



# STARSkate Information Package

The Valleyview Skating Club would like to welcome you to the wonderful sport of figure skating. Our goal is to provide a safe and fun learning environment that will enhance your skating abilities and 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 learning new skills, training to compete in STARSkate, 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.

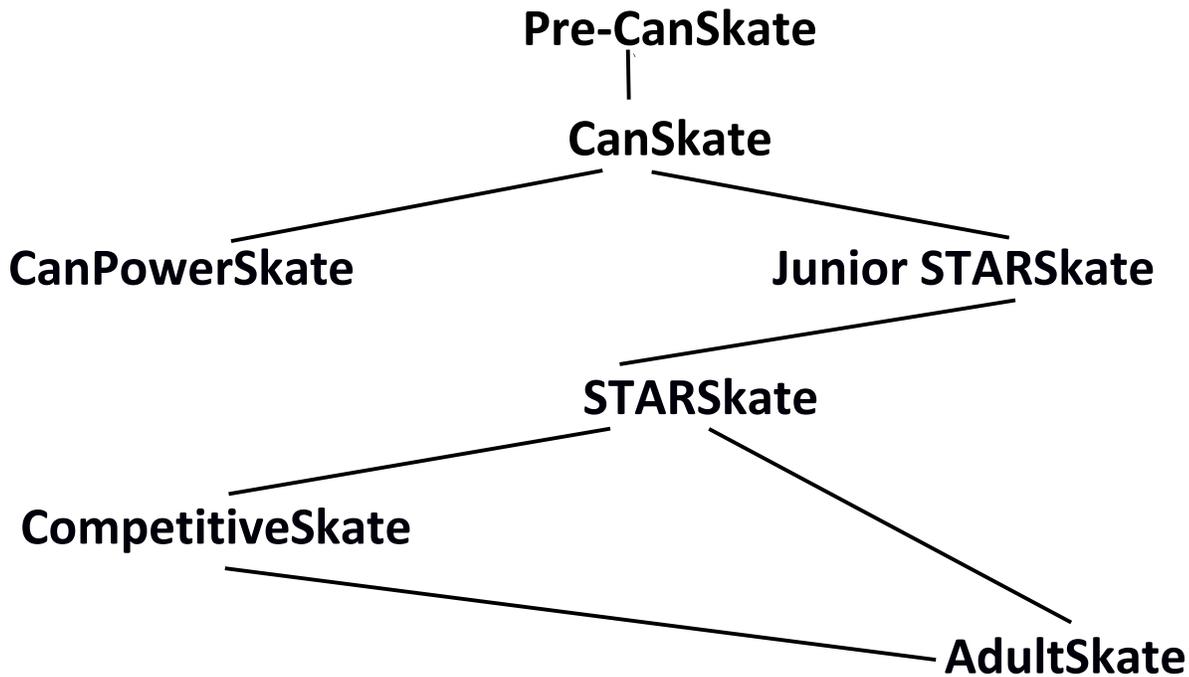
**Valleyview Skating Club Mission:**

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





## Skills, Tests, Achievement, Recognition

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of freeskate, ice dance, and artistic skating. Unique in Canada, this program teaches figure skating skills in a group, semi-private, and/or private lesson format in a 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:

- Nationally standardized testing system for achieving specific figure skating skills
- Personal growth and 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, hockey games, and Sun Peaks Winter events
- Competitions in and out of the Okanagan Region

### **STARSkate Format:**

**Primary** (Star 1-2) -> **Intermediate** (Star 3) -> **Senior** (Star 4-10/Competitive) -> **Master** (Adult)

The STARSkate program progresses from Star 1 to 10 with an opportunity to switch to a competitive stream at about the Star 6 level. At Valleyview Skating Club, skaters are grouped according to Star level: Primary skaters will have progressed from Junior STAR and are skating at a Star 1-2 level. Skaters will then progress through Intermediate (Star 3), Senior (Star 4+), and Master (Adult) sessions. Coaches can advise you which group to register for if you are unsure.

Skaters will be instructed in a combination of small groups, private lessons, and independent practice. Group lessons are included in your registration fees, and private/semiprivate lessons will be billed separately by the coaches. Lessons will cover 3 disciplines of skating: Freeskate, Dance, and Skills.

Skaters are encouraged to skate a minimum of two days per week to show continual progress. Higher level skaters are encouraged to skate more. Skaters do have the option to skate up to 5 days per week.

### **Registration fees include the following:**

- **Pre-Season Ice Sessions:**
  - Before the regular skating season begins, registered skaters may take part in pre-season ice sessions (usually occurring the first 2 weeks of September)
- **Regular Season On-Ice Sessions:**
  - **Group instruction:** includes warm up and skills/dance/freeskate instruction
  - **Independent practice time:** skaters will practice what they been working on in group lessons, private lessons, and programs. Skaters will have direction from coaches about what to work on.
  - **Private and semi-private lessons** (will be billed separately by the coaches): allows coaches to address specific needs and development of each skater and allows skaters to develop at their own pace.

