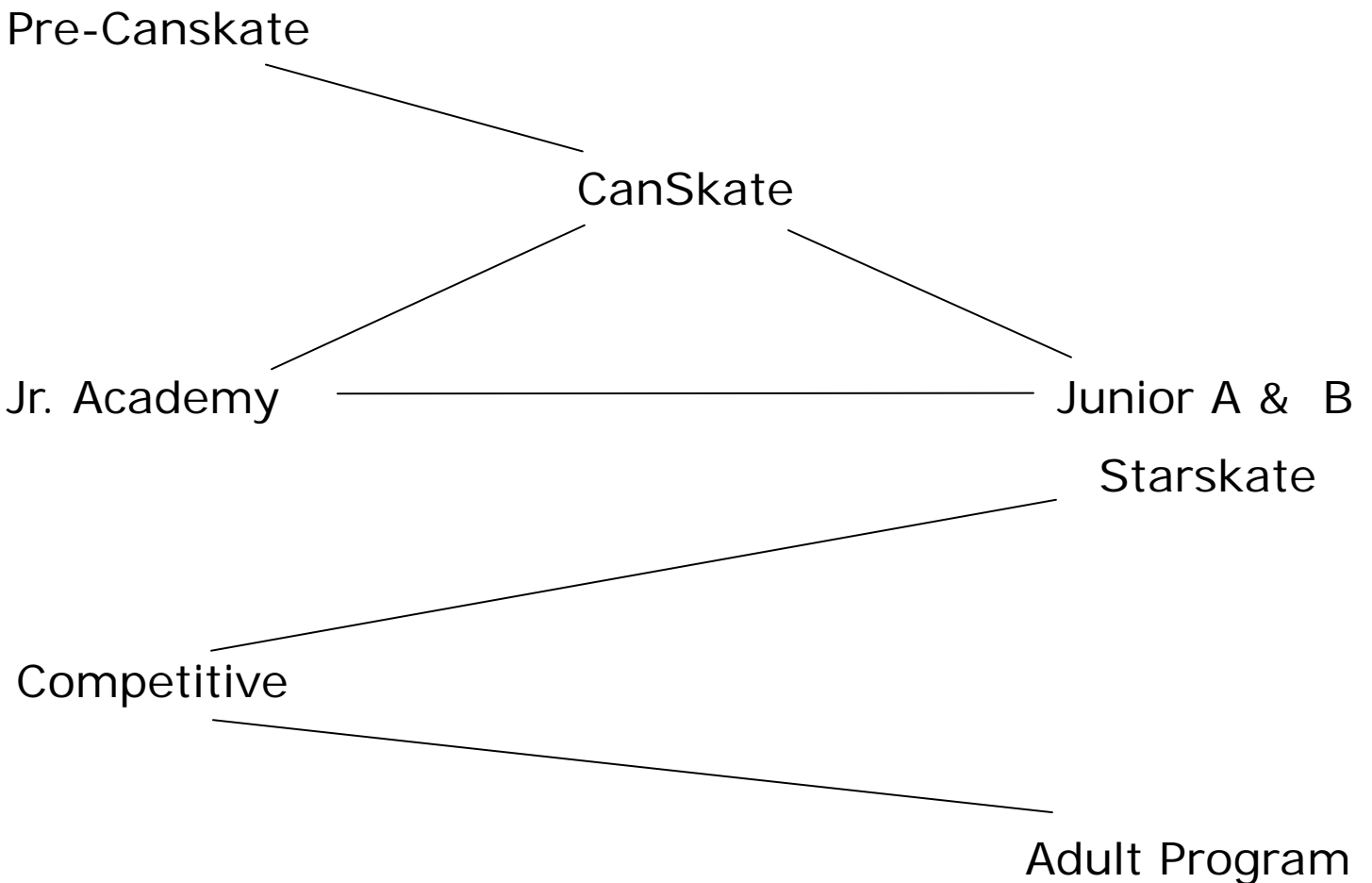


**Club  
Information  
Pack  
2011 -2012**

Everyone here at Valleyview Skating Club would like to welcome you to the wonderful sport of skating. Our goal here as your coaches is to provide a safe, fun, learning environment that won't just enhance your skating capabilities but also teach you valuable life skills, such as discipline, self motivation, confidence, and work ethic.

