



# Parent Handbook

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## 2017 - 2018 CSC Board of Directors

Position	Name
President	Karen Clarke
Vice President	Allison Ashleigh
Secretary	Freya Hellwinkel
Treasurer	Niru Terzolo
Director	Shelley Adams
Director	Danielle McGuire
Director	Vanessa Michael
Director	Michelle Redman
Director	Jennifer Walters
Director	Allison Way
Director	Nancy Zamborsky
Coaches Representative	Janet Collins

## 2017 - 2018 CSC Coaches

Coach	Qualifications	contact
Christine Howell (Program Coordinator)	<ul style="list-style-type: none"> <li>• Qualified for all disciplines</li> <li>• Certified NCCP Provincial Coach</li> <li>• Trained National Coach</li> </ul>	705-444-3758 mchowell@rogers.com
Diane Hall-Colley	<ul style="list-style-type: none"> <li>• Qualified for all disciplines</li> <li>• Certified NCCP Provincial Coach</li> </ul>	705-445-3585 dianecolley16@gmail.com
Janet Collins	<ul style="list-style-type: none"> <li>• Qualified for all disciplines</li> <li>• Certified NCCP Provincial Coach</li> </ul>	705-429-7274 jcollinssk8@gmail.com
Michael Koshilka	<ul style="list-style-type: none"> <li>• Qualified for all disciplines</li> <li>• Certified NCCP Provincial Coach</li> </ul>	705-351-8461 mkoshilka@rogers.com
Sarah Raynsford	<ul style="list-style-type: none"> <li>• Qualified for all disciplines</li> <li>• CanSkate Certified</li> <li>• Trained NCCP Regional Coach</li> </ul>	1-519-378-4422 <a href="mailto:sarahskater10@gmail.com">sarahskater10@gmail.com</a>

All of our coaches are certified in First Aid and have completed the Making Ethical Decisions NCCP course required by Skate Canada.

Private lessons are available on some sessions. Please contact the coach of your choice.



# Ice Schedule

## Tuesday

- 4:00 – 5:00: Star Skate Program (Intermediate)
- 5:00 – 5:30: Pre CanSkate Program
- 5:30 – 6:30: CanSkate Program
- 6:40 – 8:00: Advanced Star Skate Program (Senior)

## Wednesday

- 4:00 – 5:00: Advanced Star Skate Program (Senior)
- 5:00 – 6:30: Star Skate Program (Intermediate)

## Friday

- 4:00 – 5:30: Advanced Star Skate Program (Senior)
- 5:30 – 6:30: Star Skate Program (Intermediate)

Time	Tuesday	Wednesday	Friday
4:00	4:00 - 5:00 Star Skate Program (Intermediate)	4:00 - 5:00 Advanced Star Skate Program (Senior)	4:00 - 5:30 Advanced Star Skate Program (Senior)
4:10			
4:20			
4:30			
4:40			
4:50			
5:00	5:00 - 5:30 Pre Can Skate Program	5:00 - 6:30 Star Skate Program (Intermediate)	5:30 - 6:30 Star Skate Program (Intermediate)
5:10			
5:20			
5:30			
5:40			
5:50	5:30 - 6:30 Can Skate Program	6:40 - 8:30 Advanced Star Skate Program (Senior)	6:40 - 8:30 Advanced Star Skate Program (Senior)
6:00			
6:10			
6:20			
6:30			
6:40			
6:50			
7:00			
7:10			
7:20			
7:30			
7:40			
7:50			
8:00			
8:10			
8:20			
8:30			

# Dress Code for Athletes

## Clothing

Skaters should wear warm, comfortable clothing. However, do not overdress skaters – once they are moving around they become quite warm. Remember, the more clothing, the less mobility a skater has. Also, bulky clothing makes it very difficult for coaches to assess body movement. Do have your skater wear gloves, however. As a skater progresses, he or she might want to wear a skating outfit – skating dresses or skirts for girls and skating pants in a stretch material for boys.

Helmets approved by the CSA are mandatory for skaters who have not yet passed Stage 5. Please do not use bicycle helmets. After the skater passes Stage 5, it is up to the parent to decide when the skater no longer needs to wear a helmet.

