

Valley Figure Skating Club

Parent Handbook

Skate Canada Mission Statement

Skate Canada is dedicated to providing Canadians the opportunity to participate in skating throughout their lifetime for fun, fitness, and achievement.

The Skater

The development of the skater is the whole purpose for the existence of the club, the coach and Skate Canada. The success of any club's on-ice activities is completely dependent on the behavior of the skaters. The skaters' responsibility is to make the most of the resources put before them. The best way for them to do this is to adhere to the necessary basic rules of courtesy during all on-ice activities. Every skater has the duty to show respect for the other skaters of the club and their parents, volunteers, coaches, judges and evaluators. In a harmonious club atmosphere, everyone is in a position to gain maximum results from their valuable practice time.

The Parent

The skating parent's role is to provide physical, emotional and, of course, financial support. Your skater will need you to show an interest in their progress, as well as giving your encouragement and understanding when times are difficult. You help to shape your child's attitudes, how they cope with success and failure, how they relate to other skaters and how they react to criticism. Set a good example, as your child will be watching and learning from you. Even young skaters need to have some input into skating decisions. Do not impose your goals onto your child. Assist your child in establishing his or her skating goals with the coach. Most importantly, enjoy being involved in skating.

The Coach

Skate Canada is a firm believer in the National Coaching Certification Program (NCCP). This program is conducted in partnership with the Coaching Association of Canada. Every coach registered with Skate Canada is, at minimum, a level one certified coach. The NCCP is a five level educational program for coaches and includes general theory and sport specific technical and practical components. The role of the coach is to teach and develop young skaters' technical ability. They are also role models for young skaters. Coaches play an important role in shaping the skater's attitudes towards skating as well as their personal values, such as sportsmanship, discipline and work ethic.

This Handbook is your introduction to the people and programs of the Valley Figure Skating Club for 2010-2011. You'll find useful information here whether you're a skater or a parent, and whether you're a newcomer or already involved with Valley Figure Skate Club. We've also provided some of the basics for those who may be new to figure skating.

You can visit our website at Valleyskating.ca for the latest news and information about Club activities and events, as well as links to the skating world in Alberta & Canada.

Information in this Handbook is subject to change and is not an official statement of Club policy. The Executive will be happy to answer any questions you may have.

Welcome to Valley Figure Skating Club!

OUR MISSION STATEMENT

The Valley Figure Skating Club is an Organization committed to developing all skaters to their full potential.

OUR GOALS

Represent the Interest of all Club Skaters
Offer Programs of Excellence
High Standards of Coaching
Access to Superior Training Facilities
Strong and Effective Leadership

Club structure

The Valley Figure Skating Club is a non-profit organization constituted under the authority of Skate Canada within the Alberta/NWT/Nunavet Section.

The **Board of Directors** is made up entirely of volunteers elected by members of the Club at the Annual General Meeting. Board members fulfill the following responsibilities:

The **President** chairs the meetings, drafts the agenda, sits in on committee meetings periodically, and generally provides the overall leadership and direction for the club.

The **Vice President** provides support and direction to the Club in all areas, participates on committees, and acts on behalf of the President in her or his absence.

The **Treasurer** prepares the budget and authorizes expenses.

The **Secretary** records minutes of Board meetings and summary of action items.

The **Coaches' Representative** attends all Board meetings, and brings the coaches' issues and concerns to the attention of the Board.

The **Test Chair**, plans and organizes test days and reports to the Board on issues relating to testing.

Executive Members 2010/11

President – Koren McDougald
Vice President – Amanda Dutton
Secretary - Suzette Lafreniere
Treasurer – Christine Brost
Coaches Rep – Elesha Wright
Registrar - Christine Brost
Test Chair – Michelle Kendell
Carnival Chair –

Volunteers

The Club depends on the efforts of many **volunteers**, who assist in the planning, organizing, and success of various Club events:

On **Test Days**, volunteers coordinate refreshments for the judges, help with registration, work as ice captains, and assist with music and announcements.

Carnival Coordinator heads a volunteer committee that coordinates & plan the event, assist with costume and decorations, collect tickets, and help with younger skaters. This is generally held in the month of March. Members of the Executive sit on this committee and assist with the planning and activities.

