



Gateway Skating Club

780-463-4341 www.gatewayskatingclub.org

STARSkate and Competitive Training Program

September 7, 2010 to May 14, 2011

Millwoods Rec Centre
(MWRC)
7207-28 Ave

Kinsmen Arena
(Kins)
1979-111 St

Terwillegar Community
Rec Centre (TCRC)
2051 Leger Road

Schedule

September 7 – December 18, 2010 – January 3 - March 25, 2011

Monday MWRC NO ICE Sept 20 5:30-7:15 Oct 11 Thanksgiving (no regular ice, 4-6 Simulations) Feb 21 Family Day	6:30-7:00am	Int/Sr Group	Thursday MWRC NO ICE Sept 9 1:30-3:00 Sept 23 5:45-6:30 Nov 11 Remembrance Day Dec 16 1:30- 9:00 High Test	1:00-1:30	Preschool
	7:00-7:45am	Int/Sr Free		1:30-2:15	Open Free
	4:00-4:45	Open Free		2:15-3:00	Open Free
	4:45-5:15	Open Skills/Dance		3:45-4:30	Open Free
	4:45-5:30	Jr Dance (Off-ice)		4:30-5:00	Open Skills/Dance
	5:15-5:30	Open Stroking		5:00-5:45	Jr/Int Free
	5:30-5:45	FLOOD		5:45-6:00	Jr/Int Stroking
	5:45-6:30	Jr STARSkate		6:00-6:30	Figure CanSkate
	5:45-6:45	Int/Sr Dance (Off-ice)		6:00-6:30	Jr Group
	6:00-6:30	Jr Group		6:45-7:30	Jr/Int Off-ice
Tuesday MWRC NO ICE Sept 21 5:45-8:45	6:30-7:15	JR Free	Thursday TCRC Session 2 Only	5:00-5:30	Int/Sr Skills/Dance Partner
	4:00-4:45	Jr/In Free		5:30-6:15	Int/Sr Free
	4:45-5:00	Jr/Int Stroking		6:15-6:30	Int/Sr Stroking
	5:00-5:30	Jr/Int Skills/Dance		6:30-7:15	CanSkate
	5:30-6:30*	Int/Sr Skills/Dance Partner*		4:00-5:15**	Open Group**
	6:30-7:15	CanSkate		5:15-5:30	FLOOD
	6:45-7:15	Int/Sr Off-ice		5:30-6:15	Int/Sr Free
	7:15-7:30	FLOOD		6:15-7:00	CanSkate
Wednesday Kinsmen NO ICE Sept 15 5:45-7:30 Dec 8 Tentative Low Test	7:30-8:15	Int/Sr Free	Friday MWRC No ICE Sept 24 5:30-7:45	7:00-7:45	Adult Skate
	8:15-8:45	Int/Sr Group		9:15-9:45	Jr/In Skills/Dance
	1:00-1:30	Preschool		9:45-10:30	Jr/Int Free
	1:30-2:15	Open Free		10:30-10:45	Jr/Int Stroking
	2:15-3:00	Open Free		10:45-11:00	FLOOD
	4:00-4:45	Figure CanSkate		11:00-11:15	Int/Sr Stroking
	4:15-4:45	Int/Sr Group		11:15-12:00	Int/Sr Free
	4:45-5:00	Int/Sr Stroking		12:00-12:30	Int/Sr Skills/Dance
	5:00-5:45	Int/Sr Free		12:30-1:15	CanSkate
	5:45-6:00	FLOOD		1:30-2:00	Int/Sr Off-ice
Saturday MWRC NO ICE Sept 25	6:00-6:30	Int/Sr Off-ice	Saturday MWRC NO ICE Sept 25	2:00-2:30	Jr Off-ice
	6:45-7:30	Jr STARSkate		2:45-3:30	Jr STARSkate
				3:00-3:30	Jr Group
				3:30-3:45	Jr Stroking

*Counts as 1skills/dance, skaters will have 45 min of ice and a 15 min break based on Dance partner schedule.

