



# BIGGAR SKATING CLUB



2017 - 2018

# PARENT'S MANUAL

## Biggar Skating Club Executive 2016 - 2017

Co-President - Bonita Elliott 948-2092

Co-President - Lesley Massie 948-2813

Vice-President - Diane Larouche-Ellard 948-5011

Secretary - Diane Larouche-Ellard 948-5011

Treasurer – Lorraine Falcon 948-2998

PR/Competition Chairperson – Bonita Elliott 948-2092

Test Chairperson – Lesley Massie 948-2813

CanSkate Coordinator – Carol Burton 948-2001

Co-STARSkate Coordinator - Lauri-Ann Larochelle 948-2156

Co-STARSkate Coordinator - Brandy Magnus 491-0102

Co-Carnival Convenor – Annette Fecht 948-3522

Co-Carnival Convenor – Brandy Magnus 491-0102

COACH - Jennifer Mason



## STARSKATE ICE SCHEDULE

Skating will be Tuesdays and Fridays, starting Tuesday, October 11, 2016 and ending Tuesday, March 14, 2017. Our annual Carnival, showcasing the season's achievements will be Sunday March 12, 2107. Skating lessons will run from 5:30 - 9:00 p.m. on Tuesdays and 5:30 - 8:00 p.m. on Fridays.

When skaters are not scheduled for group or private lessons, it is expected that they remain on the ice for practice. Breaks can be taken, but full utilization of the ice time is expected.

Our STARSkate program includes group and private lessons. Grouping is very flexible allowing students to move from one group to another as progress warrants. Your STARSkater may not be in the same group for each discipline. We encourage all STARSkaters to take one private lesson in each discipline - Freeskate, Skills and Dance. Private lessons should be arranged for at registration (see Bonita) or before so that ice times may be scheduled. The cost of private lessons \$9.25. Each private lesson is 15 minutes. If a lesson is shared by two skaters the cost is split. The charge for group lessons (3 or more skaters) is \$3.00 a lesson from Jennifer. The club will pay the coach, and then the club will bill you for the private lessons once a month. Registration includes payment of large group lessons and ice rental fees but not the cost of private or shared lessons.

Your scheduled private lesson is a commitment. If your skater is unable to attend, due to illness or another commitment, it is your responsibility to find another skater who would be willing to take that lesson. Please phone the President as soon as possible before the lesson to inform us of the change. If a lesson is missed and we are unable to fill the time with another skater, you will be billed for this lesson. Lesson schedule will be posted in advance so there should be ample opportunity to make changes if needed. Likewise, if your skater must leave early, it is their responsibility to switch their lessons with another skater. Skaters will be given a contact list so that they can contact other skaters directly to switch lessons.

Please ensure that your STARSkater is properly dressed for her lessons. Clothing should be warm, but not restrict movement. Ideally figure skating attire including warm/layered tights and a skating skirt or dress for women and stretchy trousers for boys are encouraged, but are not required. Pants that give or have lots of room are preferred, such as fleece, jogging, yoga and windsuit leggings or pants. Jeans, including stretch jeans, will not be allowed on the ice. Your skater must be wearing mitts or gloves on the ice to protect their hands. When it is cold, headgear may be desired. Skaters who are not dressed properly will be asked to leave the ice until proper attire is acquired.

If you have any questions or concerns, please discuss them with the coaches, STARSkate coordinator, or any member of the executive. Please do not approach the coaches on the ice. They will be happy to talk to you before or after the lessons.

## **COMPETITION**

This year's Regional Competition will be held in Region 10 with Rosetown Hosting Feb 17-19, 2017. STARSkaters are encouraged to participate as this experience is an integral part of the program. It should be looked upon as an exciting and fun experience. Competition involves a large component of Skater evaluation as skaters are evaluated and ranked according to established standards and not merely ranked against each other. Please see the What is StarSkate section below for more information or check out the Skate Canada website.

The Regional Competition also has entry fees, which are not included as part of any lessons or registration.

## **REFUND POLICY ON SKATING FEES**

1. No refunds after December 1 except on a pro rated basis for medical reasons or at the discretion of the executive.
2. SKATE CANADA membership of \$35.00 is non-refundable as it is sent to SKATE CANADA right after registration.
3. All refund requests must be submitted in writing and dated.

## **SKATING INFORMATION**

Information regarding skating, fundraising, Carnival, etc will be shared with you before, throughout,

and at the conclusion of the skating season. E-mail is our preferred way of communicating. Please provide us with a current e-mail address that you monitor regularly (ie. Weekly) so you don't miss out on these important news items. An e-mail is also required by Skate Canada as they send periodic e-mails as well. Please check our website at [www.biggarskatingclub.com](http://www.biggarskatingclub.com) for additional news and resources.

