

## **SKATE CANADA**

### **MISSION STATEMENT**

Skate Canada is an association dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and/or achievement.

### **SKATE CANADA STRUCTURE**

Skate Canada is an amateur association that is a member of the International Skating Union. It is the largest figure skating governing body in the world with a membership of approximately 191,000 in over 1400 clubs in Canada and the two Canadian armed forces bases in West Germany. Skate Canada is run by a Board of Directors, which sets policy. The Board comprises a president who is elected biennially, the immediate past president, three vice-presidents, eight nationally-elected directors, 7 regionally-elected chairmen, three appointed Committee chairmen, two athlete representatives, five ISU representatives, two coaching representatives and a secretary-treasurer (usually the Director General).

For the purpose of organization, Skate Canada is divided into 13 Sections, each roughly equivalent to provincial boundaries. The exception is Ontario, which is divided into four Sections. The Yukon and Northwest Territories are administered by British Columbia and Alberta respectively. Each Section elects its own chairperson and executive. The Section chairpersons sit on the Skate Canada Board of Directors.

The 13 Sections are grouped into four Divisions for competition purposes.

The Western Division includes British Columbia/Yukon, Saskatchewan, Alberta- NWT/ Nunavut.

The Central Division includes Manitoba, Northern Ontario and Western Ontario.

The Eastern Division includes Central Ontario, Eastern Ontario and Quebec.

The Atlantic Division includes Nova Scotia, Newfoundland/Labrador, New Brunswick and Prince Edward Island.

### **CENTRAL ONTARIO SECTION**

**C.O.S.** Northwest Area  
Western Area  
Northeast Area \*\*\* (Elmvale's Area)  
Midway West Area  
Midway East Area  
Metro East Area  
Metro West Area

**Northeast Area Assistant Representatives**  
Marie Strachan  
**Regional Development Chair COS**  
Barb Rogers  
**Northeast Area Coaches Representative**  
Tracy Zwiers

### **Northeast Area Clubs**

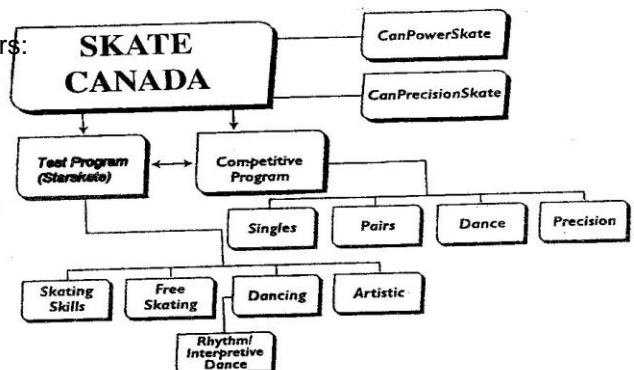
- Angus
- Barrie
- Bare Borden
- Coldwater
- Collingwood
- Creemore
- Elmvale
- Innisfil
- Lefroy
- Mariposa (Winter Club)
- Midland
- Orillia
- Oro
- Penetanguishene
- Stayner
- Thornton
- Wasaga Beach

### **SKATE CANADA PROGRAM STRUCTURE**

Some people are 'natural' skaters, but most need to be taught and need to practice over and over again. Skate Canada provides a variety of learning programs for anybody who wants to skate, whether young or old, beginner or veteran. First time skaters begin with the Pre-Can or CanSkate program. Then, depending on their goals and interest, they can move into either the recreational program or the test program. Skaters who wish to compete in singles, pairs or ice dance, can move from the test into the competitive program.

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Here is a summary of programs Skate Canada offers:



## **CANADIAN COMPETITIONS AND THE SELECTION PROCESS**

### **SECTIONALS**

The 13 Sectional Championships are the first of the Skate Canada qualifying competitions. Skaters can compete from the juvenile to senior levels. Those who finish in the top four places in the novice, junior and senior competitions are eligible to compete at the Divisional Championships.

### **DIVISIONALS**

There are four Divisional competitions held each year - Atlantic, Eastern, Central and Western. These are the last major qualifying competitions before the Canadian championships. The divisional competition that a skater attends is determined by their home Section. The top four finishers in the novice and junior categories, in addition to the top three in the senior category, go on to the Canadian Championships.