YES	NO
<ul style="list-style-type: none"> <li>• Layers of light, stretchy clothing</li> <li>• Knit gloves</li> <li>• CSA approved helmet for skaters who have not yet passed Stage 5</li> <li>• Glasses if necessary</li> <li>• Undershirts</li> <li>• Turtlenecks</li> <li>• Splash Pants</li> </ul> <p><b>Girls:</b></p> <ul style="list-style-type: none"> <li>• Skating Dress</li> <li>• Beige Tights</li> <li>• Spandex Tights</li> <li>• Short, fitted sweater</li> <li>• Leggings</li> <li>• Hair neatly tied back</li> </ul> <p><b>Boys:</b></p> <ul style="list-style-type: none"> <li>• Slim-Fitting Pants (Stretchy if Possible)</li> </ul>	<ul style="list-style-type: none"> <li>• Hats or Headbands</li> <li>• Earmuffs</li> <li>• Scarves</li> <li>• Ski Jackets</li> <li>• Overcoats</li> <li>• Baggy Pants or Hoodies</li> <li>• Tight Pants</li> <li>• Pants longer than the ankle</li> <li>• Boot Covers</li> <li>• Long and/or Bulky Sweaters</li> <li>• Baggy or Fuzzy Mitts</li> <li>• Elbow, Wrist, Knee, or Face Guards are only needed to protect an injury</li> </ul>

## Skates

Proper equipment in good condition is essential. Skaters who wear ill-fitting, poor quality or inappropriate equipment cannot expect to progress quickly or develop good technique. Skates should fit, provide appropriate support, be laced properly, have a good quality blade, and be protected with guards when being worn off the ice. Skates should also be professionally sharpened periodically after approximately every 20 hours of use but this is by no means a hard and fast rule. Skates will need to be sharpened far more frequently if the skater does not wear guards. Guards should be worn by all skaters, at all times when the skaters are not on the ice. The carpet at ice level will not harm skates but the dirt and debris on it certainly will.

Skates should fit like shoes, allowing no more than about half a size for foot growth. It is difficult for a child to tell whether a pair of skates fit well so it is best to rely on an experienced and knowledgeable salesperson. When a skate fits well the skater's heel should be firmly placed at the back of the boot with their toes gently touching the toecap. When the heel of the boot is held firmly down with one's hand, the skater should not be able to lift their heel away from the bottom of the boot to any great degree. When the skates are laced, the laces should be pulled snugly over the ankle but loosely over the toe and the front of the foot. The tongue should be wide enough to stay in place and the front opening of the boot should be wide enough to pull the laces tight. Tie the laces securely but be able to put one finger down the back of the boot.

Make sure the laces are long enough to be tied in a double bow and tucked in. When the skater's knees are bent there should not be too much buckling of the leather around the ankles. The leather in poor fitting skates can break down prematurely in areas that wrinkle regardless of the quality of the material of which they are made. A proper fitting pair of leather skates should stretch and mold around the feet. A good boot may take several sessions of 'breaking in' before it molds to the foot. This may cause some discomfort at first.

## NEVER HAVE THE BOTTOM TOE PICK REMOVED!

### Tips for Buying Used Skates

- Make sure leather skates give adequate ankle support. If the leather in the ankle area is badly worn, wrinkled, or weak, the necessary support will not be given.
- Check all stitched areas of the leather to make sure that the skate is not coming apart.
- Wiggle the blades to make sure they are securely attached. It is normal for the screws to work loose with wear but if they don't tighten it could be a sign that the soles have begun to rot.
- If the skates have a liner, remove it to check whether the boot has begun to rot inside.
- Excessive moisture and improper drying of skates can cause rot around the screws and can result in loose blades.
- Skaters should always consult their private coach before purchasing new or used skates.

### Care of Skates

- Make sure the blades are professionally sharpened at the beginning of the season and periodically check them for dullness or nicks.
- Skate guards should be worn any time the skater is not on the ice.
- Do not store the skates with the guards left on – the blades will rust. After skating, blades and skates should be dried thoroughly with a soft cloth. Between skating sessions the skates should be taken out of the skate bag and allowed to air and dry completely – inside and out.
- Skates should be kept clean and the laces tucked in when they are worn.

# Types of Lessons

## Club Group Lessons

These lessons are included with your membership and are provided to ensure that all skaters receive professional direction.

## Private Lessons

One of the main reasons you hire a private coach is to improve the quality of your skater's training so he/she can develop good technique. Hiring a figure skating coach means hiring someone to guide your child's figure skating career. This coach becomes the person you go to for training advice. Private lessons are arranged directly with and payment is made directly to the individual coach.