Registration forms, supervising parent list, and the current Parent Manual are also available at [www.biggarskatingclub.com](http://www.biggarskatingclub.com)

## GENERAL SKATING RULES

In order to provide a safe and enjoyable atmosphere, the skaters are expected to abide by the following rules:

1. Profanity or use of foul language will not be tolerated on ice surface or in building.
2. Keep the rink clean, please use the garbage cans.
3. There is a NO SMOKING policy in the Biggar Jubilee Stadium during all youth activities. Any smoking must be done outside the building.
4. Anyone causing a disturbance will not be allowed to remain in the rink.
5. Skaters are encouraged to get up immediately when they fall, it is dangerous to remain on the ice surface after a fall.
6. No pushing, playing tag or bumping into others or the boards.
7. No gum, candy or pop on the ice. Water bottles in a non-breakable format are acceptable.

8. Kicking ice surface because of temper will not be tolerated.
9. When the zamboni enters ice area, skaters must leave immediately and not enter ice surface until the zamboni has left.
10. Skaters are expected to utilize their ice time to the fullest (e.g. socializing will be done off the ice). Family and friends are welcome to observe practices but if these visits interrupt practice they will be discouraged.
11. StarSkaters only in their dressing room. Please no men! Dads please send a Mom or other female skater into the dressing room to retrieve your skater, you don't want to inadvertently walk in on someone changing! A separate dressing room is available for male skaters, and please no women!
12. Please do not leave money or valuables in the dressing room.
13. StarSkaters appreciate having a box of tissues at the boards during practice. If every family brings a box once throughout the season, we usually have enough for the season. Please check with your skater if tissues are needed and bring a box if needed.
14. If problems arise, please see the supervisor as soon as possible.
15. Supervisor parent will report any undesirable behaviour to the executive of the club.
16. Please be on time for your lessons.
17. Dress warmly as the rink can be very cold.

**ANY SKATERS NOT COMPLYING WITH THE ABOVE RULES  
MAY BE SUSPENDED FROM ICE TIME!!!**

## PROGRAM ASSISTANTS

Program assistants (PA's) are senior STARSkaters who have been invited by the Skating Club to assist with leading CanSkaters in their continuous lessons. This is a volunteer position and a privilege and training outside regular skating time is required. Program Assistants may use their time to meet volunteer requirements for school or other activities and PA's are paid a small honorarium based on their attendance as a PA. Like any job, if a PA is unable to attend their session, the President must be informed a minimum of one day ahead of the CanSKate session.

PA's are under the supervision and direction of the Coach and lead small groups of CanSkaters through designated circuits to develop and practice their skills learned in group lessons taught by the Coach. Our CanSkate program cannot survive without PA's and most STARSkaters are needed to assist in this role. STARSkaters must be at the rink, ready to skate at least 15 minutes before the start of the CanSkate session so the circuits can be set up – this is also paid time in the honorarium.

## DUTIES OF MUSIC/SUPERVISING PARENT

1. Be on time on the day you are scheduled to play the music. You are responsible for music and supervision of STARSkaters from 5:30 – the end of the skating session at 8:00 or 9:00 pm depending on the day. If your skater is not skating on a day you are assigned to play music, please don't forget to find a replacement if you as a parent are also not planning on attending. **If you are unable to be at the rink for the entire time, it is your responsibility to find a replacement.**
2. As the music/supervising parent you are to play the music for the practices. This includes freeski and dance music and general background music usually provided by the skaters according to their preferences. Watch the practice and coach – they will ask for particular dance music (usually by number according to the order on the dance CD or for a freeski according to skater); if no music is being requested feel free to play the music CD/mp3 the

skaters provide (Shelayna's Jams have been popular recently).