### **CANADIAN CHAMPIONSHIPS**

The Canadian Championships are held each year in a different city. Competitions are offered in singles, pairs and ice dance at the novice, junior and senior levels. The four's event is offered at the senior level only. In addition to those skaters that qualify through the Divisional's, 'byes' are also issued to the top three placements from the previous year's senior championships.

After completion of the Championships, the Skate Canada board of directors selects the team that will represent Canada at the world Figure Skating Championships.

### **ADDITIONAL COMPETITIONS**

Only a small percentage of Skate Canada skaters participate in the competitive stream. The majority are test skaters who compete at the club or interclub level.

A club competition is defined as 'one for which only club members of the holding club are eligible.' An interclub competition is 'one open to competitors from more than one club and may include members of the U.S.F.S.A. or other foreign association.'

Why do people compete? Competition provides incentive - a goal to work towards. It also provides the opportunity for a skater to perform in front of judges and an audience. Because an interclub competition involves two or more skating clubs, skaters gain experience from competing outside their own club or on other ice surfaces.

## **ELMVALE SKATING CLUB**

### **2014- 2014 EXECUTIVE**

Co-Presidents	Sharon Flewelling
Vice President	Available
Secretary	Susan Salway
Treasurer	Carla Lalonde
Test Chairperson	Liane Netherton
Competition Chairperson	
PreCan Liaison	Jill Edwards
CanSkate Liaison	Nicole Solly
Junior Liaison	Kimberlee Hall
Intermediate Liaison	
Senior Liaison	Cathryn Drobig
Coaches Liaison	Jason Monck
Carnival Chairperson	Renee Holloway
Registrar	Deanna Nelson
Fundraising	Connie Barszcz

### **GOALS AND OBJECTIVES**

1. Above all, the skaters are to have FUN!!
2. To provide an environment where quality instruction can be given resulting in quality skaters.
3. To improve, encourage and advance the development of technical skating skills as well as the development of artistic abilities.
4. To provide opportunities for skaters to be tested on their acquired skating skills.
5. To provide opportunities for skaters to participate at a competitive and recreational level.
6. To maintain open communication with club members and their parents on an ongoing basis.
7. To encourage parental participation in all aspects of club operations.
8. To raise, use, invest and reinvest money to support the activities of the Elmvale Skating Club.

**\*\*Striving for the above goals and objectives will make the whole skating experience positive and enjoyable for everyone concerned. \*\***

### **REGISTRATION FEES**

Registration fees are reviewed on an annual basis after the Recreation Arena Board has set the hourly 'user rate'. When considering fees, the Executive takes into consideration the number of hours each specific group, (Pre-CanSkate, CanSkate, Junior, Intermediate, and Senior) will use during the season, the number of Club Coaches' hours, Skate Canada registration costs and a carnival cost. In this way, the Executive tries to best have the specific groups pay for what they receive. Other club expenses include Club Competition, gifts and incentives for skaters, program assistants and coaches, music CD's for dances, training programs for program assistants, insurance, etc.

### **FEES FOR 2014-15**

PreCanSkate	\$335.00/2 days/week	\$270.00/1 day/week
PreCan ½ Session	\$200.00/2 days/week	\$150.00/1 day/week
CanSkate	\$500.00/2 days/week	\$450.00/1 day/week
CanSkate ½ Session	\$260.00/2 days/week	\$210.00/1 day/week
Junior	\$600.00/2 days/week	\$550.00/1 day/week
Intermediate	\$600.00/2 days/week	\$550.00/1 day/week
Senior	\$615.00/2 days/week	\$570.00/1 day/week

**A \$25.00 LATE REGISTRATION FEE WILL BE CHARGED AFTER SEPTEMBER 30, 2015.**

For skaters moving up into a new category please ask the registrar for information on additional fees.

**NO SESSION CHANGES AFTER DECEMBER 31, 2015.**

**\*\*\* THE CUTOFF DATE FOR CLUB MEMBERS FOR REFUNDS SHALL BE NOVEMBER 30, 2015.**

**MEMBERS MUST SUBMIT A WRITTEN LETTER TO THE PRESIDENT BY THIS DATE TO**

**GUARANTEE A REFUND. \*\*\*Refunds will be pro-rated and a \$25.00 administration fee will be applied.**

**N.S.F. CHEQUES. The club will charge a mandatory fee of \$40.00 for any N.S.F. cheque written to the Club.**

**FUNDRAISING**

As well as registration fees, fundraising is essential in the operation of the Elmvale Skating Club. Monies over and above our registration fees are required to maintain our quality skating program. Our fundraising endeavors may include selling skating lottery tickets, raffle tickets, supply meals at various skating Competitions and getting donations from local businesses.

