



## Senior and Masters

### **STARSkate and CompetitiveSkate Information Pack**

Everyone at the Valleyview Skating Club would like to welcome you to the wonderful sport of skating. Our goal as coaches is to provide a safe, fun, learning environment that won't just enhance your skating capabilities but also teach you valuable life skills, such as discipline, self-motivation, confidence, and work ethic.

We aim to provide a well-rounded program which incorporates all aspects of our sport. Whether you are relearning old skills, training to compete in STARSkate or Competitive events, or if you simply want to enjoy the feeling, flow and creativity that skating can give, we aim to provide you with the platform to achieve your goals.

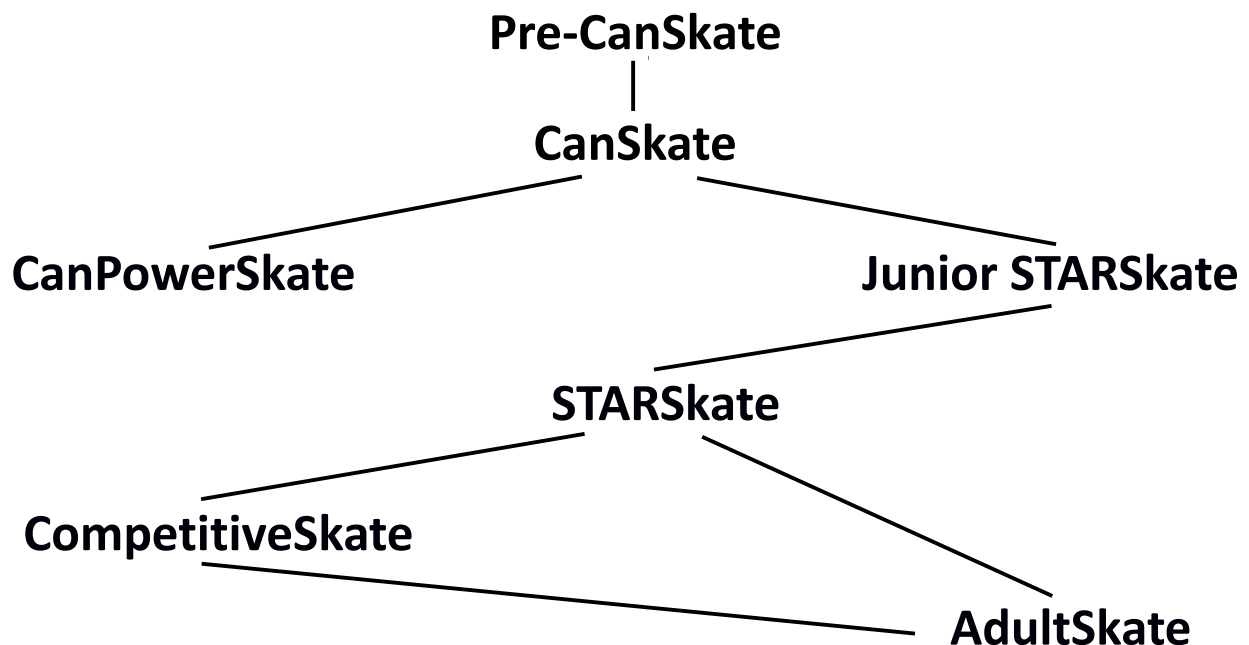
**Valleyview Skating Club Mission:**

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



## **The Programs:**



### **Skills, Tests, Achievement, Recognition**

#### **STARSkate:**

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group, semi-private, and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. The STARSkate program includes access to:

- Opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure
- Club performances in Galas and shows, Blazer's games and Sun Peaks Winter events
- Opportunity to compete in and out of the Okanagan Region

Depending on age and ability, STARSkaters may be placed in one of two groups within the Valleyview Skating Club:

#### **Senior STARSkate:**

Senior skaters will have progressed from Intermediate, although some may have come directly from Junior STARSkate, or are at least a Star 4 level. These sessions are fast paced and consist mostly of private lessons in freeskate, dance, or interpretive. All sessions include 15 minutes of group development lessons.

#### **Master STARSkate (AdultSkate):**

Whether you are a returning skater or are continuing your skating journey, we aim to inspire you in your skating endeavours. Masters are our most experienced, adult skaters. Masters may have moved up from the Senior program or have come from other clubs. Master skaters train alongside Senior skaters up to 5 days per week. Master skaters are offered a Masters Only session on Wednesdays from 6:45-8:00pm. Masters sessions include 15 minutes of group development lessons. Private lessons are encouraged for Master skaters to excel in their personal goals.

