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INFORMATION HANDBOOK 2011-2012

CONTACT INFORMATION

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or

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SKATECANADA

MESSAGE FROM THE CLUB

Skate Harrow is pleased to provide this information booklet for the **2011-2012** skating season and have your child participating in our program.

Skate Harrow is a member of the Western Ontario Section of Skate Canada. We are a non-profit organization which is proudly maintained by volunteer help throughout the ranks of its membership. Without the help of our volunteers, our Club could not run smoothly or efficiently. The Club is always ready to accept a helping hand from parents, friends, relatives and community members.

If you have any questions, feel free to talk to one of our Coaches or contact a member of the Executive. We are looking forward to an exciting and challenging new skating season!!

Happy Skating!

Skate Harrow

** Make sure to check the website & bulletin board frequently for updates.*

Our Philosophy:

Skate Harrow's philosophy is to ensure that all members are encouraged in the enjoyment, instruction, practice, and advancement of all aspects of skating.

Board Members

Our regular meetings are only attended by board members. However, a person can request to speak at a meeting by contacting a board member in writing prior to the monthly meeting. Minutes are available upon request.

EXECUTIVE

<u>NAME</u>	<u>POSITION</u>
Michaele Woodiwiss	President
Kim Keller	Past President
Donna Monk	Vice-President
Tim Smeltzer	Treasurer
Susan Wright	Corresponding Secretary
Donna Philp	Recording Secretary
Lori Lafferty-Vilneff	Pro Liason

DIRECTORS

MaryBeth Hernandez	Kelly Hukezalie
Lucille Kraus	Laurie Lafleur
Karen Morencie	Wendi Munger-Stevenson

COACHING STAFF

Private lessons with our National Coaching Certification Program (N.C.C.P.) accredited coaches may be arranged by contacting them directly. Please feel free to discuss your child's progress with their coach.

COACHES

Karen Adam	Cathy Fox
Nicole Johnson	Lori Lafferty-Vilneff
Todd Holland	Marilyn Holland

OUR POLICY & ETHICS

Skate Harrow has developed the following guidelines to insure the safety and enjoyment of all skaters. If at any time a skater is found not following these guidelines, they may be asked to leave the ice at the discretion of the coaches. Coaches, parents and caregivers should reinforce and encourage appropriate ice etiquette and behavior.

Ice Etiquette:

All skaters should have an awareness of their surroundings and who has the “right of way”. If you are in the path of another skater, please exercise courtesy and please be polite.

Private Lessons: Private Lessons have the “right of way”. When a coach is giving a private lesson, we ask that skaters not interrupt. It is only fair that all skaters have the benefit of the one-to-one instruction with their coach.

Solo: “Right of way” goes to the skater who’s solo music is being played.

Stroking: The faster, stronger skaters stroke to the outside of the ice surface and the slower skaters to the inside.

Dance: “Right of way” is given to the dance that is being played. If a coach is partnering a skater, they are also given the “right of way”.

Spins: Practice spins in centre ice

Jumps: Practice jumps at the ends of the ice surface—unless the harness is being used. When the harness is in use, all skaters must stay out of this area.

Rules of Conduct:

- Skaters will promote and display a positive and respectful club/team spirit and true sportsmanship on and off the ice, in their home Club and at other Clubs. Remember, you are not only representing your home Club but also your Community.
- Skaters will follow the instructions of the coaches/assistants politely and promptly.
- Skaters will respect all arena staff, ice surface and arena property at all times.
- Skaters will use courteous, considerate language. Foul language is not permitted.
- If a skater is injured, DO NOT move them. Seek the assistance of a coach.
- No food, drink or gum allowed on the ice surface.

VOLUNTEER COMMITMENT

Skate Harrow has several fundraisers over the course of the Skating season, including the selling of the Ontario Skaters Promotional Contest Tickets organized by Skate Canada. We ask that all members participate in these fundraisers as they assist in keeping our registration costs down.

At skating registration, each member will receive a book of Ontario Skaters Promotional Contest Tickets which is included in their registration fee. Only one book of tickets will be given per family. Families can either buy the tickets themselves or turn around and sell them to recoup their \$40.00. A limited number of extra books are available if you wish to sell more tickets (thus creating more profit for the club). Ticket stubs need to be returned to the Club by the end of January so they can be forwarded to Skate Canada. **An email reminder will be sent out.** The draw takes place March 2012 and all winners will be contacted by Skate Canada.