**VOLUNTEER TIME**

Volunteers in any organization are always welcome but are often very few; therefore, we have established our volunteer time. Every family submits a postdated cheque in the amount of \$200.00 in lieu of volunteer time. The volunteer time cheques ensure that we will have adequate help for all the fundraising functions we hold throughout the skating year. Upon completion of your time, the Club will destroy your postdated cheques. Families will be required to complete a volunteer hours record to ensure all time volunteered is recorded and accounted for. Please see the club bulletin board or your session liaison for further details.

**CLUB COACHES**

The Club provides one full-time professional coach for our Pre-CanSkate, and two for our CanSkate programs. There are also club coaches for our Junior and Intermediate programs. We welcome back Adrienne Callan, James Callan, Julie Burns, Karen Kelly, Jason Monck and Kim Sokach. New this year is Jennifer Hussey.

**ICE TIME ALLOCATION**

**\*Sessions and times are subject to change depending on registration numbers.**

MONDAY:	Junior:	4:00 p.m. – 5:00 p.m.
	Intermediate	5:00 p.m. - 6:00 p.m.
	Senior	6:10 p.m. – 7:30 p.m.
THURSDAY:	Senior	4:00 p.m. – 5:50 p.m.
	CanSkate	6:00 p.m. – 7:00 p.m.
	PreCan	6:10 p.m. – 6:40 p.m.
SATURDAY:	Junior	7:30 a.m. – 9:20 a.m.
	Intermediates	8:50 a.m. –11:00 a.m.
	Pre-CanSkate	11:10 a.m. –11:40 a.m.
	CanSkate	11:00 a.m. – 12:00 noon

**Competition Dates:**

Huronion Fun Skate: January 16-17, 2017 Hosted by Elmvale Skating Club

Elmvale Club Comp – TBD

**NO SKATING ON THE FOLLOWING DATES**

October 24, 2015 – Hockey Tournament

November 21, 2015 – Hockey Tournament

December 24, 26, 31 - Christmas

February 15, 2016 – Family Day

March 26, 2016 – Hockey Tournament

### **Carnival:**

Will be held March 5, 2016 at 1 p.m (One show only)  
Picture Day will be February 27, 2016  
Rehearsal will be February 29, 2016  
LAST DAY of SKATING - March 24, 2016

### **FREELANCE COACHES**

It is at the discretion of the parents if they wish their child to have private lessons. Private lessons are to be arranged directly between the parents and the freelance coaches. **Only those freelance coaches who have been granted permission from the Executive are permitted to teach private lessons at the Club.** Rates and billings are to be negotiated directly between the parents and coach.

#### **Freelance Coaches availability:**

Adrienne Callan - 733-2282

[aidjames@bconnex.net](mailto:aidjames@bconnex.net)

James Callan - 733-2282 Monday's only (dance)

[aidjames@bconnex.net](mailto:aidjames@bconnex.net)

Karen Kelly- 835-6453

[knkelly@live.com](mailto:knkelly@live.com)

Kim Sokach - 322-7357

[ksokach@gmail.com](mailto:ksokach@gmail.com)

Julie Burns - 734-2029

[bear.kozmo@sympatico.ca](mailto:bear.kozmo@sympatico.ca)

Jennifer Hussey – 416-912-0434

[roachjenn@hotmail.com](mailto:roachjenn@hotmail.com)

Jason Monck – 818-3013

[Monck5@sympatico.ca](mailto:Monck5@sympatico.ca)

### **PRE-CANSKATE PROGRAM**

**CSA Approved HOCKEY HELMETS WILL BE MANDATORY. Bicycle and ski helmets are not accepted.**

This program is designed for children 2-5 years old, with very little skating experience.

Recommended dress for these programs is jogging suits, long underwear and K-Way pants. It has been found that snowsuits are too heavy and awkward for the child learning to skate. All children must have mitts.