3. Skaters having lessons have priority for music being played, if the coach asks for the music, you may go ahead and play it. As a general rule – dance music can be interrupted for a coach request, generally we don't interrupt a freeskate program. Skaters practicing but not in a lesson may also ask for music and this is generally first come first served. With the exception of lessons, music in progress is generally not interrupted to play requests.
4. The first aid kit is on the wall beside the trophy cabinet, and we have a portable kit in the Skating Locker outside the dressing room that can go onto the ice if necessary. Supervising parents are to provide assistance if anyone is hurt.
5. Be at the arena for the entire scheduled time.
6. Supervisor shall watch skaters on ice at all times. If a skater is injured, it is the supervisor's responsibility to go out on the ice and bring that injured or upset skater in the lobby so the rest of the group is not left unattended by the coach.
7. Supervise skaters' behavior on the ice and off the ice. Supervising parents have the authority to ask skaters to utilize practice time to the fullest – ie. the supervising parent is to ensure skaters are on the ice for the majority of practice time. A 15 minute break midway through practice time is acceptable. The Supervising Parent is expected to ask skaters to return to the ice if breaks are excessive. If this is a challenge for skaters please report your concerns to an executive member.
8. Be sure unauthorized persons are not on the ice during skating times. Supervise the lobby for any visitors distracting skaters from their practice. We have limited resources to supervise the lobby.
9. Music/Supervisor parent will report any undesirable behavior to the executive of the club.
10. As Supervising Parent you are the last Skating Club member to leave the rink. Please make sure you have turned off the sound system, turn the heat in the music room to the marked

level, turn out the lights and close the door of the music room. The CD's may be stored in the basket and the basket placed into the StarSkate locker (outside the female dressing room). Please make sure to check that the CanSkate teaching aids are stored in the locker (at the base of the music room steps out in the arena) and that the locker is locked. As well, please check the ice surface & boards for abandoned clothing, skate guards, Kleenex boxes, and water bottles and bring them in to the skaters, please also check both dressing rooms for lost items – bring them to the attention of skaters or place them in the StarSkate locker and finally make sure the microwave, skating materials, and all skater bags are in the StarSkate locker and that the locker is locked.

**If you are unable to come at the scheduled time, please arrange to trade times with another parent, and then let the President know.**

## **FUNDRAISING & CARNIVAL REQUIREMENTS FOR STARSKATE PARENTS**

Fundraising is necessary to keep the fees down as ice rental and other costs continue to rise. It is also important to our club's success for everyone to volunteer their time at club events such as carnival and competitions. Without everyone's support these events could not occur. Therefore, each STARSkate family is asked to contribute. We have provided a variety of options and hope that there is a fundraiser that everyone is comfortable doing. We ask that each family sell \$300.00 worth of product in total. Fundraisers that we will be doing include wreath/birdfeeders, In Good Taste Baking, Easter Chocolates, and bake/garage sales.

In addition to fundraising each skating family is asked to assist with our annual carnival on March 12, 2017. Either making or purchasing decorations and working at the carnival including set-up and take-down is needed. This is the pinnacle of our season and we want all skaters involved and need the support of all families.

Each family will be asked to write a post dated cheque dated March 1, 2017 in the amount of \$300.00. These cheques will not be cashed unless the fundraising & carnival commitments are not met.

## WHAT IS STARSKATE?

Congratulations on being the parent of a *figure skater*; the STAR 1-5 competition program is where *figure skating* begins! The STAR competition program is comprised of five different levels of events for skaters who have completed the CanSkate program. It introduces participants to key components of figure skating including performance, assessment, and competition. STAR 1-5 fits into the Learn to Train level of Skate Canada's Long-Term Athlete Development Model (LTADM).

Each stage of this national program emphasizes key skills such as turns, stroking, jumps, spins, and different aspects of performance that have been designated by figure skating experts as necessary for development and progression in our sport. It is important to note that every skater is unique and will advance at different rates due to various factors such as growth spurts and participation. To accommodate individual needs, the STAR 1-5 competition program is designed to be fluid and allow skaters to progress at their own pace, even skipping levels if appropriate; skaters may move through several levels in a season or stay at the same level – it's all dependent on individual athlete development! At all stages and levels, parents should discuss their skater's progress with their coach to determine the best options for them. The chart below provides a brief description of each level:

STAR	Format	Description
1	Group Elements Event	Introduces skaters to performing elements like jumps and spins in a fun group environment with their coaches. Skaters are evaluated and receive a report card and ribbon based on their performance.
2	Evaluated Program	Skaters now take many of the elements they learned in STAR 1 as well as new skills and perform them in a program in front of judges. Many skaters may learn a program in a group and even share music. Like STAR 1, skaters are evaluated and receive a report card and ribbon.
3	Evaluated Program	STAR 3 continues to build on the skills learned in STAR 1 and 2. More difficult elements like an axel jump are added and judges evaluate the programs based on more challenging criteria. Skaters also receive a report card and ribbon.
4	Ranked Program	Axels are encouraged at this level and receive a bonus for successful completion. STAR 4 serves as a transition point between evaluated levels and competition incorporating a points system. Assessments are used to produce a ranking for each group of competitors. Each skater receives a report card with top finishers in each group receiving either a ribbon or medal.