Fundraising

Fundraising is also an important to the club as it allows the Club to use the funds raised to subsidize ice rental costs, cover Carnival expenses, etc. Parents are asked to provide a \$50 post dated cheque to cover their \$50 fundraising commitment. If a minimum of \$50 funds is raised, the cheque is returned, otherwise the cheque is cashed in lieu.

This years fundraising efforts will be the selling of pizzas through CocoBrooks.

The club will also require volunteers to help work the Casino in July 2011.

If you are interested in helping out, please contact a member of the executive: we need you!

Calendar of Events

This year's calendar may change somewhat from time to time due to unforeseen scheduling issues. Please check your email for ice time changes as sometimes there is last minute scheduling changes. If in doubt, ask an executive member.

Sept 7	Regular Season begins for Juniors & Intermediates
Sept 8	Regular Season begins for CanSkate, Pre-Beginners & Power Skaters
Dec 17	Last day for Skating before Christmas Break
Jan 3/11	Regular Season Resumes
Jan 28-29/11	Central Region FunSkate, Olds, AB.
Feb 28/11	Last day of Power Skating
Feb. 11-13	Central Region Open (Stettler)
Mar. 4 2011	Carnival
April 8-10	Chinook Invitational (Lethbridge)
July 2011	Casino Fundraiser
Aug. 2011	Summer Skate School

Our programs

CanSkate Juniors STARSkate Power Skating

Valley Figure Skating Club's four program categories are designed to suit the skill levels, experience, interests and ambitions of particular groups of skaters and reflect the program structure offered by Skate Canada nationally. These categories offer a wide variety of instruction, practice, testing, competition and fun for skaters ranging from complete beginners to competitors. This chart provides a quick overview

Program	Purpose	Participants	Coaching	Tests	Competition
CanSkate & PreBeginners	Learning to skate	Beginners of all ages	Group lessons	Badges & ribbons for basic skills	CanSkaters may take part in Funskate events
Juniors	Learning elements of figure skating	Children ready for more independent work	Group lessons & optional private lessons	Badges & ribbons	May take part in STARSkate competitions
STARSkate	Progression through defined skill levels in the different disciplines	Skaters ready to advance through skills, tests, achievements, recognition	Private & Group lessons	STARSkate test levels in four disciplines	STARSkate competitions from club through provincial levels
Power Skating	Skills, techniques and conditioning drills taught in a progressive format that emphasizes how the skills apply to game situations.	Hockey or ringette players	Group Lessons	Badges acquired through skill evaluations & times	–

CanSkate

Canskate is a learn-to-skate program developed by Skate Canada and designed for beginners of all ages. It provides a good foundation not only for figure skating but also for recreational, synchronized, and speed skating, as well as hockey and ringette.

Consists of seven stages:

1. Balance
2. Glide Forward
3. Glide Backward
4. Edges
5. Power
6. Speed
7. Pre-Preliminary (Serves as a bridge to the Star Skate Program)

The program is offered in group lessons that focus on fun, participation, and basic skill development. Lessons are led by professional coaches certified by the National Coaching Certification Program and assisted by trained Program Assistants. The coach-to-student ratio is a maximum of 1:10. Coaches use music and a wide variety of activities to create a fun environment which promotes learning. Skaters progress at their own pace through a series of stages designed to develop confidence and ability. Badges and ribbons are awarded throughout the program as skills are mastered. These lessons are paid for by the club to the coach through your registration fees.

Parents and children look forward to the Club's annual Carnival, when skaters get the chance to show what they can do. You can find details on the stages of the CanSkate program at www.skatecanada.ca/en/skate_for_life/programs/canskate

Helmets

Helmets are recommended for beginning skaters of any age.

At the VFSC helmets are mandatory for all skaters participating in Stages 1 through 3 of the CANSKATE programs.

- 1 Fit should be snug
- 2 Both the strap and the helmet should be adjustable.
- 3 Look for helmets made of hard plastic with a thick layer of sponge
- 4 Look for helmets approved by the Canadian Standards Association (CSA) as they are the safest and of the best quality
- 5 A hockey helmet is recommended over a cycling helmet as it is designed to withstand repeated bumps and protect against penetration

Juniors

This program is for skaters who have just moved up from Canskate. It is designed as a stepping stone between the STARSkate program and the Canskate program. There are designated ice times so we can group skaters together and provide the best possible programming. The #1 focus of this program is to establish the basic skating skills for future skill development. Skaters will learn the fundamentals of Figure Skating in a positive motivating learning environment. Once skaters have mastered the basic fundamental skating skills, they are ready to start working on the Skate Canada STARskate tests. Age, maturity and skating level are the prerequisites for becoming a Junior STARskater. The coaches will let you know when your child is ready for this program. Although the majority of lessons will consist of group instruction, semi private and private lessons can be arranged. All coaching lessons are an additional charge.