'Private Lessons' refers to a lesson structure that may include:

- Private – One-on-one with your private coach
- Semi-Private – 2 skaters with your private coach
- Private Group – 3 or more skaters with your private coach

## How Many Lessons?

This depends on the skater's skill level and of course, your budget. Ask the coach what they would recommend. Some Factors to consider are: the number of disciplines they are participating in, if new solo programs are being choreographed, and the number of events they are competing in for the season.

## How to Hire a Private Coach

The Collingwood Skating Club is very proud of their coaching staff. All of the coaches are NCCP certified, Skate Canada certified, and have an abundance of experience.

- To identify the coaches, refer to the photographs and biographies in the club's information case.
- Approach the coach of your choice. The best way to communicate with a coach is to wait until they are off the ice or call the phone number the club has provided on page 2 and our website.
- Ask about availability, rates, payment options, and any other questions you may have.
- Please note that prompt payment is required.

# Program Assistants

Program assistants are amateur skaters who volunteer their time. Depending on the session, they help organize skaters so that they are in the correct area and group, pick them up when they fall (if necessary), play games with them and generally help the session run more efficiently.

P.A.'s are trained yearly by the Head Coach. P.A.s will also supervise the skaters' independent practice time. Please note that this supervision is **not** a substitute for private lessons.

# Preparing for a Competition

Competing is optional but most coaches feel it is important to compete even if you don't have Competitive Stream ambition because the process of preparing for competition focuses skaters' efforts and the performance experience can improve performance under pressure both at competitions and for tests. Besides, skaters enjoy competitions – they are exciting and they feel proud to represent their club.

To compete, a skater must meet the age and test qualifications for the event. If a certain competition is appropriate for you, your coach will advise you on appropriate categories and the registration process. It is the parents' responsibility to register online and ensure payment before the due date. **Applications are not accepted after the due date – not even one day late.** Many events require you to send along a birth certificate so it's a good idea to have a few copies available.

All registrations need to be confirmed by the CSC Test Chair to confirm that you are a member in good standing and that the information is correct.

About a week before the competition, either the skater, coach, or club (it varies with the competition) will receive confirmation of the entry along with the time of the event. Information on entries and results for most Invitational competitions are posted on the Skate Ontario website. Let your coach know this time as soon as possible as he/she might need to find a replacement coach for the lessons he/she will miss that day if he/she plans to attend your event. Not all coaches attend all competitions. Discuss coaching arrangements for each event with your private coach.

Participation in competitions involves some added expense such as travel expenses communicated by coaches. Skaters are required to dress appropriately for the event. Competitions charge an entry fee and your coach will charge for the preparation of the skater's music and extra lessons. It is customary for coaches to be paid to attend competitions. This fee covers time, gas, and lessons missed to be there. Skaters may also require extra ice time to prepare.

Remember, each skater is unique. It is **NOT** a good idea to compare your skater's progress or results to others'. There are too many factors influencing progress to make comparisons meaningful – age, maturity, talent, annual training volume, etc. A skater's placement in one isolated competition is not the ultimate measure of his/her ability and it certainly is not a measure of their worth as a person.

Please keep the following in mind:

DO	DON'T
<ul style="list-style-type: none"><li>• Maintain a positive attitude</li><li>• Be respectful of other competitors</li><li>• Be generous with your praise – Your skater has worked hard!</li><li>• Support your skater regardless of the outcome</li><li>• Accept the result with grace</li></ul>	<ul style="list-style-type: none"><li>• Keep asking your skater if he/she is nervous</li><li>• Keep picking at your skater's hair, clothes, etc. because you are nervous</li><li>• Bad-mouth other skaters</li><li>• Bad-mouth your skater</li><li>• Complain about the result</li></ul>

# CanSkate Program Information

CanSkate, Skate Canada's flagship program, is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner.

Designed for beginners of all ages, the focus is on fun, participation, and basic skill development. Participants earn ribbons and badges as skills are mastered. Skaters are taught in a group lesson format by Skate Canada professional coaches and supported by trained Program Assistants. CanSkate is the foundational and feeder program for all other Skate Canada club and community ice sport programs.

