



## Professional Coaching Staff

Michelle Currie	Carrie Cech
<b>Test Record:</b> Senior Comp, Gold Freeskate, Gold Dances <b>Qualifications:</b> 9 years coaching experience, 2 years coaching in Italy, 2000 Canadian ladies Silver Medalist; International competitor and Medalist; 5 years on Senior National Teams <b>N.C.C.P.</b> Level III Certified	<b>Test Record:</b> Gold Freeskate, Gold Skills and Interpretive (accredited), Gold Dance <b>Qualifications:</b> 13 years coaching experience; B.Ed; BA in Psychology <b>N.C.C.P.</b> Level III Certified
<b>Rate per 15 minute lesson: \$13.00</b> <b>938-0020</b>	<b>Rate per 15 minute lesson: \$12.00</b> <b>464-4403</b>
Jill Gainer	Robin Forsyth
<b>Test Record:</b> 7 <sup>th</sup> Figure, Novice Comp, Gold Dances, Skating Skills Class 3 <b>Qualifications:</b> 12 years coaching experience, Bachelor of Physical Education, B.Ed <b>N.C.C.P.</b> Level II Certified, Partial Level III	<b>Test Record:</b> Gold Freeskate, Gold Dances, Gold Figure, Junior Comp, Silver Artistic <b>Qualifications:</b> 8 years Disney On Ice as a principle skater; 10 years choreography experience for up to National level skaters; Jr National Competitor, Manitoba Ladies Champion, 1996, 1997 <b>N.C.C.P.</b> Level II Certified; Partial Level III
<b>Rate per 15 minute lesson: \$11.00</b> <b>249-8050/231-1160</b>	<b>Rate per 15 minute lesson: \$10.00</b> <b>482-5543/907-7022</b>
Cristen Lockhart	
<b>Test Record:</b> Jr Silver Freeskate Elements, Gold Dances, Gold Skills, Gold Interpretive, Bronze Rhythm <b>Qualifications:</b> 3 years coaching experience, 7 years PA; National Silver Medalist – Jr Synchronized Skating 2001 <b>N.C.C.P.</b> Level 1 Certified	
<b>Rate per 15 minute lesson \$8.00</b> <b>690-9516</b>	
	<b>Please Note:</b> ➤ Coaches bill skaters directly for private lessons ➤ Please contact your (child's) coach if you will not be attending a session

## Description of Gateway SC Membership

<b>FULL MEMBER - \$85 for first family member, \$60 for each subsequent family member.</b> Includes Skate Canada Fee. Skater declares Gateway Skating Club as their home club.	<b>ASSOCIATE MEMBER - \$60</b> 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.
	<b>Ice Fees: \$5.50 Group: \$11.00</b>

## General Information

APPLICATION DEADLINE (returning GSC members)	SCHEDULE CHANGES
<b>August 16, 2011</b> New member registrations are taken year round. Packages for new members registering after the deadline will be pro-rated.	All changes must be approved and submitted on the <b>Change of Schedule</b> form. A fee of <b>\$10</b> will be charged for changes after <b>Sept 10. Forms can be found on the bulletin board.</b>
MAKE-UP ICE	DROP-IN
No make-up ice for missed sessions	Must be a current Skate Canada member. There is a minimum 1-hour charge for ice at the rate of <b>\$10.00/hr</b> (Group <b>\$13.00/hr</b> ). Gateway members may drop-in on sessions with Coaching and Club permission at a rate of <b>\$7.00/hr</b> . Group: <b>\$13.00/hr</b> . <b>ALL DROP-IN SKATERS must sign in.</b>
PROGRAM REFUNDS	
<b>NO refunds.</b> Ice credits will be considered for serious medical circumstances substantiated by a medical certificate. A \$25 administration fee will be withheld.	
IMPORTANT DATES in Fall	TEST DAYS
PA Training – <b>Wed., Sept 7</b> – 6:00 Kinsmen Simulations – SaskSkate – <b>Fri., Sept 23</b> – 4:00 MWRC Simulations – Sectionals – <b>Fri., Oct 21</b> – 4:00 MWRC Gateway Junior Challenge – <b>Fri., Nov 11</b> Buddy Day – <b>Sat, Nov 19</b> – MWRC <b>Watch for further information and more events to be posted.</b>	Low Test (Tentative) Wed. Dec 21, Thurs, Mar 22., May TBD High Test Dates: GSC will be hosting a Centralized High Test Day on Nov 20. St Albert Mar 10. Others TBA <b>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.</b>
<b>ICE SHOW: The tentative date for our annual ice show is Saturday, May 12. The rehearsal will be Friday, May 11. Beginning May 1 coaches will be utilizing Group sessions for ice show preparation. A schedule will be provided to skaters mid April.</b>	