Moving on to higher streams and levels

Further progress into figure skating is provided through the Skate Canada **STARSkate** programs offered at VFSC. Participants advance at their own rate by passing skating tests within a structure provided by Skate Canada. Skaters benefit from the discipline and organization of these programs. They can develop not only their skating but also a variety of life skills, including goal setting, focus, ability to deal with success and failure, time management, and principles of fair play and sportsmanship.

Intermediate STARskate

Skaters must have passed the Preliminary Freeskate Test to enter the Intermediate STARskate Program. Age, maturity, skating level will be taken into consideration for skaters not meeting the Preliminary Standard.

STARSkate

The **STARSkate** program, formerly known as the Test Stream, provides a framework for setting and meeting specific skating goals. **STAR** stands for **S**kills, **T**ests, **A**chievements, and **R**ecognition. Skaters progress through the levels by working with their coaches and passing tests adjudicated by Skate Canada certified judges.

The STARSkate program consists of figure skating skills in four disciplines: **skating skills**, **free skate**, **ice dance** and **interpretive skating**.

In each of these, a full range of progressive skills and tests are offered from introductory to advanced levels. Skate Canada achievement cards are awarded to mark each test level passed.

Each of the four disciplines is described briefly below. For more details, including the skills taught at each level, you can consult your coach or the Skate Canada website at www.skatecanada.ca.

Skating Skills are prescribed exercises comprising edges, turns, and field movements which are fundamental to the sport, and form the basis for everything the skater does on the ice. Skills are tested as patterns skated to music, and emphasize edge quality, control, power and speed. Skating Skills consist of six test levels:

- 1 Preliminary
- 2 Junior Bronze
- 3 Senior Bronze
- 4 Junior silver
- 5 Senior Silver
- 6 Gold

Free Skating is generally the starting point for the STARSkate program. It consists of the various jumps, spins, footwork and stroking elements that comprise figure skating. Once a skater has enough of a repertoire and sufficient control, the coach will choreograph a solo program to music. Skaters are tested on free skate elements in isolation as well as on the solo program.

Freeskate test (both elements & program) consist of six test levels.

- 4 Preliminary
- 5 Junior Bronze
- 6 Senior Bronze
- 7 Junior silver
- 8 Senior Silver
- 9 Gold

Ice Dance improves a skater's timing, balance, and fluidity. Each dance is a set of required steps and edges performed to prescribed music. The 30 compulsory dances are grouped in seven progressively difficult levels. In the STARSkate stream, ice dancers work as individuals with their coach, who will often partner them for dance tests.

Dance consists of seven test levels

- 1 Preliminary – Dutch waltz, Canasta tango, Baby blues
- 2 Junior Bronze – Swing, Fiesta tango, Willow waltz
- 3 Senior Bronze – Ten fox, Fourteenstep, European waltz
- 4 Junior silver – Keats foxtrot, Harris tango, American waltz, Rocker foxtrot
- 5 Senior Silver – Paso Doble, Starlight waltz, Blues, Killian, Cha cha congelado
- 6 Gold - Viennese waltz, Westminster Waltz, Quickstep, Argentine tango, Silver samba
- 7 Diamond – Ravensberger waltz, Tango romantica, Yankee polka, Rhumba, Golden waltz, Austria

Interpretive Skating challenges the skater's ability to use his or her skills to interpret music. Skaters present programs that express feelings or themes suggested by the music, focusing on creativity and expressiveness rather than technical elements or prescribed patterns. These are also tested.

Interpretive consists of four test levels

- 1 Introductory
- 2 Bronze Interpretive
- 3 Silver Interpretive
- 4 Gold Interpretive

The STARSkate program offers an opportunity for skaters to compete at local competitions, like the Central Region Fun Skate or Central Region Open.

