

Kindersley Skating Club



*2011 - 2012
Skater's Handbook*

President's Message

Welcome to all of our new and returning skaters and families!

We have been busy planning and organizing our programs for what we hope to be another exciting and successful season. Thanks for everyone's patience in advance as we head into this season with one ice surface. We are all very committed to making this season as stress free as possible for the skaters and their families. Thanks to our dedicated Board of Directors and Coaches for their never ending commitment to our club. We would like to wish everyone a fun and successful year!

Shantelle Missere



The Kindersley Skating Club operates under the banner of the non-profit organization Kindersley Minor Sports. The responsibility of the Board of the Kindersley Skating Club is to manage their financial matters as well as oversee and administer the skating program in the best interests of the children who are registered.

2011 - 2012 Kindersley Skating Club Board

| | | |
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| President | Shantelle Missere | 463-4483 |
| Vice President | Glenda Beeching | 463-4196 |
| Treasurer | | |
| Secretary | Brenda Olson | 463-6533 |
| Minor Sports Liaison | Audrey Hebert | 463-2143 |
| Test Chair | Siobhan McArthur | 463-3052 |
| Fundraising | Sherry Bacon | 463-6296 |
| Event Chair | Cynthia Dales | 463-5913 |
| Pre-STARSkate Liaison | Elice Fuhr | 463-3612 |
| Jr/Sr STARSkate Liaison | Sharleen Gilmour | 463-3832 |
| CanSkate 1 Liaison | Bona Perkins | 463-3436 |
| CanSkate 2 Liaison | Janice Vold | 463-4394 |

The Liaisons will be in attendance while the skaters are on the ice. They are responsible for passing on information to the parents as well as fielding any questions or concerns. If they are unable to provide an answer immediately they will be happy to look into it and get back to you. We ask that you use the Liaisons for your communications with the coaches as they have a limited amount of ice time with the skaters and they wish to devote as much time to them as possible.

Coaches

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| CanSkate/Tots Monday/Thursday Morning | Jenn Knutson Amber Wildman |
| CanSkate/Tots Tuesday/Thursday Evening | Sam Tessier Amber Wildman |
| Pre-STARSkate Group | All Coaches |
| Senior STARSkate | Skater's choice |
| AdultSkate | Bev Callsen |
| Coaches not included above | Jenn Knutson Jacquie Tuffs |

Lesson Start Dates

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| STARSkate | Wednesday, October 12, 2011 |
| CanSkate/Tots | Monday, November 7, 2011, Tuesday, November 8, 2011 or Thursday, November 10, 2011 depending on the day/days you are registered. |

Kindersley Skating Club Programs

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| Tots | - A Pre CanSkate Program open to two and three year olds. |
| CanSkate | - CanSkate is open to beginners of all ages. - It is a feeder program to all other Skate Canada Programs. - Power, strength, agility, balance, speed and endurance. |
| PrePower | - Children not yet playing Hockey but want to develop skating abilities in a power skating environment. |
| Pre-STARSkate | - Transition from CanSkate to STARSkate. - CanSkate Stages 6 and 7. |
| Junior STARSkate | - Opportunity for skaters to develop fundamental figure skating skills in the areas of Ice Dancing, Skating, Skills, Free Skate, Stroking and Interpretive Skating. |
| Senior STARSkate | - Skills, Free Skate, Dance, Interpretive Skating and Stroking. |
| Competitive Skate | - Must pass certain Competitive tests to qualify for competition. |
| Adult Skate | - Open to all levels and abilities. |

Events

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| Christmas Party | - The Skaters' Christmas Parties will be held on ice with a special visit from Santa Claus. Dates for the parties will be announced closer to Christmas. |
| Kindersley CanSkate Fun Festival | - Will be held on Sunday February 5 th , 2012 - This is not a competition but rather a fun event for all CanSkate members. The participants will all receive an evaluation for each event they enter as well as being recognized in the closing ceremonies. - As Pre-STARSkaters are working on the CanSkate program, they too are welcome to register. - Events traditionally offered are: CanSkate Elements Events, CanSkate Spin, Spiral and Jump Events, CanSkate Team Events and CanSkate Pre-Power Events. - Registration forms will be distributed closer to the event. |

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| Carnival | - The annual skating carnival will be held on Sunday, March 11 th , 2012. Dress rehearsal will take place during the skater's last regularly scheduled ice time the week of the Carnival. - Professional pictures of the skaters will be taken at the rehearsal. Information packages will be distributed at a later date. - Skating groups and rehearsal information will be posted on the bulletin board in the new year as well as being sent home with the skaters. |
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Volunteers

The Kindersley Skating Club is only able to operate with the help of volunteers. We realize that everyone has different time constraints based on family, work and other commitments and with that in mind, there are a number of different capacities in which we welcome your assistance.