**Counts as 2 group and 1 stroking.

Professional Coaching Staff

Robin Forsyth

Phone: 780-482-5543; 780-907-7022

Test Record: Junior Competitive, Gold Freeskate, Gold Dance, Gold Figure, Silver Artistic
Qualifications: National Competitor 1995, 1997, 1999. Manitoba Ladies Champion 1996, 1997; 9 years touring the world with Disney On Ice as a principle skater; 21 years experience as a choreographer for up to national level skaters
N.C.C.P. Level II Certified, Level III Singles and Technical

Fee per 15 minute lesson:

\$10.00 Private

Carrie Cech

Phone: 780-464-4403

Test Record: Gold Freeskate, Gold Skills and Interpretive (accredited), Gold Dance
Qualifications: 13 years coaching experience; Private (Competitive and STARSkate), CanSkate & Jr STARSkate programs; B.Ed; BA in Psychology
N.C.C.P. Level: Level II Certified; Level III Singles- Technical & Theory; Partial Level IV

Fee per 15 minute lesson:

\$11.00 Private

Michelle Currie

Phone: 780-938-0020

Test Record: Senior Competitive, Gold Freeskate, Gold Dances
Qualifications: 8 years coaching experience, 2 years coaching in Italy, 2000 Canadian ladies Silver Medalist; International competitor and Medalist; 5 years on Senior National Teams; National level Technical Specialist
N.C.C.P. Level III Certified; Partial Level IV

Fee per 15 minute lesson:

\$13.00 Private

Jill Gainer

Phone: 780-701-7269; 780-231-1160

Test Record: 7th Figure, Novice Competitive, Gold Dance, Competitive Skating Skills Class 3
Qualifications: 11 yrs coaching experience, Bachelor of Physical Education, B.Ed
N.C.C.P. Level: Level II Certified; Level III Singles- Technical & Theory; Partial Level IV

Fee per 15 minute lesson

\$11.00 Private

Mark Tkacz

Phone: 780-482-5543

Test record: Novice Competitive, Gold Figure, Sr Silver Dances
Qualifications: Former competitive skater from BC, 11 years as a Principle performer with Disney On Ice
N.C.C.P. Level: Level I Phase 3

Fee per 15 minute lesson

\$9.00 Private

Shauna Dimock

Phone: 780-929-8693

Test Record: Gold Freeskate, Gold Free Dance, Gold Interpretive Dance, 7th Figure, Novice Competitive Pairs
Qualifications: 20+ years coaching National Test at all levels of Private and Skate Canada skating programs
N.C.C.P. Level: Level II Certified; Level III Theory

Fee per 15 minute lesson

\$10.00 Private

Megan Pettapiece

Phone: 780-490-0429

Test Record: Jr Silver Freeskate Part 1; Sr Silver Dances, Gold Skills, Bronze Interpretive
Qualifications: 2 years coaching experience, 5 years PA experience
N.C.C.P. Level: Level I Phase 1 & 2

Fee per 15 minute lesson

\$6.00 Private

Katie Feniak

Phone: 780-999-9893

Test Record: Gold Skills, Gold interpretive, Jr Silver Freeskate, Jr Silver Dances
Qualifications: 1 year head Coach experience, 3 years coaching experience, 7 years PA experience
N.C.C.P. Level I: Phase 1, 2, and 3

Fee per 15 minute lesson

\$7.00 Private

Take Note

- **Coaches bill skaters directly for private lessons**
- **Please contact your (skater's) coach if you are not going to be attending a session**
- **Please contact your (skater's) coach to discuss any questions you have**
- **Coaches determine when skaters are ready to skate on Int/Sr sessions**

Description of Gateway SC Membership

FULL MEMBER - \$75 for first family member, \$50 for each subsequent family member. Includes Skate Canada Fee. Skater declares Gateway Skating Club as their home club.

ASSOCIATE MEMBER - \$55. Skater registers for ice on a full or part time basis at the Gateway Skating Club but does not declare Gateway as their home club and pays their Skate Canada membership at another club.

Ice Fees: \$6.50 Group: \$12.00

General Information

APPLICATION DEADLINE (For returning members) **Sept 7, 2010**

New member registrations are taken year round. Packages for new members registering after the deadline will be pro-rated. Mail in completed applications to the address on the front of the brochure or drop-off in the Gateway SC Drop Box located in the Lower Arena Corridor at the MWRC.

