





# COME SKATE WITH US!

Skate Canada Pickering Skating Club (SCPSC) is a not for profit, volunteer run organization offering complete instructional skating programs that range from learn-to-skate to competitive.

Skaters of all ages and abilities are welcome!

Founded in 1972, SCPSC is the only skating club in Pickering that is sanctioned by Skate Canada. This ensures that the programs offered, the skills developed, and the instruction provided to our skaters all meet a specified standard that is consistent across Canada.

All of our coaches are certified by Skate Canada through the National Coaching Certification Program (NCCP), have completed First Aid training and police clearance checks.

The Board of Directors of the Skate Canada Pickering Skating Club reserves the right to make changes to club policies, rules and regulations in the best interest of all members. Information contained in this handbook is therefore subject to change. Board approved changes will be posted on club bulletin boards throughout the season. Every attempt is made to satisfy the guidelines described in this book, however members should consider that the Club is run by volunteers and the satisfactory fulfillment of some activities etc. may be dependent on the availability of a Club volunteer.

**Office Location:**

1867 Valley Farm Road  
Pickering Recreation Complex  
Delaney Rink

**Office Hours:**

Volunteers staff the office during every CanSkate session throughout the season

**Mailing Address:**

P.O. Box 215  
Pickering, ON  
L1V 2R4

Skating Programs take place on the Delaney and O'Brien "genuine" ice rinks In the Pickering Recreation Complex

**Club Phone: 905-420-4117**

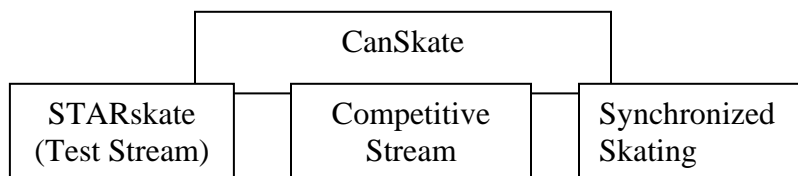
Messages will be returned by an office volunteer as soon as possible.

**website:** [www.skatecanada-pickering.com](http://www.skatecanada-pickering.com)

## Canadians love figure skating!

Every winter, millions of Canadians take to the ice, indoors and outdoors in search of fun and fitness. Skate Canada skating programs are designed to allow individuals to participate in skating for life. Participants are provided with basic skating skills, advanced figure skating techniques, test and competitive opportunities, awards and incentives and the chance to learn new skills in a fun and positive environment.

### Skate Canada Program Structure



CanSkate is the foundation for all other Skate Canada programs. Skaters have the flexibility to move from CanSkate into the other streams and may also participate in combinations of programs.

Skate Canada Pickering Skating Club follows this nationally developed program structure and therefore offers skaters and their families a variety of choices and growth opportunities.

SCPSC programs are offered on a variety of days and times. Please refer to the Fall/Winter and Spring schedules for the most up-to-date information.

### Skate Canada Pickering Skating Club Programs

Preschool CanSkate  
CanSkate  
Junior  
Intermediate  
Senior  
Synchronized Skating

## Extra Ice for SCPSC skaters continued...

- Registered members at the Junior level and above may guest skate at their level, or on one level below or above only if:
  1. the session is not at capacity
  2. the skater's private coach gives permission

Books of tickets for extra ice privileges will be available for sale in the club office and should be purchased in advance. Skaters must submit their ticket to a coach on the session in order to take the ice. Failure to submit a ticket may result in the suspension of extra ice privileges. Tickets will be available for sale in books of 5 at a cost of \$25.00 per book. Extra ice may be used a maximum of 15 times per season (15 tickets).

### Extra Ice for Guest Skaters

Non-SCPSC member guest skaters who are registered with Skate Canada may have guest ice if the following conditions are met:

1. Skater must present a current Skate Canada membership card to the office or an SCPSC coach.
2. Skater has checked with a coach to verify that the session is not at capacity.
3. Skater must pay the \$15.00 non-member guest fee to the office or to a coach prior to going on the ice. A note including the skater's name, date and extra ice session must accompany payment. Receipts will be provided to the guest skater wherever possible.
4. Guest skater ice may be purchased a maximum of 5 times per season.