Off-Ice Sessions

Some skaters have natural strength, balance, and core strength that will take them through the lower levels of skating quickly, but the majority of skaters need to improve upon each of those attributes in order to progress to higher levels. Once the 'naturally talented' skaters reach a level at which double jumps and difficult spins are required, that natural ability will only take them so far. The core strength and plyometric strength requirements of the sport are significant, and at some point, a skater needs to build strength beyond what he or she naturally has. By completing an off-ice training program at least

twice a week, skaters will progress their on-ice skills at a faster pace, and be able to handle the strength demands of jumping, spinning, and longer programs. In the Junior program, skaters will have 1 hr/week and Intermediate skaters 2 hrs/ week off-ice session. Off ice sessions are included as part of the regular program and are included in the registration fees.

Stroking sessions are group sessions where skaters use the full ice to practice drills which develop speed, balance, and edge control under the direction of the coach or coaches. Skaters will receive 30 minutes of stroking per week, Stroking is also included in the registration fee.

Power Skating

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck/ring. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level.

Coaching Structure

The club has a list of available coaches who are certified. The coach should be someone the skater feels comfortable with. Regular meetings and planning sessions between the coach and parents are important. Communication is the key to any good relationship and the coach and skater/parent relationship is no different.

The cost of private lessons vary according to the coach but run anywhere from \$8.50 to \$9.50 for a 15 minute lesson. Group lessons fees are split between the number of skaters in the group.

When a coach is hired to provide individual or group lessons the coach will provide every parent with an invoice for services provided. It is the parent's responsibility to pay the coach.

It is not unusual for a skater to change coaches during his/her career. Skaters often seek specialized attention from different coaches at different times to help them meet their skating goals. When, and if , the decision to change coaches has been made, certain common sense and ethical procedures should be followed:

- 1 Notify your current coach of your decision privately;
- 2 Pay any outstanding account;
- 3 Seek a new coach, although informal and discreet inquiries in this area may start earlier;
- 4 Be honest, ethical and courteous throughout. (discreet makes is sound like everything is a secret.)

VFSC Coaches

Rhonda Landon - Canskate Coordinator

ISPC Level 2 Trained and a professional coach since 1998.

As a skater I have completed my Gold Dances, Gold Skating Skills and Gold Artistic (now called Interpretive). I have also completed the Elements portion of my Senior Silver Freeskate.

Rhonda provides instruction in Dance, Skating Skills & Freeskate.

Lesson fee is \$8.50/ 15min lesson.

Email: dllandon@hotmail.com

Phone: (403)823-8305 Cell: (403)820-1517

Sonja Koustrup

ISPC Level 2 Trained

Coaching for 10 years.

Received the "Triple Gold Award" from the Alberta Figure Skating Foundation in April 2003 for being a Triple Gold skater in Dance, Artistic and Skating Skills

Sonja provides instruction in Dance, Skating Skills & Freeskate.

Private lessons – \$8.50/ 15 min.

Email: sonjakoustrup@hotmail.com

Phone: (403) 823-7749 or (403) 820-9686

Elesha Wright

NCCP Instruction: Beginner, CanSkate

Will be providing CanSkate instruction

Coaching for 2 years

Phone: (403) 823-8541

Mitchell Toffan

NCCP CanPowerSkate

Mitchell will be instructing the power skating session.

Mitchell is currently playing in the Drumheller Minor Hockey Association. He has been involved in power skating lessons for the last 5 years with Dr. Michael Bracko of the Institute of Hockey Research.

Phone: (403) 823-6007

Test Days

Skaters in the STARSkate program take tests on a regular basis to assist in assessing their skills, planning for progress, and qualifying for events.

Tests are scheduled at throughout the season, and are necessary to ensure skaters' progression. When a Test Day is forthcoming, coaches are advised and coaches indicate to their skaters which skills or segments of their program are ready for testing. Payment for each test requested is generally due on the day of the test. The Test Chair coordinates a schedule, which is then posted at the Club.

The test is a formal process, with specific etiquette to be followed. Skaters on test are required to arrive one hour prior to their scheduled test times, in costume and ready to skate. Spectators are welcome, and are expected to behave with decorum, respecting the judge's need to focus on the skaters, and the skaters' need to focus on the test.

After the test, the judge provides each skater with a written assessment and a pass/fail grade. A skater who is unsuccessful at a test is permitted to re-try the test at a future test day. Not showing up for a test after it has been scheduled is marked as a failure. (Test results are noted on both the skater's and coach's Skate Canada records, as the coach's test records are monitored.)