The VVSC adult skating team travels to competitions a few times a year and participates in Adult National Figure Skating Championships and the World Adult Championships.

Private and/or semi-private lessons are required for both Senior and Master STARSkaters. The individualistic nature of the sport dictates that private lesson time is crucial; however, coaches may choose to lesson share with skaters working on similar skills.



### **CompetitiveSkate:**

STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters can participate in the CompetitiveSkate program. The Competitive Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites).

### **It's more than just skating!**

Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. In addition to the life skill benefits, skaters in this program receive:

- access to provincial and national funding programs (as applicable)
- the opportunity to be selected to Skate Canada's [National Team](#), [Junior National Team](#), or [Synchronized Skating National Team](#)
- the opportunity to compete at Sectional, Challenge, Junior Nationals and/or Canadian Championships
- opportunity and potential to be selected to represent Canada internationally at one of more than 30 competitions each year
- access to sport science services

### **The Qualifying Event structure:**

There are several opportunities throughout the season for skaters to participate in competitive events.

The Skate Canada Competitive Program offers nationally standardized competitions to competitive skaters. These events are the stepping stones to other Skate Canada programs such as the developmental team, Junior and Senior National Teams and the World and Olympic teams. Skaters competing in the qualifying event structure can do so at the Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior and Senior levels in Singles, Pairs and Dance.

## **What Do the STARSkate and CompetitiveSkate Programs Entail?**

STARSkaters are encouraged to skate a minimum of two days per week to show continual growth and progress, while CompetitiveSkaters should plan to skate 4-5 days per week. Skaters in both groups have the option to skate up to 5 days per week. The skater's STARSkate or CompetitiveSkate fees include the following:

### **Pre-Season Ice Sessions:**

Before the regular skating season begins, registered skaters may take part in pre-season ice sessions. These sessions are "Open Ice" times, where Intermediate, Senior, and Master STAR and Competitive skaters share the ice to work on independent skills. Semi-private and private lessons are available upon skater or parent request, and skaters will be billed individually by the coach (see the lesson rates).

### **On-Ice Sessions:**

- 15 minutes group development 4 days per week, where skaters review, learn and practice:
  - stroking and footwork skills
  - spin and jump technique
  - choreography
  - endurance, agility, and flexibility
  - power skating
  - interpretation
- at least 45 minutes of independent skate time
  - skaters will practice skills taught, and work on their programs or choreography

### **Ice Fit:**

Ice Fit sessions are offered 3 days per week at the Valleyview Arena, upstairs in the Mirror Room. Skaters are also encouraged to take part in Ice Fit sessions on Tuesday and Saturday mornings with Robert at his F3Fit Gym. Skaters will benefit from learning a variety of skating-related exercises, which will enhance the skater's training and performance, such as:

- flexibility, strength, agility, and endurance
- Pilates
- Plyometrics
- circuit training
- dance
- goal setting

Also offered to skaters, but not included in registration fees and billed separately include:

- dance lessons
- private or semi-private lessons available upon skater or parent request
- choreography and music preparation for skaters' free skate or interpretive programs
- test days: partnering and evaluating

Please look for coaches fees on the [vpsc.ca](http://vpsc.ca) website. The Billing Policy can be found at the end of this document.

## **Year-Round Skating Opportunities:**

The Valleyview Skating Club prides itself in offering year-round ice sessions. STAR and Competitive skaters are encouraged to take advantage of developing and maintaining their skills during all 3 seasons.

- Regular season ice: runs from September to March, and sessions are offered 5 days per week.
- Spring ice: is available in April and May, up to 4 days per week.
- Summer Camps: run for 4 weeks in July and August, up to 4 days per week, both during the day and in the evenings.

Whether you are a Competitive skater wishing to skate 5 days per week all year long, or a beginning Senior or Master skater just getting your skating legs back, there is a flexible program waiting for you.

## **Coming Prepared for STARSkate or CompetitiveSkate 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 arrive at least 15 minutes before their sessions starts to do an off-ice warm up before putting on their skates. 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.

## **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 or training jackets (no hoodies), layered over lighter tops
- Gloves as opposed to mittens so fingers are free for skating elements

Valleyview Arena gets very cold during the winter months. To reduce injury risk, it is crucial that skaters dress in many layers that can be taken off when working hard and layer up again when cooling down. Extra pairs of tights are a good idea.

