



Junior STARSkate Information Package

Welcome Junior STARSkaters and parents to the 2016-17 skating season! The coaches are excited to teach you all about the fundamentals of figure skating.

The Junior Star program is the bridge between the CanSkate and the STARSkate programs, where skaters learn figure skating skills coached in a small group setting. Throughout the Junior STARSkate program, skaters will progress from learning the basics of figure skating to more challenging elements. As skaters complete this program they will be prepared for their Star 1 level, which may lead to opportunities to compete in regional competitions. Once skaters reach this goal they will move to the Intermediate STARSkate level.

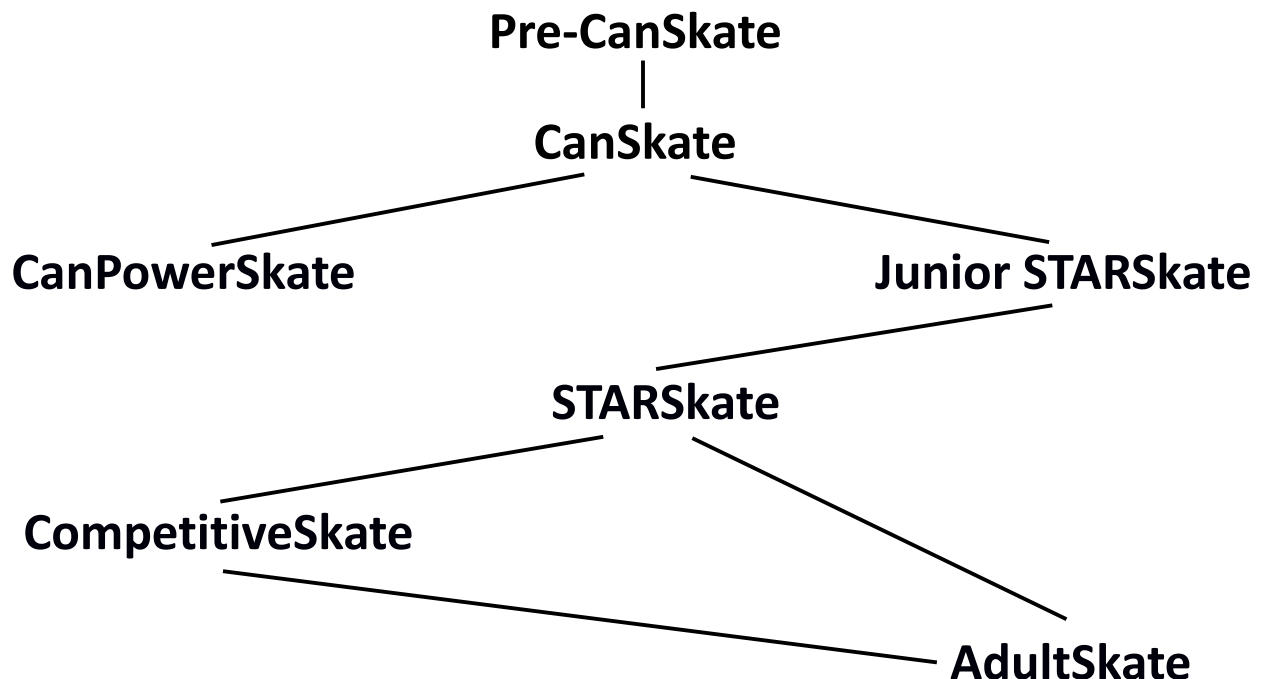
Valleyview Skating Club Mission:

To provide professional skating lessons to all ages in a fun and supportive environment.

Valleyview Skating Club Vision:

To build skills, instill confidence and inspire a healthy lifestyle through a life long passion for skating.

Skaters' Pathway to Performance



What Does the Junior STARSkate Program Look Like?

Skaters are encouraged to skate a minimum of twice per week to show continual growth and progress. Skaters have the option to skate up to 4 days per week. The skater's Junior STARSkate fees include the following:

On-Ice Sessions:

- an on-ice warm up
- a review of last session's skills
- learning and practicing of new skills through various activities or circuits
- creative skating – implement what skaters have learned in a fun way

Ice Fit:

Ice Fit sessions are offered 3 days per week after the on-ice sessions (see schedule). Upstairs in the Mirror Room skaters will benefit from learning a variety of skating-related exercises, which will enhance the skater's training and performance, such as:

- jump and spin positions
- agility
- strength
- flexibility
- endurance

Coming Prepared for Junior STARSkate Sessions:

Skaters should make an effort to be at their sessions on time ready to go so no lesson time is wasted by late arrivals. Coaches encourage the skaters to take a few minutes before putting on their skates to do an off-ice warm up. This warm-up can be done in the lobby of the arena. A good off-ice warm-up includes:

- jumping jacks
- jogging
- skipping
- light stretching, etc.

This is a good routine to get into as skaters begins figure skating. A general rule of thumb is to be at the arena at least 15 minutes prior to the start of the session.

Skater Attire:

Clothing:

Skaters should not wear baggy clothes, jeans, or hooded sweatshirts. Coaches like to see the skater's form when they are learning or practicing elements. Baggy clothes impede the coaches' ability to see proper body placement. Coaches recommend that skaters wear the following:

- Slim fitting tights or leggings, or skating dresses and skirts
- Warm, form fitting sweaters with a fitted lighter shirt underneath
- Layers that can be taken off if necessary are best
- Gloves as opposed to mittens so fingers are free for skating elements

Skates:

Proper supported figure skates are a must. The skate must have a sturdy ankle and a well-sharpened blade. Please don't tie skate laces around the ankle of the boot because it may slip up and cut into the ankle.