SCHEDULE CHANGES – Requests for schedule changes must be submitted in writing to the club office and be approved by your coach before you attend the new session.

PROGRAM REFUNDS – NO refunds. Ice credits will be considered for serious medical circumstances substantiated by a medical certificate. A \$25 administration fee will be withheld.

MAKE-UP ICE - No make-up ice for missed sessions has been identified at this time.

DROP-IN - Non-Gateway members must be current Skate Canada members in order to participate. There is a minimum 1-hour charge for ice at the rate of \$10.00 per hour. Gateway members may drop-in on sessions with Coaching and Club permission at a rate of \$7.00 per hour. Group: \$13.00 per hour

IMPORTANT DATES:

Oct 11 – Thanksgiving, Int/Sr simulations

Oct 30 – Halloween Parties

Nov 11 – Gateway Jr Challenge, simulations for the Edmonton Open (tentative)

Dec 17 – Holiday Review

Feb 18-20 – Silver Skate Festival

Mar 7 – Gateway Jr Challenge

May 14- Tentative Date for Gateway Ice Show

Skaters will be advised of unexpected schedule changes by coaches and other mediums. Watch the skater whiteboard and Gateway website for additional information.

Please watch for information about upcoming seminars on the parent board and newsletters.

Test Dates:

Low Test Tentative Dates: Dec 8, Mar 25, May TBD

High Test Dates: There will be monthly high test days hosted by various clubs monthly over the season. Gateway will be hosting a Centralized High Test Day on Dec 16.

All families with skaters participating in High Test days will be required to volunteer one or two shifts at a Test Day over the season. Please watch for further information.

CANCELLED SESSIONS – In the event that skating sessions are cancelled due to circumstances beyond the control of the Gateway Skating Club (e.g. Mechanical failure) there shall be no abatement of skating and/or instruction fees or refund thereof, except at the sole discretion of the Gateway Skating Club. The Club reserves the right to cancel sessions for test days and other Club events.

Group Sessions

Skaters work with coaches in a group atmosphere to enhance various aspects of skating such as: transitions, spins, jumps, edge quality, footwork, creativity, working with the CPC judging system and team work.

Off-Ice Programs

Off-ice classes are led by club coaches with a focus on:

Flexibility and Stretching: Movement and body awareness as well as proper warm-up techniques.

Fitness: Cardiovascular and strength training.

Jump: Off-ice jumping to enhance technical performance on the ice.

Fun: Getting to know fellow skaters and working together

Equipment Required: Running shoes, yoga mat & water bottle.

Dance instructor to be determined.

Fees are included in the package price. For non-package skaters, off-ice is available at \$10 per hour (space permitting).

Packages

Packages Include:	➤ Ice fees to May 14	➤ Club events	
	➤ Off-ice	➤ Simulations	➤ June Ice
	➤ Coaching fees for Group and Stroking	➤ Seminars (subsidized)	➤ Ice Show Fee (subsidized)
Junior A		Junior B	
Cost for season- \$528 Monthly- \$66		Cost for season- \$800 Monthly- \$100	
Skaters moving up from CANSKATE or Jr STARSkate Group Programs	Choose the following sessions on the schedule: 2 Freeskate/Open 1 Group 30 minutes Off-ice	Jr Skaters who have skated at least one full year and have not passed the Preliminary Freeskate test.	Choose the following sessions on the schedule: 3 Freeskate/Open 1 Group 1 Stroking 1 Skills/dance 30 minutes Off-ice
Intermediate		Senior	
Cost for season- \$1 552 Monthly- \$194		Cost for season- \$2 376 Monthly- \$297	
Skaters who have passed the Preliminary Freeskate test	Choose the following sessions on the schedule: 4 Freeskate/Open 3 Group sessions 2 Stroking 2 Skills/dance 1 hour Off-ice	Skaters who have passed the Junior Bronze Freeskate test	Choose the following sessions on the schedule: 6 Freeskate/Open 4 Group All Sr stroking 3 Skills/dance 2 hours Off-ice
<p>Packages must be booked based on skating level. Package skaters may book additional sessions at the package rate of \$4.50/hr Group: \$10.50/hr Off-ice: \$8.00</p>			
<p>Hourly Skaters (Gateway members not wishing to purchase a package/Associate members)</p>			
<p>Skaters book a session for the entire season at the rate of: \$5.50/hr \$11.00/hr for group \$9.00/hour for off-ice</p>			
<p>Drop-In (Skaters must book a minimum of 1 hour)</p>			
<p>GSC members /Assoc. members: \$7.00/hour for ice \$13.00/hour for group/Stroking Non-members: \$10.00/hour for ice \$15.00/hour for Group/Stroking *All drop-in skaters must be current Skate Canada members. A minimum of one hour per day must be booked.</p>			