We hope you have found this handbook helpful.  
**COME SKATE WITH US!**

## Music Room continued...

Priority #3.

Skater play list.

Skaters should advise what music they prefer (freeskate, dance, interpretive etc.) One piece of music per session. If skater is in a private lesson, staff will move to the next skater on the list. Exceptions may be permitted if the session is not busy and no other requests are pending.

Priority #4.

Skater request. Skater must be registered for the session in order to request music. Music for club skaters on extra ice will only be played at the end of session if time allows. Skaters may make one request only. Exceptions may be permitted if the session is not busy and no other requests are pending.

Priority #5.

The end of each session should include dance music with the pieces determined by the professional coaching staff. Exceptions may be permitted if the session is not busy and no other requests are pending.

A skater whose music is being played has the “right of way” on the ice at all times. Skaters must not misuse their music ice time. If a skater is not using their given music time wisely, a coach may ask the music room staff to discontinue the skater’s music and move ahead to the next request.

## Extra Ice for SCPSC skaters

- Registered SCPSC members may wish to skate as a guest on a session they have not registered for in order to prepare for a competition or a test. Extra ice is a benefit for our Junior to Senior members and is therefore considered and respected as a privilege.

## The SCPSC CanSkate Program

**Prerequisites:** None

CanSkate...

- Canada’s only national learn-to-skate program
- Teaches skating fundamentals in a progressive and sequential manner
- Focus is on fun, continuous movement, and skill development
- Group lesson format
- Skaters progress at their own rate
- Instructed by professional coaches with the assistance of trained program assistants
- CSA APPROVED HOCKEY HELMETS ARE MANDATORY and FACE MASKS ARE STRONGLY RECOMMENDED for skaters 7 years of age and younger and for beginners of all ages. Bicycle helmets are not permitted.
- Recommended skating attire includes water resistant pants, layered tops and gloves. Figure skates or hockey skates may be worn.

The SCPSC CanSkate program is divided into two sections based on the skater’s age:

### Preschool CanSkate

- For ages 3 – 5
- 30-minute learn-to-skate program introduces basic skating skills with the use of music, games and toys
- Groups are taught by professional coaches with the help of program assistants.
- Skills: independent movement, gliding, balance
- The ratio of skaters to professional coach is approximately 7:1.
- **Next step:** CanSkate

## CanSkate

- For ages 5 to adult
- Each 60-minute session includes a 15-minute warm-up, 15 minutes of instruction by a professional coach in a group lesson and a 15-minute cool down. Skaters use the remaining time to work with trained program assistants and practice the skills introduced by the professional coach.
- A seven-stage system with skaters earning badges as they progress through each skill level. Skaters are tested when they are ready – there are no specific test days for CanSkate skaters.

### Skills Badges

Stage 1 – Balance  
Stage 2 – Glide Forward  
Stage 3 – Glide Backward  
Stage 4 – Edges  
Stage 5 – Power  
Stage 6 – Speed  
Stage 7 – Pre-Preliminary

### Movement Badges:

Go forward  
Go backward  
Stop  
Turn  
Spin  
Jump

- The ratio of skaters to professional coach is approximately 8:1.
- Private lessons are available on all sessions. For more information please refer to the Private Lesson section of this handbook.
- Skaters with a private coach may participate in competitions featuring the CanSkate stages.
- SCPSC recommends that CanSkaters wear layered skating attire that includes water resistant pants, layered tops and gloves. Figure skates or hockey skates may be worn. Skaters who are competing or taking their first dance test will require a skating costume.
- **CSA APPROVED HOCKEY HELMETS ARE MANDATORY and FACE MASKS ARE STRONGLY RECOMMENDED** for skaters 7 years of age and younger and for beginners of all ages. Bicycle helmets are not permitted.
- **Next step:**  
Skaters working on stage 7 should consider hiring a private coach. In order to move into the Junior program, the skater must have a private coach, and must have completed CanSkate Stage 7. See the section on Private Lessons for more information on private coaching.

## Club Rules continued...

The SCPSC has the authority to suspend any member indefinitely when Club rules and conditions of registration are violated. The applicant agrees that the SCPSC will not be held responsible for any accidents or loss however caused, and agrees to release the SCPSC, its directors and/or coaches from all claims for such accidents or loss to any member, guest or visitor.