## Programs

GROUP SESSIONS	OFF-ICE
<p>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.</p>	<p>Classes are led by club coaches/trainers with a focus on:</p> <p style="padding-left: 20px;">Flexibility and Stretching: Movement and body awareness as well as proper warm-up techniques.</p> <p style="padding-left: 20px;">Fitness: Cardiovascular and strength training.</p> <p style="padding-left: 20px;">Jump: Off-ice jumping to enhance technical performance on the ice.</p> <p style="padding-left: 20px;">Fun: Getting to know fellow skaters and working together</p> <p><b>Equipment Required:</b> Running shoes, yoga mat &amp; water bottle</p> <p>Fees are included in the package price. For non-package skaters, off-ice is available at \$9 per hour (space permitting). OFF-ICE schedule may change due to registration numbers.</p>
EDGE	
<p>Edge sessions will focus on endurance, edges and turns.</p>	
WARM-UP	
<p>Skaters are expected to complete a warm up routine before getting on the ice. A routine will be developed by coaches for skaters to follow.</p>	

## Packages

<b>Packages Include:</b>	➤ Ice fees to mid-May	➤ Club events	➤ Flex time use		
	➤ Off-ice	➤ Simulations	➤ Designated June Ice		
	➤ Coaching fees for Group and Edge sessions	➤ Seminars (subsidized)	➤ Ice Show Fee (subsidized)		
Junior A		Junior B			
<b>Cost for season- \$616 Monthly- \$77</b>		<b>Cost for season- \$928 Monthly- \$116</b>			
<p>Skaters moving up from CANSKATE or Jr STARSkate Group Programs</p>	<p>Choose the following sessions on the schedule: 2 Freeskate/Open 2 Edge 1 Group 30 minutes Off-ice</p>	<p>Jr Skaters who have skated at least one full year and have not passed the Preliminary Freeskate test.</p>	<p>Choose the following sessions on the schedule: 3 Freeskate/Open 1 Group 3 Edge 1 Skills/dance 30 minutes Off-ice</p>		
Intermediate		Senior		Senior Competitive	
<b>Season- \$1736 Monthly- \$217</b>		<b>Season- \$2456 Monthly- \$307</b>		<b>Season- \$2472 Monthly- \$309</b>	
<p>Skaters who have passed the Preliminary Freeskate test</p>	<p>Choose the following sessions on the schedule: 4 Freeskate/Open 3 Group sessions 4 Edge 2 Skills/dance 1 hour Off-ice</p>	<p>Skaters who have passed the Junior Bronze Freeskate test</p>	<p>Choose the following sessions on the schedule: 6 Freeskate/Open 4 Group All Edge 3 Skills/dance 2 hours Off-ice</p>	<p>Skaters who are competing at Pre-Novice or above may choose this package or the Senior Package</p>	<p>Choose the following sessions on the schedule: 8 Freeskate 4 Group All Edge 2 Skills/Dance 90 minutes of off-ice</p>

Packages must be booked based on skating level. Packages sessions are minimum recommendations. **Package skaters may book additional sessions at the package rate of \$4.50/hr Group: \$10.50/hr Off-ice: \$8.00**

### Hourly Skaters (Gateway members not wishing to purchase a package/Associate members)

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**

## Communication

Please refer to the **Skater Information Package** given out upon registration for more detailed Club information, Skater etiquette, coaching rates for tests and competitions.