We aim to provide a well rounded program which incorporates all aspects of our sport for every level of ability. Whether you are learning to skate for the first time at age 3 or 93, relearning old skills, training to compete in StarSkate or Competitive events, or if you simply want to enjoy the feeling, flow and creativity that skating can give, we aim to provide you with the platform to achieve your goals.

## Club Pathway to Performance





# The Programs

## Skills, Tests, Achievement, Recognition

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating, ice dance or pairs skating.

When you/your child registers for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure
- Club Performances in Galas and shows, Blazer's games and Sun Peaks Winter events
- Opportunity to compete in and out of the Okanagan Region

Depending on age and ability StarSkaters may be placed in one of three groups within The Valleyview Skating Club.

Junior A's will have either come straight from CanSkate or most likely the Junior Academy Program, and will be aged 10 and under. At this age the correct teaching of technique, skills and fundamentals is paramount.

Junior B's may also have joined from CanSkate or may have previously been in Jr. Academy or Junior A's. Junior B's are aged 11 or over.

Junior A's & B's each have their own ice time so that training can be kept age specific.

Senior StarSkaters train alongside competitive skaters. In the not too distant future the two streams shall merge and so this already being in place shall ease the transition.

At this time private or shared lessons are required. The individualistic nature of the sport dictates that private lesson time is crucial, however coaches are able to lesson share with skaters working on a similar skill.

Since the Introduction of the Skate Canada Long Term Athlete Development Program the VVSC schedule has been modified to fit into LTAD recommendations and the Juniors receive all recommended instruction both on & off the ice.

Please visit [www.vvsc.ca](http://www.vvsc.ca) to view the schedule for Junior A's, B's & Seniors, registration forms and coaches contact info



CanSkaters and STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters can participate in the competitive program.

### **What is CompetitiveSkate?**

The Competitive Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites).

### **It's more than just skating!**

Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. In addition to the life skill benefits, skaters in this program receive:

- access to provincial and national funding programs (as applicable)
- the opportunity to be selected to Skate Canada's [National Team](#), [Junior National Team](#), or [Synchronized Skating National Team](#)
- the opportunity to compete at BMO Sectional, Challenge, Junior Nationals and/or Canadian Championships
- opportunity and potential to be selected to represent Canada internationally at one of more than 30 competitions each year
- access to sport science services

### **The Qualifying Event structure**

There are several opportunities throughout the season for skaters to participate in competitive events.

The Skate Canada Competitive Program offers nationally standardized competitions to competitive skaters. These events are the stepping stones to other Skate Canada programs such as the developmental team, Junior and Senior National Teams and the World and Olympic teams. Skaters competing in the qualifying event structure can do so at the Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior and Senior levels in Singles, Pairs and Dance.

At the Valleyview Skating Club competitive skaters are well catered for. Training is offered almost all year. Regular season ice runs September to April. Spring ice is available as well as Summer Camp. Dryland classes are scheduled at all times and are mandatory for competitive skaters.

On ice coaching includes stroking & footwork skills, spin & jump technique, choreography, endurance, agility, flexibility, power skating, interpretation skills etc

Off ice coaching includes flexibility, strength, agility, endurance, goal setting, pilates, plyometrics, circuit training, seasonal planning, dance, etc

Psychological skills that are crucial for any athlete are also incorporated, especially during Summer Camp as time is more readily available. Skills such as goal setting, mental imagery, thought stopping & focus control are regularly taught.



At the Valleyview Skating Club we are proud to offer a great adult program. Whether you are a returning skater or discovering skating for the first time we aim to inspire you in your skating endeavours.

We currently offer the choice of 5 on ice sessions per week as well as dryland classes to either enhance your skating or improve general fitness.

On and off ice coaching incorporates all the same skills that are taught to younger competitive skaters.

The VVSC adult skating team travels to competitions a few times a year and participates in Adult National Figure Skating Championships and the World Adult Championships.

Adults feature in the Club's Shows and Galas with their own group number as well as solos.

Please visit [www.vvsc.ca](http://www.vvsc.ca) for times and prices of adult sessions, registration forms and coaches contact info.

## On Ice Etiquette

First priority of ice space will go to a skater in a lesson. This is so the skater paying for coaching time does not have their time wasted dodging other skaters or waiting for others to move out of the way. A skater in a lesson doing a run through of their program will take priority over another skater in a lesson *not* doing a program.