### Floods

Floods may take place at the beginning or end of any session. The Board of Directors reserves the right to determine flood times in the best interest and safety of our skaters. Floods may be absorbed into the ice time of any program from Junior through Senior and every attempt will be made to share this responsibility evenly between sessions.

### Music Room

The Club attempts to provide staff or volunteers for the music room during all Junior, Intermediate and Senior sessions.

#### Guidelines for playing music:

Music room staff/volunteers will be provided with lists of skaters by day and session. Session music will be determined and played in the following priority sequence:

#### Priority #1.

Professional coach request during a skater's private lesson. Coaches may request music for a skater during a private lesson a maximum of two times per lesson. Exceptions may be permitted if the session is not busy and no other requests are pending.

#### Priority #2.

Dance partner request during a private dance lesson.

## John Benton Awards continued...

### John Benton Test Awards:

Skaters must submit the following:

- a) summary sheet listing each test and date passed
- b) copies of the results sheets from each test passed

### John Benton Competition Awards:

Skaters must submit the following: :

- a) summary sheet listing each competition, date, and final placement
- b) copies of the result sheets from each competition\*

Submissions generally include results from the beginning of April of the preceding year/season to the beginning of April in the current season.

\*Please note that most competitions have results sheets for sale for a nominal fee.

## Club Rules

- Skaters should arrive ahead of the start of their session, use one of the designated change rooms, and be ready to go on the ice at the start of their session.
- Skaters in the Junior session and above should wear appropriate skating attire. Please do not wear bobby pins or other loose items that could fall on the ice and cause injury.
- Skaters should be moving on the ice, unless they are waiting for their program music to be played.
- To ensure the safety of all skaters, it is important that skaters be aware and watchful of those around them.
- Skaters who are doing their program with music have the right of way on the ice.
- Spins should be done in the centre of the ice and jumps in the corners.
- Profanity is strictly prohibited.
- Skaters must refrain from writing graffiti in the dressing rooms.
- Parents are responsible for their children and the SCPSC recommends that parents remain present during their child's session, particularly at the CanSkate and Junior levels.
- Gum, candy, food and drink are strictly prohibited on and near the ice surface.

## The SCPSC Junior Program

### Prerequisites:

- 1) CanSkate Stage 7
- 2) Skater must have a professional coach

- Introduction to the Skate Canada STARSkate program (formerly known as the Test Stream)
- Skaters are introduced to the three primary disciplines: ice dance, skating skills, and freeskate.
- Skaters learn the skills necessary to pass their Preliminary tests.
- Format combines private lessons with group lessons.
- Each session typically includes:
  - One 15-minute group stroking/skills lesson led by a professional coach, and one 15-minute instructional dance segment led by a Program Assistant. During the remaining 30-minutes for freeskate, a skater typically has one 15-minute lesson with their private coach.
- Skaters are expected to practice independently and safely and follow club rules and regulations.
- Maximum 24 skaters per session
- Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system.
- Tests are offered on specific days throughout the season and are taken at the discretion of the skater and his/her private coach.
- Parents/guardians of Junior program skaters must participate in the SCPSC Volunteer/Fundraising program by completing a minimum of two volunteer units per skater per skating year. One of these units must include volunteering for one bingo and the other unit is selected from a varied list of club activities..
- Skaters are given the opportunity to participate in competitions.
- SCPSC recommends that female skaters in the Junior program wear a practice skating skirt or dress with skating tights. Male skaters may choose skating pants or proper fitting exercise attire. Tests and competitions will require skating costumes. Junior skaters should wear good quality, proper-fitting figure skates in order to maximize their learning potential.
- **Next step:**
  - Skaters who successfully complete at least 2 full parts of the 3 Preliminary Tests may advance to the Intermediate Program.
  - The 3 parts of the Preliminary Test are:
    - a) 3 Preliminary dances
    - b) Preliminary Skills
    - c) Preliminary Freeskate & Elements

## The SCPSC Intermediate Program

### **Prerequisites:**

*At least 2 out of 3 of the Preliminary Tests:*

- a) *3 Preliminary Dances )*
- b) *Preliminary Skills*
- c) *Preliminary Freeskate and Elements*