Information about upcoming club events, competitions and general club happenings can be found in our **newsletters**, on the **parent board** at MWRC.

Our **online calendar** will list upcoming events and schedule changes.

The easiest way to communicate is through **email**. Please give us an address that you check.

Questions? **Talk** to your coach. **Call** or **email** the club office and your question will be forwarded to the right person.

**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.



# Registration 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 Cell # \_\_\_\_\_ Father's Cell # \_\_\_\_\_

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  Sr Comp \$ \_\_\_\_\_

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

(with a package registration) 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 \$ \_\_\_\_\_

(no package booked) 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% on smaller registration) \$ (\_\_\_\_\_)

Less Ice Credits on account \$ (\_\_\_\_\_)

Credit Card User Fee (2.5% of total) \$ \_\_\_\_\_

TOTAL PAYABLE to Gateway Skating Club \$ \_\_\_\_\_

Paid in Full: Cheque(s) # \_\_\_\_\_ up to 8 post dated cheques (dated Sept 1/11-April 1/12)

Mastercard  Visa  Name on Card: \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Membership fees: Full member \$85, Second family member \$60, Associate Member \$65 Cheque # \_\_\_\_\_

# Gateway Skating Club 2011/12 Booking Form

Please check off the sessions you would like to book. **Circle the CANskates** that you are willing to work on.

Monday (MWRC)			Tuesday (MWRC)			Wednesday (Kinsmen)			
<input type="checkbox"/>	4:30-5:00	Jr/Int Gr (Figure Can)	<input type="checkbox"/>	4:00-4:45	Jr/Int Free	Arena B	<input type="checkbox"/>	2:00-2:30	(Preschool)
<input type="checkbox"/>	5:00-5:45	Jr/Int Free	<input type="checkbox"/>	4:45-5:00	Open Edge		<input type="checkbox"/>	2:30-3:15	Open Free
<input type="checkbox"/>	5:45-6:00	Jr/Int Edge	<input type="checkbox"/>	5:00-5:30	Jr/Int Skills/Dance		<input type="checkbox"/>	3:15-3:30	Open Edge
<input type="checkbox"/>	6:15-6:45	<i>Jr/Int Off-ice</i>	<input type="checkbox"/>	5:45-6:30	Int/Sr Free		<input type="checkbox"/>	3:45-4:15	Open Gr (Figure Can)
			<input type="checkbox"/>	6:30-7:15	(Canskate)		<input type="checkbox"/>	4:15-4:45	Open Skills/Dance
Monday (TCRC)									
<input type="checkbox"/>	2:15-2:45	(Preschool)	<input type="checkbox"/>	6:30-7:30	Sr Free	Arena A	<input type="checkbox"/>	4:45-5:30	OpenFree
<input type="checkbox"/>	2:45-3:45	Open Free					<input type="checkbox"/>	5:30-5:45	Open Edge
<input type="checkbox"/>	4:00-4:30	Open Skills/Dance				<input type="checkbox"/>	6:00-6:45	(CanSkate)	
<input type="checkbox"/>	4:30-5:15	Sr Free				<input type="checkbox"/>	6:10-6:40	Int/Sr Off-ice	
<input type="checkbox"/>	5:15-5:30	Sr Edge				<input type="checkbox"/>	6:45-7:30	(Jr STARSkate)	
<input type="checkbox"/>	5:30-6:00	Sr Group (Figure Can)							
<input type="checkbox"/>	6:30-7:30	(Canskate/Jr Star)							
Thursday (MWRC)			Friday (MWRC)			Saturday (MWRC)			
<input type="checkbox"/>	1:00-1:30	Preschool	<input type="checkbox"/>	4:00-5:15	Sr Group	<input type="checkbox"/>	9:15-10:00	Open Free	
<input type="checkbox"/>	1:30-2:15	Open			(Counts as 2 group	<input type="checkbox"/>	10:00-10:15	Open Edge	
<input type="checkbox"/>	2:15-2:30	Open Edge			and 1 stroking)	<input type="checkbox"/>	10:15-10:45	Open Skills/Dance	
<input type="checkbox"/>	2:30-3:15	Open	<input type="checkbox"/>	4:45-5:15	Int Group	<input type="checkbox"/>	11:00-11:30	Open Group	
<input type="checkbox"/>	3:30-4:00	Op Gr (FCan)	<input type="checkbox"/>	5:30-6:15	Int/Sr Free	<input type="checkbox"/>	11:30-12:15	Int/Sr Free	
<input type="checkbox"/>	4:00-4:30	Open Sk/Dan	<input type="checkbox"/>	6:15-7:00	Dance Partnering	<input type="checkbox"/>	12:30-1:15	(Canskate)	
<input type="checkbox"/>	4:30-4:45	Int/Sr Edge	<input type="checkbox"/>	7:00-7:45	(Canskate/Jr Star)	<input type="checkbox"/>	1:30-2:15	<i>Sr Off-ice</i>	
<input type="checkbox"/>	4:45-5:30	Int/Sr Free				<input type="checkbox"/>	2:45-3:45	(Jr Star)	
<input type="checkbox"/>	5:00-5:30	<i>Jr Off-ice</i>							
<input type="checkbox"/>	5:45-6:30	Jr Free							
<input type="checkbox"/>	6:30-6:45	Jr Edge							
<input type="checkbox"/>	6:45-7:15	Jr Gr							
		(Jr Star to 7:45)							
		Arena A							
<input type="checkbox"/>	6:45-7:30	(Canskate)							
<input type="checkbox"/>	7:30-8:00	FLEX TIME							