Be respectful and be courteous of each other. Be mindful that some skaters are learning the etiquette if they are just moving to a new level. Accidents may happen. Apologize if you get in each other's way, and if you are a seasoned skater, please gently correct the etiquette of a newer skater.

Please watch out for coaches. They sometimes stand in odd places to view jumps from a certain angle.

When practicing spins, skaters should work in the centre of the ice. For jumps, please use the outer edges and corners of the ice. This will help improve the flow of the ice and will hopefully lead to fewer on-ice accidents.

Please try to be on time for any training sessions. Leave enough time to **properly stretch and warm up** BEFORE your ice time begins.

Please let coaches know if you are leaving the ice for any reason. This includes getting a drink, changing clothes, etc. When skaters leave the ice unannounced coaches worry about the skaters.

**Ice time is for training!** Please keep "gab sessions" and visiting for after your ice session. Of course, helping other skaters with their skating elements and techniques is welcome.

## Practice Attire:

Skaters need to wear dresses, skirts or leggings. Please no loose-fitting Yoga Pants as they are baggy at the knee and coaches need to see your knees. If skating skirts are worn please ensure the top is close fitting. Again we need to be able to see your hips and waist. Anything baggy restricts how well we can see your body alignment.

Valleyview Arena gets incredibly cold during the winter months. To reduce injury risk it is crucial that skaters dress in many layers that can be taken off when working hard and layer up again when cooling down. Extra pairs of tights are a good idea.

Hoodies are not allowed; they are too bulky and the hood unbalances the skater. Please ensure you have a proper skating sweater or well-fitting training jacket.

Please wear gloves as opposed to mittens so your fingers are free for skating elements.

Make sure you wear your guards as soon as you leave the ice, dry your blades as soon as you take them off, and use soft guards when your skates are in your bag.

Please ensure hair is always tied back and all strands are held back off the face.

Bring Keenex and water bottles out to the ice with you at the start of the session.

## **Coaching Fees:**

Private and Semi-private lesson fees are always charged separately from ice fees that are paid at the beginning of the year.

### **Private Rates:**

<b>Type of Lesson</b>	<b>Per 15 minutes</b>
Freeskate / Choreo / Skills	\$9.00

### **Semi-Private Rates (3 Skaters max):**

<b>Type of Lesson</b>	<b>Per 15 minutes</b>
Freeskate / Choreo / Skills	\$5.00 per skater

### **Competition Coaching Fees:**

<b>Coaching Fee Per Event</b>	\$18.00
<b>Travel, Food &amp; Accommodation Expenses*</b>	-mileage, ferry costs -meals -accommodations, etc.

### **Test Coaching Fees:**

<b>Coaching Fee Per Test</b>	\$18.00 + additional expenses
<b>Travel, Food &amp; Accommodation Expenses*</b>	-mileage, ferry costs -meals -accommodations, etc.

*\*All coaching expenses for competition and test days are shared among the number of skaters attending.*

### **Music Fees:**

<b>Elementary - Gold</b>	\$10.00 per ½ minute (includes 4 copies of music on CD – 2 for competition, 1 for club, 1 for your use)
<b>Additional Duplicates</b>	\$5.00 each

Off ice training and group stroking lessons is included in Club ice fees

## **Billing Policy:**

Payment is due 5 business days upon receiving bill. Bills not paid by the following billing date will result in lesson suspension.

Cash or cheque is acceptable. Cheques are payable to the coach(es) providing lessons to the skaters: Eva Mortensen Davies or Tammy Crawford. If paying by cash please deliver in an envelope marked with your child's name.

Post dated cheques will not be accepted

**NSF Cheque Policy:**

A \$20 fee will be charged for any NSF cheques.

**Missed Lesson Policy:**

A **\$10 fee** applies to missed lessons unless you have provided me with 24 hrs notice that your child will be absent or late.

**Competitions/Tests:**

Test and competition entry fees are separate from coaching fees. Additional mileage, food, and accommodation expenses applies to coaching fees for tests and competition; however, the cost is divided among the number of skaters attending.

You must be a member in good standing, having paid all ice fees and coaching fees, prior to: registering for competitions, seminars, taking any tests and registering for the Spring and Summer skating schools.