Competitions

There are many different types of competitions, invitational, regional, provincial, sectional, national.

- 1 Skaters competing at an event should arrive at the rink at least 60 minutes prior to the start of their event in order to register, hand in their music (you will need 2 copies of each piece of music) and find your child's dressing room.
- 2 There is a monitor assigned to each dressing room who will assist your child in getting to the appropriate piece of ice on time.
- 3 It is your child's/your responsibility to ensure that they are in the dressing room on time, dressed and ready to skate.
- 4 For events that have a lot of skaters, the group may be divided into flights.
- 5 Each flight has its own on-ice warm-up period (for younger children, the coach will assist them in what they should
- 6 be practicing).
- 7 Each flight will enter the arena together and will stand with their coach behind the boards until it is time to go on the ice
- 8 When their name is called they will enter the ice surface and skate their program
- 9 THEN YOU WAIT.....WAIT...WAIT for the results that are posted periodically
- 10 THEN YOU WAIT...WAIT....WAIT.....for the awards to be given out
- 11 The last 2 steps are pretty stressful for the children (parents will be stressed too). Only the top 3 children in the flight will receive a medal.

REMEMBER, every performance is worth congratulations and praise whether they receive a medal or not. It is extremely difficult for your child to perform in front of an audience so they should have praise and encouragement, especially if they do not place in the top three. Your child will need you to be excited about whatever placement they get, so be prepared not to show YOUR disappointment so they will feel good about what they have accomplished.

Equipment

SELECTING BOOTS AND BLADES

In Figure Skating, skates are the most important piece of equipment. Purchasing appropriate skates to suit the level of skater and your budget is of utmost importance.

As the skater moves into the Skate Canada STARskate, it is appropriate to purchase better quality boots and blades. They will provide better support as your child becomes more proficient technically. At this level, figure skating boots and blades are bought separately. A general purpose blade should be chosen, after the boot has been selected. The blade should be screwed on the boot soles, not riveted.

Mounting the blades is very critical and should be carried out only by someone experienced in this task. Many coaches and skating stores are able to do this. Boots and blades in the preliminary/Jr. bronze level cost from \$125 and up for new and less for used.

As a skater progresses, the level of skating dictates the quality of boots and blades. Usually, the coach will be able to recommend a good type of boot and blade. There are different types of blades for the various disciplines. Each type of blade is designed to meet specific needs of the discipline. The cost for boots is approximately \$250 and up, with blades starting at \$100. Used sets are usually available, at greatly reduced costs.

It is not uncommon to pay \$350 - \$600 for a pair of new skates and blades but it is important to remember that good equipment is key in success. When you are spending this kind of money you will want to consider having an experienced person fitting your child so that you do not run into problems down the road.

Tips for Blade Sharpening

Have skates sharpened by a reliable person as soon as they are purchased. Skates should be re-sharpened after approximately 30 hrs of skating, depending on usage and care. There are different types of sharpening available, consult with your coach about an experienced sharpener. The coach is a great resource as they will have had first hand knowledge of this and recommend someone who they trust.

A good indicator of a bad sharpening will come through your child or coach. Children will become frustrated as they can not do the things they previously could do (ie. hold and edge) and the coach will often be able to pick this up as well.

For skates and sharpening expertise we recommend:

1. Source for Sports (Drumheller)

CARING FOR SKATES

Boots and blades can be expensive. Proper care of the skates can help your investment last as long as possible. Skate guards must be worn whenever the skater is walking on any surface except the ice. The edges and sharpening of the blades are quickly damaged by walking on concrete floors or other gritty surfaces. The blades and boot soles must be dried before putting on the guards and the insides of the guard must be cleaned out regularly. Guards must be removed when the skates are put away. Cold blades get wet from condensation and will rust if the guards are left on. Soft terry towel covers are available to cover and protect blades in a skate bag or locker. Be sure your child takes his or her skates home and out of the bag to dry out the leather boots at normal house temperature. If this is not done, you will find that the soles get soft (rotting) and the screws loose.

If you have any questions please feel free to contact any executive member or your coach, and they would be happy to find the answer for you.

Dressing room

The skating club has been assigned Dressing Rooms # & #. This room is designated for Junior skaters and up. The purpose of this room is for the skaters to have a place to change their clothes, put on their skates, do some stretching, & have a snack. We are very fortunate to have Dressing Rooms and it is expected that it is treated as a privilege.