- Continuation of the STARSkate program
- Skaters continue to work on the three primary disciplines: ice dance, skating skills, and freeskate and may be introduced to interpretive programs.
- Skaters learn the skills necessary to pass their Junior Bronze and Senior Bronze tests.
- Each session typically includes:  
One 10-minute group stroking/skills lesson led by a professional coach. During the remaining time, a skater typically has one 15-minute lesson with their private coach. A formal dance segment will conclude each session.
- Skaters may also register for a dedicated skills session.
- Skaters are expected to practice independently and safely and follow club rules and regulations.
- Maximum 24 skaters per session
- Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system.
- Tests are offered on specific days throughout the season and are taken at the discretion of the skater and his/her private coach.
- Parents/guardians of Intermediate program skaters must participate in the SCPSC Volunteer/Fundraising program by completing a minimum of two volunteer units per skater per year. One of these units must include volunteering for one bingo and the other unit is selected from a varied list of club activities.
- Skaters are given the opportunity to participate in competitions.
- SCPSC recommends that female skaters in the Intermediate program wear a practice skating skirt or dress with skating tights. Male skaters may choose skating pants or proper fitting exercise attire. Tests and competitions will require skating costumes. Intermediate skaters should wear good quality, proper-fitting figure skates in order to maximize their learning potential.
- **Next step:**  
Skaters who successfully complete at least 2 full parts of the 3 Senior Bronze Tests listed below may advance to the Senior Program.

The 3 parts of the Senior Bronze Test that are considered are:

- a) 3 Senior Bronze dances
- b) Senior Bronze Skills
- c) Senior Bronze Freeskate & Elements

## General Club Information continued...

### Skater Development

The SCPSC aims to provide skaters with additional enrichment opportunities. During past seasons, the club has offered a Skater Development Seminar with guest coaches and special guest instructors in dance, cross-training, and judging.

The success of the Skater Development program may depend on the role of Skater Development Chair on the Board of Directors being filled in any given term.

### Recognition and Awards

Each skating season, the SCPSC has the privilege to recognize many club skaters for their skating accomplishments.

#### **CanSkate Awards**

CanSkate Awards are presented to top skaters in the CanSkate program and are selected by the coaching staff.

#### **John Benton Awards**

John Benton Awards are presented for achievement in both STARSkate and Competitive Tests and Competitions. John Benton was a past President and founder of the Skate Canada Pickering Skating Club. Mr. Benton donated the trophies and initiated the criteria for selecting award recipients.

Skaters must submit their results over the season in order to be considered for these awards. The deadline for submissions is usually the beginning of April and all entries should be submitted to the Test Chair and/or Competition Chair. Awards will be presented at the end of the skating season.

## General Club Information continued...

### Dressing Rooms

Skaters should use the assigned dressing rooms to put on and take off skates. Please do not leave valuables in the dressing rooms. The Pickering Recreation Complex is a public facility operated by the City of Pickering. During any skating session, anyone could access unlocked dressing rooms. SCPSC is not responsible for lost or stolen items. The use of camera cell phones is not permitted in the complex.

### Clothing and Skates for Sale

SCPSC clothing with the Club logo may be available for sale each season for a limited time. In addition, the club office may sell skating tights and skateguards. Please read the bulletin boards and newsletters for more information.

Some used skating outfits and figure skates are available for sale in the Club office. A portion of the proceeds from these sales is directed back to the SCPSC.

Skaters should wear the same type of socks for fitting that they would wear to skating lessons. A proper fit should allow for movement at the toes but the instep and heel should be firmly supported.

### Skate Sharpening

A specialist should sharpen figure skates. Please inquire in the office about local facilities for this service. Skaters should always wear skate guards when not on the ice – even on rubber mats. Remove the guards after skating, and dry skate blades thoroughly with a clean towel.

### Ice Shows and Performance Opportunities

SCPSC holds a spectacular ice show every second year. Members of all ages and abilities are invited to participate. There is a small fee for ice show registration and the rental of costumes. Photos and videos are also available for sale.

During non Ice Show years, the SCPSC endeavours to provide alternative performance opportunities. This may involve Fun Competitions, Theme Days etc.