# Competition and Test Day Checklists

## Competition Checklist:

- Music: Check all copies a few days before leaving for competition so that coaches have time to make copies if necessary. Hand in master and back-up copy when you sign in at competition. The coach will also have rink copies.
- Have clean, white (or black for boys) polished skates with clean laces. Do not put in new laces the night before competing, but bring a back-up pair.
- Bring your competition outfit, as well as a back up, in case of accident. Wear flexible clothes to the arena for warming up. Skaters will change after warming up.
- Check that tights are clean with no holes, plus spare pairs. Tights should be either footed or footless (not stirrup).
- Wear close fitting black or white warm up sweater for warm up on ice.
- Wear clean gloves that match either the outfit or sweater.
- Have skate guards.
- Do not wear jewelry, except studded earrings or a wedding ring.
- Hair accessories and make up should compliment the outfit. Make sure hair and hair accessories are back off the face and firmly secured to the skater's head. Hairspray is strongly recommended.
- Bring water, kleenex, and a light, healthy snack (ie: granola bar or fruit).
- **Please be at the arena at least 1 hour before the skater's scheduled time.**

## Test Day Checklist:

- Skaters should follow the above competition checklist for skates, attire, hair, and makeup.
- As testing day will most often be during a previously scheduled ice time, skaters should come to the arena fully dressed, as there may not be time off ice to dress and prepare.
- If it is NOT a regularly scheduled time, **please come at least 30 minutes before test time.**
- While not testing, skaters are spectators and should be considerate of the judges and skater testing. Please, no talking!
- Skaters will receive their testing results after all skaters have tested in that category. Skaters should wait in the stands and watch and support the other skaters while waiting for their results.

## **Competition Registration:**

At the beginning of the season the Competition Chair will send a list of board-approved club skating events. Skaters are encouraged to register for these competitions on-line. The Competition Chair will try to send out reminder information about registration deadlines; however, it is up to the individual skater to register and pay for their events by the given deadline.

## **Ice Shows & Galas:**

Ice Shows & Galas are an integral part of the clubs yearly cycle for many reasons.

Primarily it is a great opportunity for skaters to showcase their skills to family and friends. Performing and receiving recognition and praise instils confidence, a sense of pride and belonging.

Secondly, and incredibly importantly, it enables the club to fundraise. This in turn secures the future of the club. In a non-profit organization supported & run by volunteers, this fundraising is crucial to the longevity of the club.

All skaters are invited to join in with Shows & Galas:

- CanSkaters and Pre-schoolers have their own routine choreographed.
- Junior Academy has their own routine choreographed.
- Junior A's, B's, Seniors and Adults have their own routines respectively as well as solos, duets, trios etc

When signing up for a show kindly remember that the coaches have many skaters and routines to plan. Please take attending rehearsals seriously and aim to be on time.

For many first time show skaters that are unsure of how things work there are many board members who are more than willing to talk with you and/or of course the coaches.

Hand outs or emails are often used for communicating rehearsals, costumes etc. Please take care to keep these safe so your child does not miss out on relevant information.

Please also bear in mind that despite being an amateur skating club the coaches wish to put on as professional show as we can and to present the club to the community in the best way possible. This raises the profile of the club and so in turn may affect membership.

Shows are an exciting experience whatever your level of skating experience and can create lasting memories, as well as teach extra skills such as different interpretation skills and adaptability.

## **Missed Ice Session Policy**

Skaters and parents are asked to make themselves familiar with the policy on making up sessions that skaters miss during the September - March regular season.

The first, and most important regulation is that skaters **must have prior approval from their coach** to come onto a session to make-up time. This is to ensure there is adequate space and coaching time available on the proposed ice time. If coaches do not have time in their schedule, or if the ice is at capacity, a make-up session request can be denied for that day.

### **Statutory Holidays:**

Skaters who missed a regularly scheduled day of the week in their package because of a statutory holiday (Labour, Thanksgiving etc.) may make this up, with prior approval of their coach.

### **Cancellations:**

Skaters who miss a regularly scheduled day of the week in their package because of ice cancellations by the City of Kamloops, may make this day up, with prior approval of their coach.

### **Injury or Sickness:**

Skaters unable to attend a session because of an injury or sickness, may request a make-up session in consultation with their coach. Normally, no more than one week of missed sessions is accepted for make-up. Extended injury or illness can be made up with a written request for ice credits to the Board.

All other reasons for missing a scheduled session, including conflicts in personal or family schedules with other activities, are **not** accepted for make-up sessions.

### **Additional Information:**

Please keep up-to-date with scheduled ice cancellations and their rescheduled dates. This information will be made accessible on the VVSC website and via email.