**Group lessons are provided** with a Club Coach as well as Program Assistants.

### **CANSKATE PROGRAM**

CanSkate Stages 1 – 6

**CSA Approved HOCKEY HELMETS WILL BE MANDATORY. Bicycle and ski helmets are not accepted.**

Group lessons are provided with two or three Club Coaches depending on numbers, as well as Program Assistants.

Recommended dress for these programs is jogging suits, long underwear and K-Way pants. It has been found that snowsuits are too heavy and awkward for the child learning to skate. All children must have mitts.

### **JUNIOR PROGRAM**

Skaters working Stage 7, Preliminary Dances, Preliminary Skills and Preliminary Freeskate

Club coaching is provided for group instruction

No jeans are allowed and we do not suggest jogging pants or baggy pants. Spandex pants, skating dresses/skirts with leotards are perfect. The coaches must be able to see leg movement. Ski coats are not allowed. Upper body movement must be seen so sweaters are recommended. Mitts/mini gloves are a must.

### **INTERMEDIATE PROGRAM**

This program is for skaters working on completing their Junior Bronze /Senior Bronze Dances, Junior/Senior Bronze Skills and Preliminary Freeskate . Group lessons are provided for a portion of the session, and will include stroking. Private lessons can still be arranged with a coach of your choice, available to teach on this session. Graduation to Senior requires the completion of two of three of the following: Senior Bronze Dances, Senior Bronze Skills and completion of the Preliminary Freeskate.No jeans are allowed and we do not suggest jogging pants or baggy pants. Spandex pants, skating dresses/skirts with leotards are perfect. The coaches must be able to see leg movement. Ski coats are not allowed. Upper body movement must be seen so sweaters are recommended. Mitts/mini gloves are a must.

## **SENIOR PROGRAM**

This program is for skaters working on completion of their junior, senior silver and gold dances, skills and freeskate.

Club coaching is provided for a 15 minute stroking session per week on Thursdays.

Private lessons are necessary for all senior skaters and it is the sole responsibility of the skater/parent/guardian to make these arrangements directly with the Freelance Coach

Spandex pants, skirts, leotards, sweaters, etc. For test day you are to wear a skating dress, beige nylons or leotards, clean skates and laces. Long hair should be up in a braid or pony tail. Sweaters and gloves may be worn for warm up only.

## **PROGRAM ASSISTANTS**

Our CanSkate program gives an opportunity for older skaters to help teach our little ones to skate.

All our instructors attend a skating clinic to learn new ideas and gain knowledge of teaching techniques. These skaters are trained to effectively teach the CanSkate skills to their classes. All our instructors are volunteers and we would ask that if a parent has a question or problem regarding the program, they would contact an executive member and not the Program Assistants. Our Program Assistants should be 10 years old and be at least on the Junior level. Skaters helping on the junior session should have passed their Junior Bronze Dances. Without the continued support from these people, our program would not be as effective

## **TEST SCHEDULE**

**High Test Days: Nov. 26<sup>th</sup> Stayner, Jan. TBD - Creemore, Mar 23<sup>rd</sup> – Wasaga Beach**

**Low Test Days Dec. 7, Mar. 21 - both in Elmvale**

**For cancelled days due to weather, please listen to the local radio stations and check the website**

\*\* Subject to the number of tests being tried at the Low Level, regularly scheduled classes may be cancelled.

**BE SURE TO CHECK OUR BULLETIN BOARD AND WEBSITE IN THE ARENA FOR ANY CHANGES**

There is a test fee for each test tried and to be paid to the test chairperson. This money does not go to the club, but to Skate Canada and there is no refund. **Coaches and dance partners** may also charge a fee for test days. This fee must be paid by the parent/guardian. When you have passed a test it is recorded at the Skate Canada office.

## **CLUB CARNIVAL**

This date for this year's Club Carnival is **March 5, 2016**

Picture Day: **February 27, 2016**

Dress Rehearsal: **February 29, 2016 at 4:00pm SHARP**

All skaters are to be in complete costume. Make-up is recommended at this time.

Carnival week arrives and work begins on the backdrop. Help is required to build, paint and even do some electrical work. The more help, the better. Finishing touches, such as balloons, flowers, etc. are done the day of the carnival.