Volunteers are needed for:

- Next year's Board - these positions are a two year commitment
 - Fun Festival
 - Room Parents
 - Ice Captain
 - Set Up/Take Down
 - Carnival
 - Group Coordinator
 - Group Costume Convener
 - Room Parents (Rehearsal and Carnival)
 - Picture Parent
 - Carnival Set Up / Take Down
 - More detailed information regarding the volunteer positions will be distributed closer to the events.
 - We welcome anyone who wishes to lend a hand in other capacities as well. Please contact Cynthia Dales at 463-5913 if you are interested in helping out or volunteering for specific tasks.
- The volunteer positions we need to fill vary in the amount of time they require to complete as well as the time we need volunteers to be at the facility. We recommend parents sign up as soon as possible when the volunteer call goes out as the first who respond will be given first choice of positions. If you do not sign up you will be contacted

about the positions left. If you do not respond to the call, you will be assigned a position and notified of it. Once you have committed to, or been assigned a position, it is your responsibility to find a replacement if you are unable to fulfill that commitment.

We thank you in advance for fulfilling your volunteer commitments. Without your help the Skating Club would be unable to operate.

Important Dates

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| CanSkate Fun Festival | Sunday, February 5, 2012 |
| Last CanSkate/Tots Session | Thursday, March 8, 2012 |
| Carnival Dress Rehearsal - CanSkate | Friday, March 9, 2012 |
| - STARSkate | Wednesday, March 7, 2012 |
| Carnival | Sunday, March 11, 2012 |
| Last STARSkate Session | Monday, March 26, 2012 |
| STARSkate Final Test Day | TBA |

Booth Hours

Every parent or guardian is required work in the booth for a specific number of hours depending on the number of children they have enrolled as well as how many days per week they are enrolled in. The booth hours/payment schedule is as follows:

- If a skater is enrolled one day per week, six booth hours must be worked or \$100 must be paid in lieu of.
- If a skater is enrolled two days per week, 12 booth hours must be worked or \$200 must be paid in lieu of.
- Please note, the above is per child.

Volunteer booth hours are important as the booth profits go directly to Minor Sports which in turn subsidizes the registration fees you pay. Please visit the booth in person to book the hours to fulfill your commitment. If you have not contacted the booth to sign up for hours, you may receive a phone call requesting that you do. Please let them know right away if you will not be working your booth hours so they may cash your cheque and use the funds to hire someone to replace you. Please note, the earlier you sign up, the greater choice of dates and times you will have. If you have already signed up or completed your booth hours and still receive a phone call please be polite to the volunteer on the other end of the line. They were working off the information they were provided and they will be more than happy to make sure your information is updated.

Fundraising

As with all non-profit organizations, The Kindersley Skating Club relies on fundraising to help subsidize our programs. This year our fundraisers will consist of a chocolate sale and the sale of Carnival tickets.

Each family will be required to sell one case of chocolates. These cases will be distributed at the Annual General Meeting. If you were unable to attend the AGM, please contact Sherry Bacon to arrange a time to pick up your chocolates. Additional cases will be available if you think you might be able to sell more. There will be a sign up sheet at the AGM.

Families are also asked to sell at least one book of Carnival tickets. These tickets will be distributed closer to the Carnival date with draws being made at the Carnival. Please hand in sold tickets to your Liaison as soon as possible. All tickets **must** be returned to your Liaison by the Carnival dress rehearsal on Friday, March 9th.

In addition, STARSkaters are required to each sell a book of tickets provided by Skate Canada.

Music Parent

Each parent of a Pre-STARSkater or STARSkater will be on a rotating schedule to take care of the music for a particular day and time.

During group lessons for Pre-STARSkaters, one of the main CD's can be played. Coaches and skaters will request particular pieces of music when they are practicing routines. Requests by coaches are played first followed by those from skaters. It is handy to have a pen and paper to keep track of names so the music can be played in the order requested.

Music CDs are found in the binder in the sound system cabinet. The main CDs have a list of songs posted on the cabinet door. Individual skaters who have routines will also have a music CD with their name on it.

Dressing Rooms

CanSkate dressing rooms are co-ed.

As STARSkaters change into their skating attire before getting on the ice, school age boys are not allowed in the girls' STARSkate dressing rooms.

Alternative dressing areas will be arranged for male STARSkaters.

Fall School

Fall school runs every Monday, Wednesday and Friday from September 12th to October 7th, 2011. Anyone is welcome to enrol for as few or as many days as they'd like. Buy-ons are available.

Enrollment fees for Fall School only include ice time. You must arrange for private lessons with the coach of your choice. Skaters are welcome to skate for as little or as much time as they'd like during the scheduled ice time.

Testing

When your STARSkater is ready to be tested, the coaches will let you know. Test days are scheduled at various times throughout the year.

Private Lessons - CanSkate

For anyone who may be interested, private lessons for CanSkaters can be arranged through the coach of your choice.