Throughout the skating season, there are various competitions. At the local competitions, the skating clubs are asked to assist in the running of these events. This year, our club has been asked to assist at the Synchronized Skating competition which is to be held in Windsor. Even though we may not have any skaters from our club participating in this event, we WILL require volunteers. **Our club benefits financially by volunteering at such events.**

*We ask that you consider helping with these as well, but they are not mandatory. Fundraising helps make sure that our club stays financially healthy and offsets the cost of your child’s registration fee. We realize that everyone is busy, but any help you can give when called upon is greatly appreciated. **There are also many jobs that can be done to assist the running of the club. If you can volunteer your time playing music, handing out CanSkate badges, assisting with the carnival, etc., please contact any board member. Any time commitment is greatly appreciated—no time you can assist is too small. Thank you.***

VARIOUS PROGRAMS

The Skate Canada CanSkate Program is the learn-to-skate program, designed for beginners of all ages. At the start of each Program, the skaters are grouped by badge level and/or age. Each group is assigned a colour which does not necessarily relate to the badge they are working on. Please pick up your skater's name tag before going on the ice. The skaters start each session with a full ice warm up which includes stroking around the rink as well as stationary exercise. The Pas lead this part of the session. After the warm up, the first 15-20 minutes is spent with the professional coach. The coach works on skills outlined in the badge and records their progress on an "Individual Progress Sheet." They are assessed daily. The remainder of the session is spent with the PA. Circuits and games are used to reinforce what the coach has already taught them. The end of the session offers a cool down. For more information, go to www.skatecanada.ca or www.skating-wos.on.ca.

Upon successful completion of the CanSkate Program, the skater will enter the Test Stream which provides opportunities for skaters to work through testing levels from Preliminary through to Gold levels.

Junior Level

Any skater who has successfully completed the basic skating skills with a minimum of receiving badge 5 in the *Canskate Program* is qualified to enter the *Junior Program*.

The individual will work on Preliminary Dances, Preliminary Skills, Introduction to Freeskate (waltz jumps, toe loops, one foot spins, etc.) under the direction of a Club coach. A 20 minute group coaching session is provided for basic skills and stroking. During the remaining ice time, the skater will have free time to work on their own skate elements or might receive a small group lesson from a PA or private lesson (at additional cost) from one of our certified Skate Canada coaches. Private or semi-private lessons are strongly recommended.

Intermediate Level

To qualify at this level the skater must have completed any *Preliminary Test*. **Private or semi-private lessons are mandatory at this level.**

Senior Level

To qualify at this level the skater must have completed their *Junior Bronze Freeskate*. **Private or semi-private lessons are mandatory at this level.**

TEST DAYS

Several test days for Test Stream skaters will be held throughout the season. Skaters will be notified by their coaches whether or not they are testing and which test they will be trying.

On the event of such test days, there will be no regular skating sessions for the test stream skaters. A modified schedule will be posted ahead of time, notifying skaters of their skate times.

Please be aware that it is not up to the parent or test chair to add a skater's name to the test date list. ONLY THE COACHES MAY PLACE THE SKATER'S NAME ON THIS LIST.

There is an additional fee for trying a test. See the list below. Test fees must be paid to the test chair representative on test day prior to the test. If you wish to try a test at another club, you must first receive a permission form from the Test chair representative.

FEES (per test)	
Skills	\$10
Dance	\$10
Freeskate (solo)	\$10
Freeskate (elements)	\$10
Interpretive	\$10

*** There is also a \$5 Skate Harrow fee per test day. This is a flat fee regardless of the number of tests tried at that test day.**