Carnival day:

We are able to get on the ice by 8:00 am in the morning of the Carnival. Set up usually takes 4-5 hours to complete. The more people that can help; the faster these preparations go. As well as the finishing touches to the backdrop, curtains need to be ironed and hung. Costumes are grouped and put in order of performances. The younger children prepare in a specified area while the older girls are in the dressing rooms downstairs. The sound system is installed, the boards around the ice are covered, and lights are installed along the ice surface.

If your child is in a 2nd carnival number there is a \$15.00 fee. If your child is in a 3rd carnival number there is an additional \$10.00 fee, totaling \$25.00 for the 2nd and 3rd numbers. These fees will be collected prior to the costumes being handed out for assembly. NOTE: The additional fee for 2nd and 3rd carnival numbers is NOT a costume fee but an overall carnival expense fee.

Children are to arrive one hour before show time. This gives lots of time to dress, and yes, make-up is a must. During the show, we ask that the children remain in their change room. During intermission each skater will be given a treat. At intermission time, if your child has finished his or her routine, you may take

them home if you wish. After the final performance, everything must be taken down and put away; we ask that parents stay to lend a hand.

Parents of all skaters are required to pay the gate fee for both performances, unless the parent is a designated carnival helper. This will be determined at the discretion of the executive.

### **EXECUTIVE MEETINGS**

The Club Executive Meetings are held throughout the year as required. If one person holds more than one executive position, that person is only entitled to one vote per motion. People holding co-positions are only entitled one vote between them per motion. In the event of a disagreement between the co-chairs neither person is entitled to a vote.

### **GENERAL MEETING**

The Club general meeting is held in the fall after club registration. The date for this meeting is **October 31, 2015 at 10:00 a.m.** at the arena. This meeting is to orient new parents to the club and to inform all members of changes in the program. The Executive is introduced and the operations of the Club are explained. The whole membership is encouraged to attend this meeting. Notice of the meeting date is given in the welcome letter and in the local newspaper.

### **ANNUAL MEETING**

The Club annual meeting is held within 30 days after the close of the winter skating session. At this time, any amendments to the constitution are voted on. Election of officers is held by the general membership. A quorum of 10% of the eligible voting members must be present to hold an election. Notice of this annual meeting is given 10 days prior to the meeting date. This notice is printed in the local newspaper. Attending the general and annual meetings is a great opportunity for all parents to get involved in the Club activities. **This meeting will take place on April 11, 2016 at 7pm.**

### **CLUB BULLETIN BOARD**

The Skating Club has a bulletin board in the arena, located in the hallway to the left of the food booth. This is where general information is posted as well as our newsletters, badge information; junior skaters' group lists and cancelled skating dates due to hockey, test days, or competitions. We ask all our parents to **PLEASE CHECK THE BULLETIN BOARD REGULARLY** as the information posted there affects all skaters and parents. A copy of the Elmvale Skating Club Constitution and Bylaws will be laminated and can be found on the Club bulletin board or can be requested from the club secretary at your discretion.

ELMVALE SKATING CLUB CONSTITUTION AND BYLAWS ARE AVAILABLE ON THE CLUB BULLETIN BOARD OR FROM THE CLUB SECRETARY AT ANY TIME. PLEASE READ AND REVIEW THESE RULES WITH THE SKATER- THESE RULES WILL BE ENFORCED IF VIOLATED

## **ELMVALE SKATING CLUB RULES AND REGULATIONS**

### **SKATING**

1. The ice schedule is listed in the newsletter. It may be altered from time to time and these changes will be posted on the Figure Skating Bulletin Board in the arena.
2. Only club members in good standing are eligible to receive group lessons or private instruction on Club ice from a Club professional.
3. The following order determines who has right-of-way during free skate sessions:
  - A) A skater who is receiving professional instruction
  - B) A skater whose music is being played
  - C) A skater who is practicing

Common courtesy is expected of all skaters.

4. Skating up or down for a private 15 minute lesson costs \$2.50 and must be given to the liaison - even if the coach requests this it is the responsibility of the skater. **No skating up or down on CanSkate or PreCan.**

## **CLUB PROFESSIONAL**

5. Private lessons must be arranged directly with a professional by the skater and the skater's parents.
6. Any Skate Canada member may attend the club on club ice for all sessions. The non-member may receive private lessons from a professional or otherwise participate in a skating session. The non-member must abide by all club rules and regulations.
7. The club harness will be used during free skate time only, and only by certified coaches. Home club skaters have priority over guest skaters.