There is an additional charge for these lessons as they are not included with your registration.

Private Lessons - Pre-STARSkate & STARSkate

For anyone who may be interested, private or semi-private lessons for Pre-STARSkaters can be arranged through the coach of your choice.

There is an additional charge for these lessons as they are not included with your registration. Rates for private lessons vary with each coach. You will be invoiced by the Skating Club. Each coach has an envelope for cheques that is kept in the sound system cabinet.

Pre-STARSkate

Pre-STARSkaters are given a little more autonomy than CanSkaters, although they are still working on the CanSkate program. They will be arranged into two groups, appropriately named Groups 1 & 2, according to their skill level.

Pre-STARSkaters are responsible for being on time for their lessons, to focus on their instructors and are trusted to use their time wisely to practice on the ice.

Junior/Senior STARSkate

While Junior and Senior STARSkate do have some group lessons, they are expected to practice on their own. Private lessons are with the coach of their choice.

Apparel

- CanSkaters are more comfortable in clothing with stretch. Forego the winter jackets, snow pants, splash pants and jeans for hoodies/fleeces and sweat pants. These can be layered so the skaters are warm but will not overheat. Don't layer too much on the bottom as the more layers they have on, the longer the new skaters will sit on the ice before trying to get up. Light gloves or mittens should be all the skater needs to keep their hands warm.
- STARSkaters are required to wear a skating skirt, dress or booty shorts (leggings are optional). No yoga pants please. The reasoning behind the requirements is the coaches need to be able to see the position of the skater's legs/knees while they are skating.
- If you wish to order a club jacket, please contact Jenn at Picks & Pointes.

Skate Care

- Keep a small towel in your skate bag to dry your blades after coming off the ice. Skate blades should be dried before storage and it is recommended that you use fabric blade covers. Blade covers help wick moisture away from the blades as well as preserving the blade edge. They are inexpensive and available at Picks & Pointes.
- Skate guards are only for when the skaters will be walking off the ice. If they are left on the blades during storage, the blades will rust.

- Skates should be sharpened regularly. CanSkaters should have their skates sharpened two to three times during the season. STARSkaters should have their skates sharpened approximately once a month. It is recommended that figure skates be sharpened by Picks & Pointes. They are available by appointment only.

- Picks & Pointes - Custom Skate Sharpening 460-7667

Skater Safety

- No gum or candy on the ice.
- To ensure the safety of the Tots and beginner skaters, helmets are mandatory. Other ages and levels are at the discretion of the coaches. Face shields are suggested for Tots.
- Sharp objects should not be carried in pockets.
- Long hair should be tied back so it is kept out of skater's eyes.
- Laces should be tucked into the top of the boot. The laces should never be wrapped around the top of the boot as it is a safety hazard and circulation to the foot may be cut off.
- Skates should be tied snugly to provide support for the ankles and to prevent injury.
- Get up quickly after falling down.
- Look in the direction of travel when skating backwards.

Harassment Policy

- In accordance with Kindersley Minor Sports' Zero Tolerance Policy the Kindersley Skating Club will not tolerate violent, abusive or anti-social behaviour, including verbal threats and insults, attempts to intimidate as well as physical assault and battery.
- Consequences of the above actions include minimum 30 to 365 day suspensions from all recreational facilities within the Town of Kindersley.
- The Zero Tolerance Policy can be viewed in full on the Kindersley Minor Sports website.

Notes for Parents

- To ensure the CanSkate sessions are not disrupted, please refrain from entering the ice surface unless requested by the coaches.
- If you have concerns regarding the CanSkate Program, contact your Liaison who will pass your concerns along to the appropriate coach. Please do not address the Program Assistants with your concerns. They are trying their very best and we ask that you please be patient.
- It would be appreciated if parents find a seat in the stands while CanSkate is in session so we may have the attention of the skaters at all times. This will also help us to locate you easily if needed.
- Please inform the coach of any medical conditions your child may have.
- We ask your assistance in keeping the doors of the players' boxes closed at all times.
- Brothers or sisters who are not participating in our CanSkate Program must remain off the ice. All of our helpers are registered with Skate Canada for insurance purposes.
- Please remember to return your child's CanSkate Report Card from last year.
- Make sure young skaters go to the washroom prior to getting on the ice. There's nothing like being on the ice for making them need to go!
- We also like to hear positive comments you may have about our program!

Helpful Hints

- The white board on the North wall as you enter the arena will list the dressing room assigned to the skaters.
- A monthly calendar will be distributed via email to all skaters. This will let everyone know about upcoming events and other important information.
- Please note that food and beverages are not allowed in the player boxes or the dressing rooms. Please help to keep the dressing rooms clean by using the garbage cans provided.
- Kindersley Minor Sports website can be found at www.kmsports.ca. Our skating calendars, newsletters and general information will be posted there.
- Please keep us updated with your current email address as we will be periodically sending information out.