The CanSkate learning environment is enhanced through fun, music, and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

## CanSkate Program Objectives

- To provide participants and families with safe, welcoming, and inclusive first experience to the sport of skating
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention, mastery)
- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills
- To foster personal achievements and satisfaction through skill acquisition, rewards, and recognition
- To evoke a life-long interest in skating

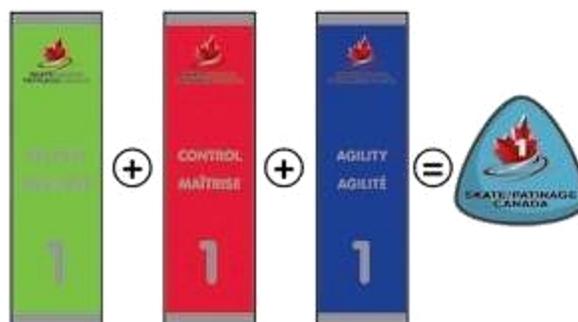
## Program Structure and Awards

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

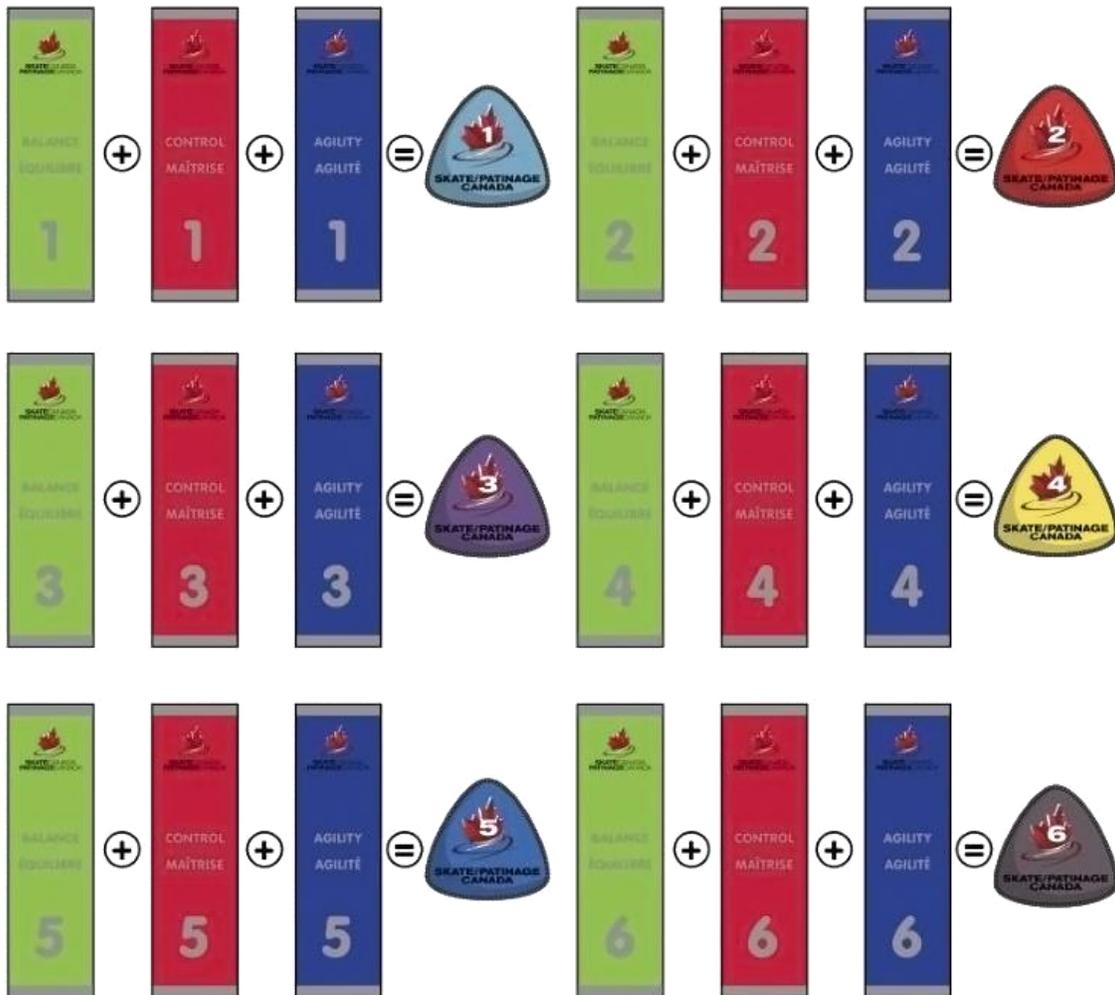
- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

- Three Fundamental Area Ribbons for each Stage



- Six Stage Badges – To pass a stage, skaters must achieve all Fundamental Area ribbons (Balance, Control, Agility) from the corresponding Stage. The skill requirements for each Fundamental area are indicated on the report card.