**Please note: FLEX TIME will be used for a variety of reasons. Schedules will be posted monthly.**  
 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	Senior Competitive
2 Freeskate/Open	3 Freeskate/Open	4 Freeskate/Open	6 Freeskate/Open	8 Freeskate/Open
2 Edge	3 Edge	3 Edge	All Edge	All Edge
1 Group	1 Group	3 Group sessions	4 Group	4 Group
30 min Off-ice	1 Skills/dance	2 Skills/dance	3 Skills/dance	2 Skills/dance
	30 min Off-ice	1 hour Off-ice	2 hours Off-ice	90 minutes Off-ice

## Funskate 2012

We are hosting the 2012 Region Funskate from Feb 3 – Feb 5. Each skating family will be required to volunteer for the following number of shifts over the week-end. There will be a variety of jobs.

Jr A – 1 shift	Jr B – 2 shifts	Int – 3 shifts	Sr – 3 shifts	Hourly skaters – based on skating level
Please submit a \$100 deposit cheque dated Feb 6, 2012 for each required shift. They will be returned after your shifts are completed. Deposit cheques submitted # _____ # _____ # _____				

**All intermediate and senior skaters will be required to complete one shift.**

## Registration Checklist

*(For easier club administration please ensure everything is complete)*

<input type="checkbox"/> Discussed training with coach (Signature obtained)	<b>Provided separate cheques for the following:</b>
<input type="checkbox"/> Chose sessions with coach	<input type="checkbox"/> Membership
<input type="checkbox"/> Provided a current email	<input type="checkbox"/> Fees – cheques or credit card
<input type="checkbox"/> Signed waiver and medical statement	<input type="checkbox"/> Funskate deposit – cheques only
<input type="checkbox"/> Circled CANskate sessions you can help on	