

MEMBERSHIP HANDBOOK

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Please retain this handbook for reference.

Please note that some changes may be necessary to the programs and policies each season. The SCPSC Board of Directors reserves the right to make adjustments for the benefit of all members.

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), and have First Aid training and police clearance checks.

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.

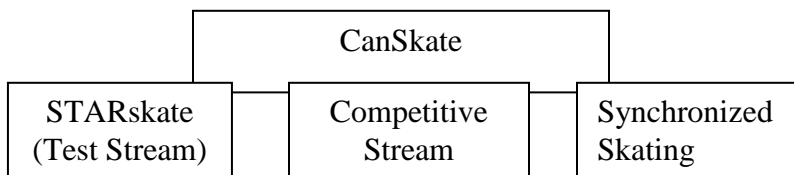
email: pickering skating@bellnet.ca

website: 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

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 all skaters until Stage 5 is completed. **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 50 – 60 minute session includes a warm-up, 15 minutes of instruction by a professional coach in a group lesson then work with a trained Program Assistant to practice the skills introduced by the professional coach, followed by a cool-down period.
- 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 all skaters until Stage 5 is completed. Bicycle helmets are not permitted.**
- **Next step:**
Skaters working on stage 7 should consider hiring a private coach if they do not already have one. 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.

The SCPSC Junior Program

Prerequisites:

1) CanSkate Stage 7

2) Skater must have a professional coach

- Introduction to the Skate Canada STARSkate program
- 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 stroking 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 Club designated volunteer units per skater per skating year. These units must include mandatory number of bingo duties at Delta 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 or Clubwear. 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 & Program

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 Elements & Program

- 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:
A short warm-up. 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 are expected to practice independently and safely and follow club rules and regulations.
- Maximum 21 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 Club designated volunteer units per skater per year. These units must include mandatory number of bingo duties at Delta 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 or Clubwear. 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 Tests that are considered are:

a) 3 Senior Bronze dances

b) Senior Bronze Skills

c) Senior Bronze Freeskate Elements and Program

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 & Program*
- 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:
A short warm-up. 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 are expected to practice independently and safely and follow club rules and regulations.
 - Maximum 18 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 Club designated volunteer units per skater per year. These units must include mandatory number of bingo sessions at Delta 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 or Clubwear. 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.

**Depending on the number of skaters registered annually, SCPSC may decide to have a Sr. B and a Sr. A session. Sr. B qualifies as above.

Sr. A Prerequisites at least 2 out of 3 of the following:

- a) 4 Junior Silver Dances
- b) Junior Silver Skills
- c) Junior Silver Freeskate Elements & Program

The SCPSC Synchronized Skating Program

The Skate Canada - Pickering Skating Club Synchronized Skating Program offers skaters the opportunity to develop and improve their skating skills, while experiencing the team atmosphere. Our highly qualified coaching staff brings to the Club their own world team experience. Our program is a skills based program where skaters are continually working on and improving their individual skills. Strong individual skaters build a strong team, where strong skaters and team flourish. The Synchronized skating team (minimum of 8 skaters) will work as a group, performing as one unit, executing circles, blocks, lines, wheels and intersections in unison to music. The quality of strong edges and powerful stroking of each individual skater will enhance the powerful skating of the team.

Strong individual skaters, dynamic music, exciting costumes, and the team environment and spirit, make the synchronized skating team an enjoyable experience for both skaters and spectators.

Pre Novice

Skaters to have passed all CanSkate levels and are working on completing preliminary dance test

Program consists of one - 1 hour synchronized choreography session plus two one-hour STARSkate sessions = 3 hours per week.

The team is a competitive team and will enter local competitions annually.

For more information regarding schedules and fees, please contact Skating office. Please refer to program schedule for up to date information regarding practices days and times.

Skate Canada Program Streams

Skate Canada organizes figure skating into two streams: STARSSkate and competitive. Skaters start in STARSSkate and may choose to participate in competitive after they pass the Junior Bronze freeskate test. Advancement in the STARSSkate 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 STARSSkate stream. The STARSSkate 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 STARSSkate Tests

Low Tests:

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

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

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

High Tests:

Junior Silver – Dances (Keat's Foxtrot, Harris Tango, American, Rocker), Skills, Freeskate and Silver Interpretive

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

Gold – Dances (Quickstep, Viennese, Westminster, Argentine, Silver Samba), Skills, 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 and Club Calendar. *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 competition. 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 and www.skate-eos.on.ca and www.skatecanada-pickering.com.

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 seven 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 registering for the full season (fall/winter) may make payments with post-dated cheques in instalments. For eligibility requirements, please contact the Club office or consult the registration form. Our program qualifies for the Child Fitness Tax Credit and receipts will be provided accordingly. 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 discount off of the second and lowest priced session after paying full fee for the first family member/session. (See registration form). 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 see registration form or inquire at the Club office.

Refunds

The Skate Canada fee is non-refundable.

Refunds are subject to an administrative fee. (See registration forms)

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 service charge set annually.

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 and contact information 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.

Program Assistants

What are Program Assistants?

Program Assistants are more advanced skaters in the Club selected to help deliver the CanSkate Program. All of our Program Assistants are volunteers. 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?

- all STARSSkaters age 12 or older are required to perform this duty
- Strong STARSSkaters under the age of 12 with approval of Club Coach
- A buy-out option will be made available for any STARSSkater wishing to opt out.

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.

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 that can be used for club clothing, test days, etc.
- Apply the hours to high school 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.

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” per skater is required at the time of skater registration and must be submitted in the form of a cheque payable to SCPSC. (See registration form) This cheque will be DESTROYED after Club’s previously determined minimum volunteer duties are completed per skater per skating season (September 1 to August 31 annually). Parents will be volunteering for Bingo shifts at Delta Bingo as designated by the Club annually and one other duty as selected by you 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 and on our web site.

Bingo

SCPSC has a Sunday afternoon bingo (11 a.m. to 3 p.m.) time slot at the Delta Bingo in Pickering. Questions regarding Bingo may be directed to the Second Vice President.

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.

Volunteers

Volunteers are vital to the success of the SCPSC. The volunteer Executive Board 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 classes when a skater is away due to illness, vacation or injury.

Communication

Club news and event information will be posted on our website and 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.

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 gloves, mitts, 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 an additional fee for ice show registration and the rental of costumes. Photos and DVDs may also be available for sale.

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

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.

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 Awards continued...

John Benton Test Awards:

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

- The use of Ipods, MP3 players or any other personal electronic devices on ice is strictly prohibited.
- 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.
- 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.

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 Executive Board 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 Executive Board 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.

Priority #3.

Skater play list.

Skaters should advise what music they prefer (freestyle, 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.

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.
- Registered members at the Junior level and above may guest skate at their level, or on one level below 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. 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 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!

The Executive Board 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.