## The SCPSC Senior Program

**Prerequisites:** At least 2 out of 3 of the following

*Senior Bronze Tests:*

- a) 3 Senior Bronze Dances)
- b) Senior Bronze Skills
- c) Senior Bronze Freeskate & Elements

- Continuation of the STARskate program
- Skills may include triple jumps
- Skaters learn the skills necessary to pass their Junior Silver, Senior Silver, Gold and Diamond tests
- Each session typically includes:  
One 10-minute stroking/skills lesson led by a professional coach. During the remaining time, a skater typically has one 15-minute lesson with their private coach. A formal dance segment will conclude each session.
- Skaters may also register for a dedicated skills session.
- Skaters are expected to practice independently and safely and follow club rules and regulations.
- Maximum 24 skaters per session
- Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system.
- Tests are offered on specific days throughout the season and are taken at the discretion of the skater and his/her private coach.
- Parents/guardians of Senior program skaters must participate in the SCPSC Volunteer/Fundraising program by completing a minimum of two volunteer units per skater per year. One of these units must include volunteering for one bingo and the other unit is selected from a varied list of club activities.
- Skaters are given the opportunity to participate in competitions.
- SCPSC recommends that female skaters in the Senior program wear a practice skating skirt or dress with skating tights. Male skaters may choose skating pants or proper fitting exercise attire. Tests and competitions will require skating costumes. Senior skaters should wear good quality, proper-fitting figure skates in order to maximize their learning potential.

## **The SCPSC Synchronized Skating Programs**

Synchronized skating is an innovative, fast growing team sport. It offers a unique skating opportunity enabling skaters to improve their skills and abilities while at the same time, enjoying the camaraderie of a team atmosphere, which is an important component of synchronized skating. Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and manoeuvres. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow. The combination of creative choreography, appealing music and attractive costumes make synchronized skating a great sport for both participants and spectators. The SCPSC synchronized skating program currently includes three festival stream teams.

### **The Ice Rockets Juvenile Team**

Ages 8 – 14

**Prerequisite:** Skaters must remain in CanSkate until passing a minimum of CanSkate Stage 7 and the Dutch Waltz Preliminary Dance Test.

### **The Ice Rockets Pre-Novice Team**

Ages 12 -18

**Prerequisite:** Skaters must pass all CanSkate stages and a minimum of the complete Preliminary Dance Test (Dutch Waltz, Canasta Tango and Baby Blues).

### **The Ice Rockettes Adult Team**

Age: 18 and over - all skaters are welcome to try out

Participate in approximately 3 competitions per season, 2 are typically out of town. Skaters should have passed some dance tests.

The SCPSC encourages all skaters participating in the synchro program to continue their skill development by also participating in the appropriate STARskate singles skating program (ie, junior, intermediate or senior).

Tryouts for the youth teams occur in the spring. Tryouts for the adult team will take place in September. For more information about schedules and fees please contact the chairpersons for each team. Contact information for team chairs is available in the office. Please refer to the program schedule for up-to-date information regarding practice days and times.

### **Ice Rockets**

Practices are twice weekly for 1 hour per session, plus an extra hour every second week.

### **Ice Rockettes**

Practices are once per week for 1-1/2 hours per session.

## **Volunteers**

Volunteers are vital to the success of the SCPSC. The volunteer Board of Directors manages all aspects of club business including hiring coaches, purchasing ice time and arranging program schedules, organizing test days, competitions and special events, accounting, advertising and publicity.

New volunteers are always welcome!

Volunteers are needed to help with day-to-day operations, special events and to fill vacant board positions.

Board members are exempt from the fundraising/volunteer fee and receive a discount on club program fees for their skaters.

Volunteering with the SCPSC is a great way to meet other parents and learn more about the sport of figure skating.

## **General Club Information**

### **Makeup Classes**

SCPSC regrets we are unable to offer makeup when a skater is away due to illness, vacation or injury.

### **Communication**

Club news and event information will be posted on the bulletin boards near the club office and dressing rooms. In addition, skaters and their families will find the Club Newsletters very useful. Please note that it is the responsibility of the skater and his/her family to be informed about non-skating days. This information will be communicated by the coaches and posted on bulletin boards as much as possible. We regret that we are unable to telephone all members to advice of cancellations etc.