# StarSkate

Skills, Tests, Achievement, Recognition – this is what **STARSkate** is all about! **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 or pairs skating.

## Primary Level Tests

- Skating Skills: Star 1-5
- Free Skating: Star 1-5
- Dance: Preliminary, Star 1-5
- Interpretive: Introductory

## Intermediate Level Tests

- Skating Skills: Senior Bronze, Junior Silver
- Free Skating: Senior Bronze, Junior Silver
- Dance: Senior Bronze, Junior Silver
- Interpretive: Bronze

## Senior Level Tests

- Skating Skills: Senior Silver, Gold
- Free Skating: Senior Silver, Gold
- Dance: Senior Silver, Gold, Diamond
- Interpretive: Silver, Gold

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

**Skating Skills** are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

There are 9 Skating Skills tests in the STARSkate program:



- Star 1-5 ( NEW!)
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

## Ice Dance

Consisting of 10 levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Star 1-5
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

## Free Skate Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

There are 9 Free Skating tests in the STARSkate Program:

- Star 1-5 ( New)
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Star 1 test– Elements only

Star 2 – Gold test consists of Element portion as well as a Free Program.

## Interpretive

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

- Introductory
- Bronze
- Silver
- Gold

### **Competitions for STARSkate Athletes**

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

#### **Club Competitions**

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

#### **STARSkate Interclub Competitions**

These are events involving a number of clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

#### **Invitational Competitions**

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete. For more information contact the hosting Section or club.

# Skate Canada Dance Tests

Dance Tests are divided into many test levels, Star 1-5 plus Sr. Bronze, Jr. Silver, Sr. Silver, Gold, and Diamond. The following is a list of the dances in their respective levels. Test order within the levels may vary.

## **Star 1**

- Elements

## **Star 2**

Star 2a – Dutch

Star 2b – Canasta

## **Star 3**

Star 3a – Baby Blues

Star 3b – Elements

## **Star 4**

Star 4a – Swing

Star 4b – Fiesta Tango

## **Star 5**

5a – Willow Waltz

5b - Elements

## **Senior Bronze Dances**

Ten Fox, Fourteenstep, European Waltz

## **Junior Silver Dances**

Keats Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

## **Senior Silver Dances**

Paso Doble, Starlight Waltz, Blues, Kilian, Cha-Cha Congelado

## **Gold Dances**

Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango, Silver Samba

## **Diamond Dances**

Ravensburger, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz, Golden Waltz

## Important Club Dates to consider 2017-2018 season

- **Fall Registration** - Sat September 16 2017 11am-1pm & Wed September 20 2017 6-8pm at Eddie Bush
- **Winter Registration** - Tuesday December 12 2017 @ Eddie Bush during skate hours

## Ice Cancellations

- **Town** - Friday October 20, Friday November 17, 2017 and Friday February 23, 2018
- **Halloween**- Tuesday October 31 2017
- **Christmas Holiday** - Monday December 25, 2017 - Friday January 5, 2018
- **March Break** - Monday March 12, 2018 – March 16, 2018
- **Good Friday** - Friday March 30, 2018

## Tests

- Star 1 – 5 skaters are assessed during their skating session
- High – Senior Bronze and up – Please check bulletin board for dates and location

## Competitions

- **Club Competition** – Friday December 1<sup>st</sup>
- **Huron** – Dec 16 & 17, 2017 - Orillia

## Carnival

- **Dress Rehearsal and Photos** - Friday March 23 – 4-8pm
- **Carnival** - Saturday March 24 “Theme Out Of This World”

## Awards

- **Celebration** -Tuesday April 17th

# Useful Websites

## Collingwood Skating Club

- Our home club website. Useful information about upcoming events.
- Also contains registration forms and photos
- Check back often: <http://www.collingwoodskatingclub.com>

## Skate Ontario

- This is where you can find information about upcoming competitions and skating shows.
- Technical guidelines are also found here: <http://www.skateontario.org>



- Your child's test data is found here.
- You must use their skater number and password to enter.
- Password is usually your last name in capitals the first time you enter: <http://www.skatecanada.ca>

## Apparel

- Spirals – <http://www.spiralsbarrie.ca>
- Play It Again Sports – <http://www.playitagainsportscollingwood.com>