Dressing/Locker Room Rules:

Respect and *Responsibility* will be our KEY words. Parents please discuss these with your children.

- 1 NO ONE but skaters, coaches and family members allowed in the dressing room EVER****
- 2 DADS are permitted but must ensure it is appropriate for them to be in the dressing room (remember, it is a change room)
- 3 Pick up after yourself – use the garbage can provided.
- 4 Take pride in your room and keep it tidy
- 5 There is a lost & found in the foyer please use it and CHECK it.
- 6 Do not take anything out of the dressing room unless it belongs to you – do not lend someone else's things.
- 7 No name calling or offensive language.

Behavior at rink on and off ice

- 1 Have respect for all rink staff and coaches. *All* coaches, parents and rink staff have the right to speak to you about your actions!
- 2 Please be careful of your language and subjects of discussion. Look around you for age differences.
- 3 Please be on time for lessons and ice time. You may be charged for missed lessons that have not been cancelled.
- 4 Please respect other skater's property by leaving it alone. No helping yourself to others belongings.

Information updates:

The skating club has the bulletin board beside Dressing Room #4 so check for newsletters, updates, sale items and other information that you may need. Newsletters are also emailed to the membership.

Program Assistants:

Intermediate skaters who have a desire to help out with the Pre-Beginners/CanSkate program will assist the certified coach running the session. They are very committed individuals and our program wouldn't run as smoothly as it does without these skaters. The program assistant must volunteer 20 hrs to the Canskate time and then they are credited up to \$10.00/hr (DOE) to be used to further their skating eg: dresses, skates, etc. One of the purposes of the program assistant initiative is to facilitate and foster the development of skating to the extent that program assistants will eventually pursue becoming a certified coach and begin teaching skating to others.

Registration and payment

Member registration takes place prior to each session: Fall/Winter and Summer School. All club skaters, including CanSkate participants, are members of Skate Canada and the Alberta/NWT/Nunavet Section. Skaters must complete registration before they begin skating.

Registration forms and ice schedules are available online at www.valleyskating.ca

CanSkate registration: CanSkate participants pay only CanSkate fees, which include membership in Skate Canada and Alberta/Nunavet section, and must complete registration before they begin skating.

Payment: For the Fall/Winter session, payments may be made in 3 installments: with a 1/3 fee due at the time of registration, 1/3 of fee due Oct. 15 and the final 1/3 fee due Nov. 15. For the Summer School sessions, payment is due in full at time of registration. A fundraising fee of \$50 per family is also required and is cashed if \$50 fundraising commitment not fulfilled. NSF cheques will be charged \$50.

Placement: Skaters qualify for ice sessions according to test levels completed. If a skater has not completed tests, or wishes to skate on a session for which he or she may not be formally qualified, an application for assessment may be made to the Executive Board who will determine appropriateness of the skater's request. By the same token, a skater may be moved from an ice session if the skater's skill level is deemed by the Executive Board to pose a hazard to the skater or to others on the ice. (This may be a result of the number or speed of skaters on the ice, or of the type of activity in which skaters are engaged.)

Program changes: A skater wishing to make a change to his or her program after registration has been accepted may request such a change with the Executive Board. Changes that can reasonably be accommodated will be granted; if a change is not possible, an alternative may be suggested.

Withdrawal: A skater wishing to withdraw from a session may do so after 3 trial sessions. Registration less \$40 Skate Canada & Administration costs will be refunded. After the 3rd session, no refund will be provided.

Refunds: A refund may be provided if medical or extenuating personal circumstances make it impossible for the skater to continue with a session. Application must be made in writing, with appropriate supporting documentation. The decision to provide a refund will be made by the Executive Board. No refunds will be given for mechanical failure, tests, or other club activities.

Guest skate: Skaters who wish to skate on an occasional basis are welcome to skate at sessions where space permits. A Registration form must be completed before the session, and payment submitted to the Treasurer. Guest skaters must be Skate Canada members and qualified for the session on which they wish to skate. Please note that guest skate privileges are for occasional skating only.

SKATE CANADA PARENT CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment. In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.

Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.

Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.

Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.

Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.

Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.

Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.

Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.

Parents shall ensure their son/daughter wears proper skating clothing and equipment.

Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, nonmedical use of drugs and gambling.

Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.

Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.