## **Fundraising**

The Skate Canada Pickering Skating Club is a not for profit association and is run entirely by volunteers. Major costs include the cost of ice (purchased from the City of Pickering) and the fees of the professional coaching staff. In order to keep the fees for programs as economical as possible, the Club must actively fundraise and look for corporate sponsorship.

All Junior, Intermediate and Senior skater families are required to assist with fundraising and club activities. A “fundraising/volunteer deposit” of \$200.00 is required at the time of skater registration and must be submitted in the form of a cheque payable to SCPSC. This cheque will be returned in full providing at least two volunteer units are completed per skater per skating season. One unit must consist of volunteering for at least one bingo during the season or summer months and the other unit may consist of any task on the club’s varied volunteer list. Sign up for volunteer tasks is on a “first-come/first-serve” basis. Parents may sign up by filling out the necessary paperwork in the club office. A list of eligible tasks will be available in the office. The fundraising/volunteer deposit cheques will be returned at either the AGM each spring providing both units have been completed or in the fall of the following season if unit completion takes place during the summer months.

## **Bingo**

SCPSC has a Sunday afternoon bingo time slot at the Delta Bingo in Pickering. Questions regarding Bingo may be directed to the Bingo Coordinator.

## **Corporate Sponsorship**

SCPSC welcomes all community businesses to participate in our corporate sponsorship program.

## **Other Fundraising**

SCPSC may organize other fundraising efforts throughout the season in order to keep the costs of running the club reasonable.

## **Skate Canada Program Streams**

Skate Canada organizes figure skating into two streams: STARSkate (test) and competitive. Skaters start in STARSkate and may choose to participate in competitive after they pass the Junior Bronze freeskate test. Advancement in the STARSkate stream is based on the successful completion of the tests and not on the skater’s age or competitive achievements. Skaters who enjoy skating as a recreational sport typically choose the STARSkate stream. The STARskate stream offers a variety of local competitions that use fun and awards to encourage skaters of all levels.

The competitive stream offers the skater a variety of competitive events eventually leading to the national championships. The skater’s age and achievement of a qualifying test determine the level of participation within the competitive stream. Skaters at the Pre-Juvenile level can choose to participate in the test and/or competitive streams. At or above the Juvenile level, skaters cannot compete in both the test and competitive streams.

## **Skate Canada STARSkate Tests**

### **Low Tests:**

Preliminary – Dances (Dutch Waltz, Canasta Tango, Baby Blues)  
Skills, Elements and Freeskate

Junior Bronze – Dances (Swing, Fiesta Tango, Willow Waltz)  
Skills, Elements, Freeskate and Introductory Interpretive

Senior Bronze – Dances (Ten Fox, Fourteen Step, European Waltz)  
Skills, Elements, Freeskate and Bronze Interpretive

### **High Tests:**

Junior Silver – Dances (Keat’s Foxtrot, Harris Tango, American, Rocker)  
Dance variation and Bronze Rhythm dance  
Skills, Elements, Freeskate and Silver Interpretive

Senior Silver – Dances (Paso Doble, Blues, Starlight Waltz, Kilian,  
Cha-Cha)  
Skills, Elements, Freeskate, and Silver Interpretive

Gold – Dances  
(Quickstep, Viennese, Westminster, Argentine, Silver Samba)  
Skills, Elements, Freeskate, and Gold Interpretive

Diamond – Dances  
Ravensburger Waltz, Austrian Waltz, Tango Romantica, Golden Waltz,  
Yankee Polka, Rhumba

\*Each Dance level requires passing at least three individual dances.

## **SCPSC Test Days**

Several test days are held throughout the season. In most cases, a single judge assesses the tests, using a scale of “needs improvement, satisfactory, good and excellent”. Each test has its own specifications as to what must be performed at a satisfactory or better level in order to pass the test.

Test Days for the season will be posted on the club bulletin boards.

High test days are shared with the Ajax Skating Club. Please refer to the bulletin boards for dates. Tests may be scheduled during the day and/or evening and may require the skater requesting an absence from school.

The private coach determines if a skater is ready to try a test and will provide the skater with a test envelope indicating the amount of payment necessary and the name of the test to be tried. Fees must be submitted before the deadline posted by the Test Chair or the skater will not be permitted to try the test. There are no refunds for test fees after the deadline has passed. Money received for a test is remitted to Skate Canada. The social fee is used to help offset expenses incurred by the Club on Test Day.