DANCES

Preliminary

Dutch Waltz
Canasta Tango
Baby Blues

Junior Bronze

Swing Dance
Fiesta Tango
Willow Waltz

Senior Bronze

Ten-Fox
Fourteen Step
European Waltz

Junior Silver

Keats Foxtrot
Harris Tango
American Waltz
Rocker Foxtrot

Senior Sliver

Paso Doble
Starlight Waltz
Blues
Killian

Gold

Viennese Waltz
Westminster Waltz
Quickstep
Argentine Tango

Diamond Dances

Ravensburger Waltz
Tango Romantica
Yankee Polka

FREESKATE

*** Preliminary**

Junior Bronze
Senior Bronze
Junior Silver
Senior Silver
Gold

*** Skills**

Preliminary
Junior Bronze
Senior Bronze
Junior Silver
Senior Silver
Gold

*** Interpretive**

Introductory
Bronze
Silver
Gold



* See your coach about the elements in each category

FIGURE SKATING SESSIONS

LEVEL	# OF DAYS	FEE
CanSkate <i>October - March</i>	2	\$300
Junior—Wednesdays	1	\$395
Junior—Thursdays	1	\$310
Junior—Wednesday & Thursday	2	\$455
Intermediate—Wednesday	1	\$480
Intermediate—Thursday	1	\$310
Intermediate—Saturday	1	\$365
Intermediate—Wed., Thurs., & Sat.	3	\$745
Senior Wednesday	1	\$480
Senior—Thursday	1	\$340
Senior—Saturday	1	\$365
Senior—Wed., Thurs., & Sat.	3	\$765

HOPPING/GUEST SKATE FEE

All skaters from other Clubs wishing to skate as a guest with Skate Harrow are required to pay the guest fee of \$20/hour, which is to be paid BEFORE going on the ice. Guest skaters must engage in the session at that time.

Club coaching is NOT included in the hopping (guest skate) fee.

Skate Harrow club members that are guest skating onto an extra session pay \$15/hour which is to be paid BEFORE going on the ice.

REFUND POLICY

If a refund is requested, the skater is charged a guest skate for each time they skated. The Skate Canada fee and the Lottery Ticket Book are both non-refundable.

PAYMENT PLAN

We offer the option of dividing your payment into four equal portions dated for **September 9, 2011, October 15, 2011, November 15, 2011, and December 15, 2011.**

NSF CHEQUES

A \$20 service charge will be applied to all NSF cheques.

Cash, certified cheque, or money order will be the only method of payment for individuals who have issued NSF cheques in the past.

ICE SCHEDULE

WEDNESDAY ICE

(4:00pm - 8:20pm)		
STARTING TIME	ENDING TIME	LEVEL
4:00	5:10	Junior Level
5:20	6:45	Intermediate Level
6:55	8:20	Senior Level

THURSDAY ICE

(4:00pm - 6:50pm)		
STARTING TIME	ENDING TIME	LEVEL
4:00	5:00	Senior Level
5:10	6:05	Junior & Intermediate Level
6:05	6:50	CanSkate Level

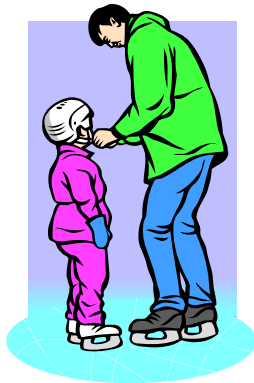
SATURDAY ICE

(12:00pm - 1:50pm)		
STARTING TIME	ENDING TIME	LEVEL
12:00	12:45	CanSkate Level
12:45	1:50	Intermediate & Senior Level

PROGRAM ASSISTANTS

We have a number of Program Assistants (PAs) that work with the Canskate Program. PAs are what hold the CanSkate program together. They are experienced skaters who volunteer to assist the professional coaches during the CanSkate sessions. A PA reinforces the skills and learning techniques in the different badge levels of the CanSkate Program. Once the professional coach teaches the students a skill, the coach moves onto another group while the PA takes over, supervising and assisting the skaters to make sure they are accomplishing the skills they were taught. The PAs do not assess or test the skaters. The professional coaches are the only ones capable of testing the skaters.

Program Assistants are able to use their volunteer hours towards their high school Community Service Hours which is a component of graduation. In order to be a Junior PA (who will work under the guidance of a Senior PA), the skater must be 10 and on a Jr. Session. The skater must be 11 or older and passed the Preliminary Freeskate to be a Senior PA. The Head PA is a senior skater with at least 2 years of PA experience. The annual PA clinic is mandatory to become a program assistant. This year's clinic is September 29 at 6:00 pm.



New Skate Canada policy: All CanSkaters MUST wear a HOCKEY helmet while on the ice until they have passed their 5th badge. Bicycle helmets are NOT acceptable. Must be CSA approved with a valid expiration date.