### **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.

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

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

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

## **Skater Etiquette and Safety:**

Be respectful and courteous of each other. Be mindful that some skaters are learning the etiquette if they are just moving to a new level. Accidents may happen. Apologize if you get in each other's way, and if you are a seasoned skater, please gently correct the etiquette of a newer skater.

You must be on time for any training sessions. Consequences will follow if the skaters are consistently late on the ice and missed lessons. Leave enough time to **properly stretch and warm up** BEFORE your ice time begins.

The first priority of ice space will go to a skater in a lesson. This is so the skater paying for coaching time does not have their time wasted dodging other skaters or waiting for others to move out of the way. A skater in a lesson doing a run through of their program will take priority over another skater in a lesson *not* doing a program. **Please watch out for coaches.** They sometimes stand in odd places to view jumps from a certain angle.

When practicing spins, skaters should work in the centre of the ice. For jumps, please use the outer edges and corners of the ice. This will help improve the flow of the ice and will hopefully lead to fewer on-ice accidents.

The skaters must ask to leave the ice for any and all reasons. We need to know where you are at all times; if ever there were an emergency, we have to be able to find you. Also this is time that you should be practicing, and you should try to have everything you need on the ice at the start of the session (ie: extra sweater, mitts, water bottle-filled, and go to the washroom beforehand).

**Ice time is for training!** Skaters are expected to have their 'gab sessions' restricted to the dressing room(s). If you would like to work with another skater it must be allowed by the coach(es) and it would only be for a maximum of 15 minutes per session.

In order for optimal development of skating skills, skaters must be able to sustain expected safety and etiquette expectations for the duration of each session. Skaters who are unable to follow the expectations and requests of their coaches and PAs may be asked to leave the ice. The ice is a busy place, and we want to ensure the best safety and skill development for all skaters.

### **Music use:**

Skaters are able to use the iPod to play their solo music or other skater(s) music. For practice music once the iPod is on a playlist, it stays on that play list until a solo is being played. If a skater would like to add a playlist with appropriate music, please email or burn a CD for Eva to put on the iPod. Any abuse with the iPod, all privileges will be taken away.

Valleyview figure skaters are our pride and joy. We love to see them achieve their goals! It is our pleasure, as coaches, to see our skaters thrive and enjoy skating and with following these mentioned rules, you will succeed and flourish! If you are an experienced skater we are looking to you to be a great example for our newer skaters, to show them the ropes and be a wonderful role model. Thank you in advance for abiding by our policies!

## **Parent Etiquette:**

We encourage parents to stay and watch their child skate. It allows you to become more involved in the process of STARSkate or CompetitiveSkate 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, Lisa Henson: [vvscadmin@telus.net](mailto:vvscadmin@telus.net).

Please drop off your child with enough time before the sessions to get dressed for skating and to ensure he or she has the proper time for warm-up. For the safety of your child and for respect of the coaches, please arrange to pick-up your child on time after their session so a coach or another parent does not have to wait.

VVSC coaches are very excited about the great possibilities we have for this new skating year and we understand that the parents are a huge part of it. We thank you so much for respecting our decisions and supporting our role as coach!

## **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 STAR and Competitive skaters are invited to participate in the Ice Shows and Galas:

- Seniors and Masters have their own routines respectively as well as solos, duets, trios etc.

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.

## **Competition Registration:**

At the beginning of the season the Competition Chair will send a list of board-approved club skating events. It is the skater's (or their parent's) responsibility to register for any competitions on-line. The Competition Chair will try to send out reminder information about registration deadlines; however, it is up to the individual skater to register and pay for their events by the given deadline.

## **Competition and Test Day Checklists:**

### **Competition Checklist:**

- **Music:** Check all copies a few days before leaving for competition so that coaches have time to make copies if necessary. Hand in master and back-up copy when you sign in at competition. The coach will also have rink copies.
- Have clean, white (or black for boys) polished skates with clean laces. Do not put in new laces the night before competing, but bring a back-up pair.
- Bring your competition outfit, as well as a back-up, in case of accident. Wear flexible clothes to the arena for warming up. Skaters will change after warming up.
- Check that tights are clean with no holes, plus spare pairs. Tights should be either footed or footless (not stirrup).
- Wear close fitting black or white warm up sweater for warm up on ice.
- Wear clean gloves that match either the outfit or sweater.
- Have skate guards.
- Do not wear jewelry, except studded earrings or a wedding ring.
- Hair accessories and make up should complement the outfit. Make sure hair and hair accessories are back off the face and firmly secured to the skater's head. Hairspray is strongly recommended.
- Bring water, Kleenex, and a light, healthy snack (ie: granola bar or fruit).
- **Please be at the arena at least 1 hour before the skater's scheduled time.**