## **MUSIC**

- 8a. Club coaches are responsible for, supplying the music for all CanSkate sessions, prior to each session. The music will include warm up, lesson time, and cool down and shall be approx. 1 hour in length.
- 8b. Club music may not be borrowed or removed from the control room without the permission of the club executive.
9. Members who bring recorded or taped music to be played will do so at their own risk and the Club will not be responsible for loss or damage.
10. A skater receiving a private lesson during free skate session should advise the music player beforehand, so that the solo tape may be held until requested by the professional.
11. Solo tapes will be played in order of music list. This order may be interrupted only at the request from the professional who is giving the private lesson. Once a solo has been announced, it will be played to completion unless cancelled by the skater. A tape may be repeated only after the entire order has been played and time allows.

## **CONDUCT**

11. Music will be controlled by the coaches on the ice via a club iPad, skaters will sign up on a list for order of skate for the ice, coaches given a lesson will still get priority
  12. The control room is off limits to skaters.
  13. Illegal use of alcohol or drugs by any member of the club during club activities either at home or away, will result in suspension or dismissal of the member from the club at the discretion of the executive.
  14. Long scarves and other loose or trailing garments are not to be worn on the ice.
  - CSA Approved Helmets are mandatory for Pre-CanSkate and CanSkate.**
  15. No pushing, tripping horseplay or intentional interference with other skaters is permitted on the ice or about the arena.
  16. Each skater must act with due regard and consideration of others on and off the ice. Failure to do so will result in immediate removal of the offending skater from the ice for a period of time up to the end of that session.
  17. Smoking is not permitted within the arena.
  18. **Parents are not allowed on the ice or in the player boxes.** Please do not disturb the lessons on the ice.
  19. **Parents are responsible for the behavior of the children during all sessions. All children must be supervised by an adult during each session.**
  20. No parent will interfere with the club professional or Program Assistant during any session. Any problems should be brought to the attention of the executive or session liaison.
  21. All skaters, professional staff and others must leave the ice immediately when the session is over.
  22. Foul language or gestures of any kind will not be tolerated.
  23. Skaters, their parents and professionals must abide by the decisions of the Executive.
  24. The session liaison is authorized by the Executive to enforce all of the above regulations. Any infractions will be reported to the executive.
  25. Any member whose account is past due may not be permitted to try a Skate Canada test at the discretion of the executive. Requests for refund must be sent to the executive.
- The above regulations will be enforced by the executive members. Any breach of the above will result in suspension from the club for a period of time suitable to the infraction.**



## **Hockey and Figure Skate Sharpening**



Skate sharpening is one of the most important aspects of figure skating. All of the skills your child will be learning involve using the edges of their blade. Each blade has an outside and an inside edge. Skaters use these edges for control, power and balance. Depending on the skater's ability, the depth of their edge will vary. It is important to maintain the quality of the edge by having them sharpened when necessary. The following are some questions you may have about skate sharpening.

### **How often should I have my child's skates sharpened?**

The frequency of the sharpening mostly depends on how often your child skates. It is recommended that skates be sharpened after 20-30 hours of use. However, this may vary depending on how well you take care of the blade.

### **How can I take care of the blade?**

Wearing skate guards when not on the ice is perhaps the best way to maintain the quality of the blade. Dirt, stones, plastic and rubber all wear down the sharpening. Some stones can cause "nicks" in the blade, causing the student to lose their edge. Wearing skate covers while not using the blade is important as well.

### **Why are my child's blades rusting?**

Rust on the bottom of the blade is caused by water. It is important to dry the blades thoroughly after each use. Never store your child's skates with the plastic guards left on. This will prevent the blades from drying, causing them to rust.

### **Can I get my blades sharpened at any sports store?**

Some sports stores may have qualified skate sharpeners but most use a skate sharpening machine that have been designed for hockey skates. Figure Skates are different than hockey skates and the machines will take the toe picks off and round the heel. The life of the blade will be drastically reduced. It is best to take them to a professional sharpener who knows how to prevent this from happening.

If you have any other questions regarding your child's skates, please do not hesitate to call me. I will be happy to answer any questions you may have. My number is (705) 818-3013. Have a great season!

**ELMVALE  
SKATING  
CLUB  
HANDBOOK  
2015-2016**