## **STARSkate Competitions**

STARSkate skaters also have the opportunity to compete. There are usually several local competitions to choose from and the selection is made in consultation with the skater’s private coach.

In addition, STARSkate skaters will have an opportunity to compete in the club’s own HOME CLUB competition. Please refer to club newsletters and the bulletin boards for information regarding the date and times. This competition is only for registered members whose Home Club is SCPSC.

## **Skate Canada Competitive Stream**

The competitive stream includes singles, pairs and dance skaters. Skaters may enter the competitive stream at anytime, and may choose to switch back to the STARSkate stream at any time. However, depending on the level, they may not be able to participate in STARSkate stream competitions. There are no prerequisites for competitive tests, meaning that a skater may begin testing at the level at which they wish to compete.

## **Competitive Free Skate Levels**

Pre-Juvenile	Juvenile
Pre-Novice	Novice
Junior	Senior

Information about upcoming competitions may be found on our bulletin boards, from our coaches and on Skate Canada Section websites such as: [www.skatecanada-centralontario.com](http://www.skatecanada-centralontario.com) and [www.skate-eos.on.ca](http://www.skate-eos.on.ca).

## **Program Assistants continued...**

### **Code of conduct**

Program Assistants...

- are ambassadors for the SCPSC and role models for the newer members of the club.
- will be ready and dressed before the assigned session start time
- will put the needs of the CanSkaters first and follow the direction of the professional coaches
- will always be on time and ready to assist when the session begins
- will stay with their assigned groups and encourage the continuous movement of the skaters.
- will inform the program coordinator and find a trained replacement if they cannot attend their assigned session.

### **Benefits of being a Program Assistant**

- Develop leadership skills
- Be a role model for younger skaters
- Give back to your Club
- Use this experience as an employment reference
- Earn club credits or apply hours to community service credits

### **Club Volunteer Hours**

The first 20 hours completed are considered volunteer hours for the club. This is a one-time only requirement.

### **High School Community Service Credits**

Program Assistant hours may qualify for high school community service credits. Please note however that hours applied to the high school credit may not also be applied to the club credit system. The Skater Development Rep will complete forms required for school.

### **Club Credits**

Once the initial 20 Club Volunteer Hours have been fulfilled, Program Assistants start to earn club credits for each hour they serve. Club credit certificates with a \$ value are issued at the end of the season are valid for 12 months only and should be redeemed for expenses in the next skating season. Expenses that qualify include session fees, club clothing, and test fees.

### **Questions?**

Please contact the Skater Development Representative or leave a message in the Club office.

## **Program Assistants**

### **What are Program Assistants?**

Program Assistants are more advanced skaters in the Club selected to help deliver the CanSkate Program. Under the direction of the CanSkate Coordinator and session coaches the Program Assistants:

- supervise practice sessions
- demonstrate and reinforce skating skills
- lead the warm up and cool down exercises
- assist the professional coaches in facilitating the sessions
- act as a role model for younger skaters

### **Who is eligible to become a Program Assistant?**

- any skater age 12 or older and in the Junior level or higher who is recommended by a SCPSC professional coach
- exceptions will be made if there is a shortage of Program Assistants

### **How do I apply to be a Program Assistant?**

#### **Returning Program Assistants**

- will receive an application with the registration package providing previous performance and coaches' feedback are satisfactory
- must attend training sessions each season

#### **New Candidates**

- must complete an application form (available in the Club office) and include a written recommendation from a SCPSC coach.
- may be asked to attend a short interview with the Coaching Coordinator
- must attend both on-ice and off-ice training sessions if selected

Please note that availability of Program Assistant positions is based on enrolment for each particular session.

### **What kind of training is required?**

- All Program Assistants must attend a training session scheduled in September. If additional positions become available, additional training sessions will be added.
- Attendance at training sessions is mandatory and must be completed annually. Short meetings throughout the season will provide updates and feedback.

## **Membership and Registration**

Registration is available in person or by mail and is ongoing throughout the season. Returning members will receive a membership package in the mail during the summer. Skaters who register after the start of a session may be provided with a pro-rated program fee. The registration form and payment should be submitted at least two days before the skater's first day of lessons. Skaters are not permitted on the ice unless registration documents and payments have been received.