In STAR 1-4, skaters are evaluated against a national standard by a panel of certified judges. Each element they perform receives an assessment of Gold, Silver, Bronze or Merit as well as an overall standing.

5	Ranked Program	Skaters may perform double jumps at this level. STAR 5 is the first time skaters are rewarded points for elements and performance; it is the same scoring system used to judge top competitive figure skaters. Skaters are ranked based on total points and are provided a detailed report card. Top finishers receive medals.
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### Helping your skater get the most out of STAR 1-5

There are a lot of options within figure skating and that can sometimes be overwhelming; here are some tips to make this a positive and fun experience for parents and children.

- **Keep it Fun.** The focus of STAR 1-5 should be on enjoyment and developing figure skating specific skills. Encourage skaters to have fun, try their best, and learn to find joy in all aspects of the sport. Remember this is *their* sport.
- **Ask Questions.** Don't be afraid to ask questions about the way the skating world works! Your coach is a good place to start as are experienced parents and club volunteers. You can also find excellent information on-line at [www.skatecanada.ca](http://www.skatecanada.ca), as well as your section and club websites.
- **Reward Effort.** Do not get hung up on results; instead, focus on personal progress and effort. Rankings only reflect the performances on the ice and not who skaters are as individuals. Skaters are not machines and top world skaters have bad days too.
- **Provide Emotional Support.** This is a really challenging sport. Even in the STAR 1-5 competition program skaters attempt fairly complex movements on a tiny blade and slippery surface; that's enough to make anyone nervous! Being anxious before competition is normal and it can be helpful to explain to your children that their nerves just show they care about how much they want to do their best.
- **Model Healthy Eating and Physical Activity.** Even beginner athletes need the right fuel to help them perform at their best. Modeling healthy eating behavior and providing meals that are nutritious and balanced will benefit your entire family. Encourage participation in a range of physical activities in addition to skating - can you find physical activities that you can do together as a family?
- **Communicate with your Coach.** Your coach is there to help you as well as your child. Communicate with them regularly about the progress of your skater and to chart a course for development that works for your family and your budget.

## WHAT HAPPENS AFTER STAR 1-5?

Skaters may choose to continue in higher levels of the STARSkate program (Senior Bronze, Junior Silver, etc.) or transition into in CompetitiveSkate (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pair skating, interpretive skating, or synchronized (team) skating. Please note that not all of these options are available in Biggar. There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (child, parent and coach).

If your skater is interested in becoming a certified professional skating coach, courses are offered at various times of the year. A skater must be 16 years of age to take the NCCP coaching training. For further information, talk to the president.

Officiating is a wonderful way to give back to your sport and to remain in a lifelong relationship with skating. A skating background is not always required. Officials must be 16 years of age or older at time of appointment but training can begin before that age. Again, speak to the president if you are interested,

## SKATES

When buying skates, look for a proper fit, firm ankle support, good quality leather and correct blade placement. When fitting skates, wear the same pair of socks the skater will wear for skating, preferably one pair of snug fitting socks. Partially lace the boots through the instep, slide the foot forward so toes can touch the front but are not cramped, stand with weight equally distributed over both feet, bend knees, the space at the back of the heel should be no more than a pencil width. Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep. Skates should fit snugly around the ankle and heel with some room for movement of toes. There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place. Walk around in the skates off the ice; they should feel comfortable.

As skaters progress through the STARSkate program and accomplish more difficult skills and jumps, stiffer skate boots may be required to support their ankles. This may require the purchase of skates beyond typical recreational skates. Speak to the coach for more advice regarding your skater. Figure skates can be purchased at Athletes Haven, Rosetown in the fall season or at Bike Universe, Saskatoon for the closest locations to Biggar. These skates are typically heat molded to fit the skaters foot precisely and usually cost \$200 or more per pair depending on the type needed. From time to time the club has used skates in good condition that have been outgrown by previous skaters. Please ask an executive member if you would like to see what is available.

Always wear protective guards on your skates when not on the ice. Dry the blades and sole plate completely with a cloth after use. Always remove guards before storing skates. Unlace skates sufficiently before removing them so that the back of the boot will not break or rip. Air boots out after use.

Skates should be re-sharpened after approximately 30 hours of skating and a figure skating sharpening is recommended, available at Bike Universe or by Russ Prosko (Elevator Road) in Saskatoon. The bottom pick should not be removed.

**Happy skating! We look forward to seeing you at the rink!**