Skater Code of Conduct

It is very important that all skaters are aware of the rules and follow appropriate conduct.

Ice Etiquette

1. All skaters must show respect to all coaches, skaters and volunteers at all times.
2. Each skater must act with due regard and consideration for others, both on the ice and off the ice.
3. The following order determines the right of way during Freeskate sessions.
 1. A skater whose music is being played
 2. A skater who is receiving a lesson
 3. Skaters who are practicing
4. All skaters must get up quickly after falling unless injured, so as not to endanger other skaters on the ice.
5. No food, gum, or candy is permitted on the ice. Only plastic water bottles are permitted at the boards.
6. All skaters are required to use the full ice surface and are not to congregate in one area.
7. Appropriate skating attire is required for all skaters on the ice. Midriiffs must be covered.
8. Hair must be tied back.
9. Punctuality is expected.
10. Skaters must ask permission to leave the ice.
11. Ice etiquette rules are in effect at all times. Failure to abide by the above rules may result in the offending skater being removed from the ice.

Safety and Security

1. Money and valuables should not be left in the dressing rooms. The Club bears no responsibility for the loss or theft of such.
2. Dressing rooms, washrooms and other areas around the arena are to be left clean and all debris picked up.

Membership Application Form

(Please print clearly)

Name _____ Skate Canada # _____

Birth Date _____ Male _____ Female: _____ Home Club _____
Last First Month/Day/Year

Address _____ Postal Code _____

Hm Phone # _____ Cell Phone # _____

Parent/Guardian Names _____ Parent email* _____

* Please provide a current email that you check as this is our primary way to communicate club news.

Please provide a hard copy of club info

Choice of Professional Coach _____
(ensure this is confirmed before submitting application)

Medical Statement

In case of an emergency or illness, every effort will be made to contact parents/guardians. In the event that the contact cannot be made, I agree that in the case of an emergency or illness, qualified medical personnel may attend to my child.

Mother's Phone # _____ Father's Phone # _____

Alternate Contact _____
Name Relationship Phone #

Medical Issues _____

Parent/Guardian Signature _____

Waiver

In consideration of benefits awarded to us by acceptance of this application, the undersigned agrees to hold and save harmless, the Gateway Skating Club and its Officers, Coaches or staff for any claims or injuries sustained during skating or off-ice sessions, or for loss of property. The undersigned agrees to abide by all the rules and regulations of the Club, and of Skate Canada as set forth in the Rule Book of the association, and to be responsible for and pay promptly for all lessons and sessions booked by the skater named above (or by parents).

Signed _____ Date _____
(Parent/Guardian to sign if participant is under 18 years of age)

Information Release

I give my permission for the Gateway Skating Club to publish my name, club information and/or photo on their Website or Club showcases or bulletin boards or for any necessary Club business.

Signed _____ Date _____
(Parent/Guardian to sign if participant is under 18 years of age)

Fee Calculation

Package Fee: Junior A Junior B Intermediate Senior \$ _____

Additional sessions: Ice only sessions: _____ hours/week X 33 weeks X \$4.50 \$ _____

Group sessions: _____ hours/week X 33 weeks X \$10.50 \$ _____

Off-ice sessions: _____ hours/week X 33 weeks X \$8.00 \$ _____

Hourly Skaters: Ice only sessions: _____ hours/week X 33 weeks X \$5.50 \$ _____

Group sessions: _____ hours/week X 33 weeks X \$11.00 \$ _____

Off-ice sessions: _____ hours/week X 33 weeks X \$9.00 \$ _____

Second Family member discount (10%) \$ (_____)