Registration charges include program costs and the Skate Canada fee. The Skate Canada fee registers the skaters as a member of the national Skate Canada organization and is non-refundable. Every member of a skating club that is sanctioned by Skate Canada is required to pay this annual registration fee. Approximately half the fee is returned to the geographical section for the member's club (SCPSC is in the Central Ontario section) and is used for regional programming and development.

Every Skate Canada member...

- becomes a part of the Skate Canada association that has an outstanding national and international reputation
- receives an accident insurance benefit
- has access to quality programs that have been developed by experts and are taught by NCCP Certified Skate Canada Professional Coaches
- has the opportunity to be talent scouted through all programs
- has the opportunity to participate in invitational and home club competitions
- has their membership and test records held in the Skate Canada central computerized database
- receives a Skate Canada membership card and number after registration is complete
- has access to the Skate Canada website that includes their personal test history

### **Payments**

Skaters registered for two Canskate sessions or less must pay all fees in full at the time of registration. Skaters registering for more than two sessions may qualify to make payments in instalments. For eligibility requirements, please contact the Club office or consult the registration form.

Payment methods include: Cheques (payable to Skate Canada Pickering Skating Club (SCPSC) and/or Cash

Additional payment methods may be available. Please verify options with the office.

## **Membership and Registration continued...**

### **Discounts – Limited to One per Family**

#### **CanSkate Family Discount**

Families with more than one immediate family member registered in a SCPSC CanSkate program OR registering one family member for two or more CanSkate sessions per week will receive a 10% discount off of the second and lowest priced session after paying full fee for the first family member/session. We regret we are unable to discount the Skate Canada fee.

#### **Junior to Senior Program Discount**

Discounts are available. For eligibility requirements and details regarding junior to senior program discounts, please inquire at the Club office.

#### **Refunds**

The Skate Canada fee is non-refundable.

Refunds are subject to a \$25.00 administrative fee.

Refunds may be pro-rated and may only be issued if a written request or doctor's note is submitted to the Club Treasurer.

Please allow at least 60 days for processing.

Any refunds are applied first to any balance owing the club by the member and then a credit note or cheque will be issued.

#### **NSF Cheques**

NSF cheques are subject to a \$25.00 service charge.

SCPSC will suspend the member's privilege to pay by cheque if two consecutive NSF cheques are received. Payment by cash, certified cheque or money order will be accepted instead of personal cheque.

#### **Members in Good Standing**

SCPSC reserves the right to suspend a member's skating privileges including regular skating sessions, test days, all competitions and other special events should the member's account not be in good standing. An account in good standing is defined as an account that is not more than 30 days past due. The right to participation will be restored after the outstanding amounts are paid in full and cheques have cleared the financial institution.

## **Private Lessons**

All CanSkate programs have group lessons taught by professional coaches certified through the National Coaching Certification Program (NCCP). CanSkaters who are interested in more personalized attention may be interested in hiring a private coach.

Private or semi-private lessons are available and usually take place during the skater's regular skating session. Every skater participating at the Junior level and above must have their own private coach.

### **Selecting a Private Coach**

It is up to the skater and parents/guardians to contact a coach directly to inquire about private lessons. To assist with the selection, families may wish to review the Coaching Staff Binder in the SCPSC office. This binder includes the resumés of each member of our coaching staff.

When selecting a private coach skating families should consider the following:

1. Arrangements for private and semi-private lessons are made directly between the skater's family and the professional coach. Skaters receive invoices for private lessons directly from their coach and fees are payable directly to the private coach.
2. Availability – does the coach have time during the day and session you require?
3. What are the skater's objectives and how many lessons per week are needed to achieve these goals?
4. Coaching rates – how much does the coach charge per lesson?
5. Does the coach's philosophy match that of the skater? Coaches have different strategies with respect to competitions, tests etc.
6. Personality of the skater – keeping in mind that the coach and skater typically form a long lasting relationship
7. To avoid disappointment, SCPSC recommends you book private lessons well in advance and always confirm if you are returning for another season.

A list of our coaching staff including their contact information and qualifications is available in the office.