Helmets:

Helmets are not mandatory for Junior STARSkaters as they limit proper balance in element development. While beginning skaters may wish to wear a helmet in their first few lessons as a feeling of security, we highly encourage skaters to remove their helmets as soon as they feel comfortable.

Odds and Ends:

Skaters should wear their hard guards as they travel between the change rooms and ice, dry their blades as soon as they take their skates off, and use soft guards when their skates are stored in their bag.

Please ensure hair is always tied back and all strands are held back off the face.

Skaters will need a binder to organize skating information given by coaches.

Bring Kleenex and water bottles out to the ice with you at the start of the session.

Skater On-Ice Etiquette:

We have a no "fooling around" rule on the ice during lesson time or free time. This is unfair and disruptive to the rest of the skaters, as well as potentially unsafe for all skaters. The skater will receive a warning first, then after the second warning, the skater will be asked to leave the ice until invited to come back on again. We want every skater to have a good experience on the ice and have equal attention from the coaches.

Ice Shows and Galas:

Ice Shows and Galas are an integral part of the club's yearly cycle for many reasons. Primarily it is a great opportunity for skaters to showcase their skills to family and friends. Performing and receiving recognition and praise instills confidence, a sense of pride and belonging.

All Junior STARSkaters are invited to participate and perform in the Ice Shows and Galas.

Emails are often used for communicating rehearsal times, costumes etc. Please save these emails to avoid missing relevant information. When signing up for a show or routine, kindly remember that the coaches have many skaters and routines to plan. Please take attending rehearsals seriously and aim to be on time.

Please also bear in mind that despite being an amateur skating club the coaches wish to put on as professional show as we can and to present the club to the community in the best way possible. This raises the profile of the club and so in turn may affect membership. Shows are an exciting experience whatever level of skating the skater is at, and can create lasting memories.

Missed Ice Session Policy:

Skaters and parents are asked to make themselves familiar with the policy on making up sessions that skaters miss during the September - March regular season.

The first, and most important, regulation is that skaters **must have prior approval from their coach** to come onto a session to make-up time. This is to ensure there is adequate space and coaching time available on the proposed ice time. If coaches do not have time in their schedule, or if the ice is at capacity, a make-up session request may be denied for that day.

The following reasons for missed ice may be used to make up a skating session:

Statutory Holidays: Skaters who missed a regularly scheduled day of the week in their package because of a statutory holiday (Labour, Thanksgiving etc.) may make this up, with prior approval of their coach.

Ice Cancellations: Skaters who miss a regularly scheduled day of the week in their package because of ice cancellations by the City of Kamloops, may make this day up, with prior approval of their coach.

Injury or Sickness: Skaters unable to attend a session because of an injury or illness, may request a make-up session in consultation with their coach. Normally, no more than one week of missed sessions is accepted for make-up. Extended injury or illness can be made up with a written request for ice credits to the Board.

All other reasons for missing a scheduled session, including conflicts in personal or family schedules with other activities, are **not** acceptable reasons for make-up sessions.

Parent Etiquette and Information

We encourage parents to stay and watch their child skate. It allows you to become more involved in the process of Junior Star and knowledgeable about the sport of figure skating.

Please know that when you drop your child off at skating and they step foot on the ice, they are the coaches' responsibility. Figure skating is a disciplined sport, and the coaching staff wants to instil proper on and off-ice etiquette and discipline. While we encourage parents to support their skaters from the stands and after the skating session is complete, we would ask that there be no 'coaching' from the stands, no coming on the ice to direct their child(ren), and trust that the coaches have the best interests of the skaters both on and off the ice.

If there are concerns or questions, the coaching staff would be more than happy to address anything that you may want to discuss. The best protocol is to speak directly to the coach involved with teaching your skater after the skating session is complete and at a time that is private. If you have any further concerns or unanswered questions, you may also contact our Director of Skating, Eva Davies: sk8.vvsc@gmail.com or 250-682-8246.

Coaches will give updates throughout the season on your child's progression and will hand out report cards at the end of the fall, winter and spring seasons. Coaches and the VVSC Board communicate often through emails, so please check for any updates you may get.

Fundraising and Volunteering:

The Valleyview Skating Club is a non-profit organization. Skaters and/or their parents are encouraged to volunteer throughout the skating season to help the VVSC run smoothly. In addition, skaters and parents are asked to participate with fundraising efforts and club endeavours, which benefit the club and keep skating fees at a minimum cost.

Opportunities to Volunteer:

- 1) CanSkate Table:
 - a) CanSkate sessions run 4 days per week
 - b) volunteers provide information and guidance to CanSkate parents and promote/sell any current fundraising items
- 2) VVSC skating events:
 - a) community-wide promotions or special events
 - b) VVSC skating showcases
 - c) skating competitions (Autumn Leaves competition in October 2016)

Fundraising:

- selling products, merchandise, or tickets
- selling fundraising items (ie: buckets of cookie dough)
- working at a station for the Poker Run event in the summer

While volunteering and fundraising is not mandatory, even a little bit of time given helps share the work load of our volunteers. It also helps parents to understand the ins and outs of the work involved in running a figure skating program, which truly benefits all skaters.