### **Test Day Checklist:**

- Skaters should follow the above competition checklist for skates, attire, hair, and makeup.
- As testing day will most often be during a previously scheduled ice time, skaters should come to the arena fully dressed, as there may not be time off ice to dress and prepare.
- If it is NOT a regularly scheduled time, **please come at least 30 minutes before test time.**
- While not testing, skaters are spectators and should be considerate of the judges and skater testing. Please, no talking!
- Skaters will receive their testing results after all skaters have tested in that category. Skaters should wait in the stands and watch and support the other skaters while waiting for their results.



### **Fundraising and Volunteering:**

The Valleyview Skating Club is a non-profit organization. STAR and Competitive skaters are no longer required to pay a volunteer fee each year. However, 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

### **CanSkate Program Assistant Volunteering and Credit:**

Senior and Master STARSkate and CompetitiveSkate skaters are required to complete 1 CanSkate Program Assistant (PA) session per week (a total of 10 CanSkate PA sessions for each of the Fall and Winter sessions). The skater will receive PA credits for any additional PA sessions completed after the initial 10 sessions.

PA's are required to be at the arena 15 minutes before the scheduled CanSkate start-time in order to assist the CanSkate Coordinator with setup. The on-ice portion of the PA session is 45 minutes. This, added to the 15 minute preparation time prior to the CanSkate session makes up the 1 hour PA session.

PA Credits are issued at the value of \$10.00 per 1 hour session. This is a non-monetary reward system and the PA Credit cannot be exchanged for cash at any time. Rather, PA Credits may be applied to registration fees for the Fall, Winter, and Spring skating sessions. PA Credits must be used within 1 year of issuance. After one year, the PA Credits will expire.

## Coaching Fees:

Private and Semi-private lesson fees are always charged separately from ice fees that are paid at the beginning of the year. Coaches will bill skaters individually.

### Private Rates:

<b>Length of Lesson</b>	<b>Freeskate / Choreo / Dance</b>
10 minutes	\$8
15 minutes	\$12
20 minutes	\$16
25 minutes	\$20
30 minutes	\$24

### Semi-Private Rates (3 Skaters max):

<b>Freeskate / Choreo / Dance Length of Lesson</b>	<b>Lesson with 2 Skaters</b>	<b>Lesson with 3 Skaters</b>
15 minutes	\$9 each	\$6 each
20 minutes	\$12 each	\$8 each
25 minutes	\$15 each	\$10 each
30 minutes	\$18 each	\$12 each
45 minutes	\$21 each	\$18 each

### Competition Rates:

All coaching expenses (meals, accommodation, and travel) for competitions are divided between the number of skaters competing at the event.

<b>Travel Rate</b>	\$36 per hour	
<b>Coaching Fee Per Event</b>	\$36 for 1 event	\$60 for 2 events

### Testing Rates:

<b>For Each Part of a Test / Test Partnering</b>	\$12
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### Music Fees:

<b>STAR 2 - Gold</b>	\$40 (includes 2 copies)
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<b>Additional Duplicates</b>	\$5.00 each
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**Billing Policy:**

Payment is due to the coaches 5 business days upon receiving bill notification. Bills not paid within 7 business days of the invoice will result in lesson suspension until the bill has been paid.

Cash, cheque, or e-transfer is acceptable. Cheques are payable to the coach(es) providing lessons to the skater. If paying by cash, please place payment in an envelope marked with the coach's name and the skater's name, and the amount paid. Post-dated cheques will not be accepted. **A \$20 fee will be charged for any NSF cheques.**

**Missed Lesson Policy:**

Please let the coaches know 24 hours in advance (if possible) if the skater is unable to make his or her lesson. If the coaches are not informed that the skater will miss his or her lesson, unless of an emergency, the skater will be billed the full amount of his or her scheduled lesson.

Skaters must be a member in good standing, having paid all ice fees and coaching fees, prior to:

- registering for competitions
- participating in VVSC sponsored skating seminars
- taking skating tests
- registering for the spring and summer skating sessions

**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.

Please keep up-to-date with scheduled ice cancellations and their rescheduled dates. This information will be made accessible on the VVSC website and via email.