DATES TO REMEMBER

2011- 2012 COMPETITIONS

COMPETITION	LOCATION	DATES
John McKay Memorial	Tillsonburg, ON	Nov.26-27
Charles Dover Memorial	Grimsby, ON	Jan.14-15
Pat Abela/Lyle McPhedran	Mooretown, ON	Jan.21-22
Dennis Silverthorne Memorial	Woodstock, ON	Feb.4-5
WO Boston Pizza StarSkate	Waterloo, ON	Feb.25-26
Futures—West Invitational	Blenheim, ON	Mar.3-4
Western Ontario High School	Aylmer, ON	Mar. 6

OTHER EVENTS

EVENT	LOCATION	DATES
Skate with Santa & Solo Exhibition	Harrow, ON	Dec. 8
Annual Skating Carnival	Harrow, On	Mar.31



PARENTING AN ATHLETE

Thank you to the Huntsville Skating Club for their willingness to share the following information:

1. **CHOOSE WISELY:** Choose a club, clubs or skating center that will accommodate the needs of your child, whatever they may be.
2. **CHOOSE WISELY:** Select your coach carefully. Choose the right person for their teaching and coaching abilities but also consider that the coach will be a role model for your child. The coach will spend considerable time with your child and this must be a positive experience in all aspects of overall development. Take time while shopping for a coach and remember that a picture is worth a thousand words. Watch them teaching other children and see how they interact and present themselves.
3. **LET THE COACH BE THE EXPERT:** Support your coach, and understand what the coach expects from you. Together, the parent(s) and the coach can create a wonderful package. Packaging is what it's all about today. Let the coach be the coach. They are the experts.
4. **TRUST:** A trust must be develop between coach and parent. Honesty on both sides is a must. Always be realistic. Your coach may set up a "coaching team" to meet your needs and the challenges of competitive figure skating; if this is their suggestion, trust them. At the same time, don't let the coach coerece you into something you cannot afford or with which you don't feel comfortable. Trust works both ways. Such situations can be avoided if you are involved in the planning process.
5. **BE PART OF THE PLANNING:** Take part in the planning process. After all, the parents are the consumers. Some key points to consider when planning are:
 - * *Budget - do only what you can afford*
 - * *Develop a yearly plan*
 - * *Make short and long term goals*
 - * *Decide on your commitment*
 - * *Discuss equipment long before it's needed to avoid last minute panic*
 - * *Consider what off ice programs are essential*
 - * *Evaluate progress realistically*
 - * *Insist on days off from the rink*
6. **BE AWARE OF OVER-LESSONING:** The "more is better" approach to lessons does not always work. Insist on the development of independence and good work habits. An athlete should have at least one day each week to take control of their own training. Babysitting is not good coaching. If nothing is learned then nothing has been taught. Supervised practice is beneficial but can be more cost efficient in a group lesson format. There are learning curves however when lessons must be repeated and this must always be taken into consideration
7. **INTEGRATE OFF-ICE TRAINING:** Off-ice training plays an important role in the development of figure skaters. Conditioning and some types of dance class are essential for a competitive skater. The skater will progress at a much faster rate if the body is fit. Proper fitness levels will also help insure that athlete's remain injury free. Any off-ice training plan must be established with the coach, the athlete, the parent(s), and applicable experts in the field.
8. **BE PROACTIVE IN YOUR CHILD'S GENERAL HEALTH:** If a machine is to perform well it must be properly fuelled. It is the parent's responsibility to provide proper nutrition and care for the general health and well being of their child, both physically and emotionally. It is important to understand that your child's nutritional needs as an athlete will differ from that of a child not involved in competitive sport. Turn to experts for assistance if this is an area with which you are unfamiliar. Your coach should be able to provide guidance as to available resources.
9. **ENCOURAGE EDUCATION:** A good education is important to a good athlete.
10. **REVIEWING SCHEDULING:** Days off are essential for rest, family time, homework and friends.
11. **BECOMING AWARE:** Understand Skate Canada's programs and skating development system. Know the game you are playing along with its challenges and opportunities. Seek out information from your club, Section Office and Skate Canada. A subscription to Keeping in Touch, Skate Canada's official newsletter, and regular visits to www.skatecanada.ca will provide you with all the information you need to know.
12. **BE POSITIVE:** Support your skater with positive feedback. Be there for your child always. Love your child as much after a poor performance as after a great one. Your child's place in your heart does not depend on his/her place on the podium.
13. **KEEP A SOUND PERSPECTIVE:** Enjoy the process - the rewards are greater. A good skating parent is simply a good parent. A child's involvement in sport has an incredible impact on their development as human beings.