Less Ice Credits on account \$ (_____)

TOTAL PAYABLE to Gateway Skating Club \$ _____

Paid in Full: Cheque # _____ 8 posted dated cheques (dated Sept 1/10-April 1/11)

Membership fees: Full member \$75, Second family member \$50, Associate Member \$55 Cheque # _____

Gateway Skating Club 2010/11 Booking Form

Please check off the sessions you would like to book. Check CanSkate sessions you can PA on

Monday (MWRC)			Tuesday (MWRC)			Wednesday (Kinsmen)		
<input type="checkbox"/>	6:30-7:00 am	Int/Sr Group	<input type="checkbox"/>	4:00-4:45	Jr/Int Free	<input type="checkbox"/>	1:00-1:30	Preschool
<input type="checkbox"/>	7:00-7:45 am	Int/Sr Free	<input type="checkbox"/>	4:45-5:00	Jr/Int Stroking	<input type="checkbox"/>	1:30-2:15	Open Free
<input type="checkbox"/>	4:00-4:45	Open Free	<input type="checkbox"/>	5:00-5:30	Jr/Int Skills/Dance	<input type="checkbox"/>	2:15-3:00	Open Free
<input type="checkbox"/>	4:45-5:15	Open Skills/Dance	<input type="checkbox"/>	5:30-6:30	Int/Sr Dance Partner	<input type="checkbox"/>	4:00-4:45	Figure CanSkate
<input type="checkbox"/>	4:45-5:30	Jr Dance (Off-ice)			Counts as 1 Sk/Dance, skaters will have 45 min ice and 15 min break	<input type="checkbox"/>	4:15-4:45	Int/Sr Group
<input type="checkbox"/>	5:15-5:30	Open Stroking	<input type="checkbox"/>	6:30-7:15	CanSkate	<input type="checkbox"/>	4:45-5:00	Int/Sr Stroking
<input type="checkbox"/>	5:45-6:30	Jr STARSkate	<input type="checkbox"/>	6:45-7:15	Int/Sr Off-ice	<input type="checkbox"/>	5:00-5:45	Int/Sr Free
<input type="checkbox"/>	5:45-6:45	Int/Sr Dance (Off-ice)	<input type="checkbox"/>	7:30-8:45	Counts as 1 Int/Sr Free and 1 Int/Sr Group	<input type="checkbox"/>	6:00-6:45	CanSkate
<input type="checkbox"/>	6:00-6:30	Jr Group				<input type="checkbox"/>	6:00-6:30	Int/Sr Off-ice
<input type="checkbox"/>	6:30-7:15	Jr Free				<input type="checkbox"/>	6:45-7:30	Jr STARSkate
Thursday (MWRC)			Friday (MWRC)			Saturday (MWRC)		
<input type="checkbox"/>	1:00-1:30	Preschool	<input type="checkbox"/>	4:00-5:15	Open Group (Counts as 2 group and 1 stroking)	<input type="checkbox"/>	9:15-9:45 am	Jr/Int Skills/Dance
<input type="checkbox"/>	1:30-2:15	Open Free				<input type="checkbox"/>	9:45-10:30 am	Jr/Int Free
<input type="checkbox"/>	2:15-3:00	Open Free	<input type="checkbox"/>	5:30-6:15	Int/Sr Free	<input type="checkbox"/>	10:30-10:45	Jr/Int Stroking
<input type="checkbox"/>	3:45-4:30	Open Free	<input type="checkbox"/>	6:15-7:00	CanSkate	<input type="checkbox"/>	11:00-11:15	Int/Sr Stroking
<input type="checkbox"/>	4:30-5:00	Open Skills/Dance	<input type="checkbox"/>	7:00-7:45	Adult Skate	<input type="checkbox"/>	11:15-12:00	Int/Sr Free
<input type="checkbox"/>	5:00-5:45	Jr/Int Free				<input type="checkbox"/>	12:00-12:30	Int/Sr Skills/Dance
<input type="checkbox"/>	5:45-6:00	Jr/Int Stroking				<input type="checkbox"/>	12:30-1:15	CanSkate
<input type="checkbox"/>	6:00-6:30	Figure CanSkate				<input type="checkbox"/>	1:30-2:00	Int/Sr Off-ice
<input type="checkbox"/>	6:00-6:30	Jr Group				<input type="checkbox"/>	2:00-2:30	Jr Off-ice
<input type="checkbox"/>	6:45-7:30	Jr/Int Off-ice				<input type="checkbox"/>	2:45-3:30	Jr STARSkate
Thurs (TCRC) Session 2						<input type="checkbox"/>	3:00-3:30	Jr Group
<input type="checkbox"/>	5:00-5:30	Int/Sr Sk/Dce Partner				<input type="checkbox"/>	3:30-3:45	Jr Stroking
<input type="checkbox"/>	5:30-6:15	Int/Sr Free						
<input type="checkbox"/>	6:15-6:30	Int/Sr Stroking						
<input type="checkbox"/>	6:30-7:15	CanSkate						

Please note:

Sessions chosen are for ice booked from Sept to end of March. Once ice is determined for April and May skaters will be given a schedule to choose their sessions from. We do not anticipate many changes. Sessions will be chosen based on their season registration.

Junior A	Junior B	Intermediate	Senior
2 Freeskate/Open	3 Freeskate/Open	4 Freeskate/Open	6 Freeskate/Open
1 Group	1 Group	3 Group sessions	4 Group
30 min Off-ice (Jr Star)	1 Stroking	2 Stroking	All stroking
	1 Skills/dance	2 Skills/dance	3 Skills/dance
	30 min Off-ice (Jr)	1 hour Off-ice (Int/Sr)	2 hours Off-ice (Int/Sr)

Registration Checklist

(For easier club administration please ensure everything is complete)

- | | |
|--|---|
| <input type="checkbox"/> Discussed goals and training with coach(es)
<input type="checkbox"/> Booked lessons with coach (Signature obtained)
<input type="checkbox"/> Provided a current email address
<input type="checkbox"/> Completed and signed medical statement
<input type="checkbox"/> Completed volunteer/ice credit form
<input type="checkbox"/> PA availability form | <input type="checkbox"/> Signed waiver
<input type="checkbox"/> Completed registration form

Provided separate cheques for:
<input type="checkbox"/> Membership
<input type="checkbox"/> Fees |
|--|---|

Volunteer

The **Gateway Skating Club** is a non-profit organization run by volunteers. Executive members take on many lead roles but do need support from other families to make jobs manageable. We ask each family to contribute to the running of the Club by signing up for jobs to help out throughout the year. Please watch newsletters and the parent board for volunteer opportunities.

I am interested in helping with the following:

- Assisting the test coordinator on test day
- Assisting the social coordinator during one of the club events (Set up, snacks, clean-up)
- Assisting the advertising chair by distributing posters and program brochures
- Assisting the fundraising chair to distribute information and products as needed
- Assisting at one or two CanSkate sessions, check in skaters, hand out receipts, collect missing info
- I can assist with a job I can do at home.
- I can assist where ever my help is needed.



I am willing to help in the following role during the **Gateway Ice Show**:

- | | | |
|--|--|-----------------------------------|
| <input type="checkbox"/> Set-up | <input type="checkbox"/> Ticket/Raffle table | <input type="checkbox"/> Costumes |
| <input type="checkbox"/> Take down | <input type="checkbox"/> Photographer | |
| <input type="checkbox"/> Dressing room attendant | <input type="checkbox"/> Spotlight Operator | |

Ice Credits

This year there are no mandatory fundraising requirements. Opportunities will exist for ice credits to be earned throughout the year. Please indicate if you would be interested in any of the following:

World Famous Chocolate Almonds will be available in **Sept.** Each case has 30 boxes of almonds, which sell for \$3 each. Each case sold earns you \$45 in ice credits. Payment of \$90/case required at pick-up. You will be called when they are in.

I would like to sell _____ cases.

Sobeys Gift Cards are available in the skating office. 9.5% of the amount purchased will be earned as ice credits.

Superstore Gift Cards

Shop and Support Gift Cards will be ordered in October. Further dates will be added if there is interest

Purdy's Chocolates

Other ideas _____

For information about these opportunities, please contact Georgina – glennpar@telusplanet.net or Jody – jm.olson@xplornet.ca