- **Ice Fit:**
  - Off ice sessions are offered each week at the Valleyview Arena, upstairs in the Mirror Room and led by one of the coaches. Focuses on jumps, spins, and flexibility.
  - F3 Fit sessions at 667 Victoria Street are also offered each week. Focuses on strength and conditioning.
- **Ice Dance:**
  - Sessions specifically devoted to learning and practicing dance are also offered. Star 2+ are invited to attend these sessions.

**Also offered, but NOT included in registration fees and billed separately are:**

- **private lessons** available upon skater or parent request. Expectations for the number of private lessons per week and the days for private lessons should be discussed with the coaches prior to the season beginning. Rates are also available from the coaches.
- **choreography and music preparation** for skaters' freeskate or artistic programs.
- **test days:** partnering and evaluating

**Year-Round Skating Opportunities:**

The Valleyview Skating Club prides itself in offering year-round ice sessions. STAR 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 ice:** is available some weeks in July and August, up to 4 days per week, both during the day and in the evenings.

**Coming Prepared for Skating Sessions:**

Skaters should try to arrive at least 15 minutes before their session 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 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
- Skaters should **not** wear baggy clothes, jeans, or hooded sweatshirts

**Skates and Guards:**

- 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.
- 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.

**Odds and Ends:**

- 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 Etiquette and Safety:**

Be respectful and courteous of each other. Be mindful that some skaters just moving to a new level are still learning the etiquette. Accidents may happen. Apologize if you get in each others' 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 a skater is consistently late on the ice and missing 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 ends. This will help improve the flow of the ice and lead to fewer accidents.

The skaters must ask to leave the ice for any and all reasons. Coaches need to know where you are; if ever there were an emergency, they have to be able to find you. Skaters should try to have everything on the ice at the start of the session so there is no need to leave the ice (ie: extra sweater, gloves, water bottle-filled, and go to the washroom beforehand).

**Ice time is for training!** Skaters are expected to be working while they are on the ice and save visiting for before and after sessions. If you would like to work with another skater it must be approved by the coach(es) and for a maximum of 15 minutes per session.

**Music use:** Skaters are able to use the iPod to play their solo music. For practice music, once the iPod is on a playlist, it stays on that play list until a solo is being played.

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 instructions of their coaches 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.

### **Parent Etiquette:**

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

Please know that when your child steps on the ice, they are the coaches' responsibility. 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 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 that 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 to warm up, get dressed, and get skates on before the session begins. 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.

### **CanSkate Program Assistants:**

Our CanSkate program cannot be run without the help of our dedicated Program Assistants. Star 3+ skaters age 10 and up are required to complete one (1) CanSkate Program Assistant ("PA") day per week (a total of 10 CanSkate PA days for each of the Fall and Winter sessions and a total of 5 CanSkate days in the spring). The skater will receive a credit ("PA Credit") for any additional PA days completed after the initial commitment. Qualified skaters **will be asked to complete a Program Assistant Commitment Form at the beginning of each season**. This form contains more detailed information.

### **Fundraising and Volunteering:**

The Valleyview Skating Club is a non-profit organization run by a board of volunteers. Skaters and/or their parents are encouraged to volunteer throughout the skating season to help our club run smoothly. In addition, skaters and parents are asked to participate with fundraising efforts in order to make improvements to the club and keep skating fees at a minimum cost. **You will be asked to complete a family participation commitment form at the beginning of each season**. This form contains more detailed information.

- **Opportunities to Volunteer:**

- **CanSkate Table:** CanSkate sessions run 4 days per week. volunteers provide information and guidance to CanSkate parents and promote/sell any current fundraising items
- **VVSC Skating Events:** special events, showcases, competitions (Autumn Leaves competition hosted in October of even years)
- **Board Member:** join the board to learn more about the world of figure skating and to get involved with the behind the scenes of the club.

- **Fundraising:**

- selling fundraising items (ie: buckets of cookie dough, Booster Juice coupons)
- working at a station for the Hot Nite Poker Run event in the summer

### **Ice Shows and Galas:**

Ice Shows and Galas are a great opportunity for skaters to showcase their skills to family and friends. Performing and receiving recognition instills confidence, a sense of pride, and belonging.

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

Emails are used to communicate when ice shows are happening, how to register, rehearsal times, costumes etc. Please read carefully to avoid missing relevant information. When signing up for a show, 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 a professional show and present the club to the community in the best way possible. Shows are an exciting experience for all levels of skaters and can create lasting memories.

### **Competition Registration:**

A list of competitions that VVSC skaters and coaches will be attending each year can be found at [vvsc.ca/figure-skating/](http://vvsc.ca/figure-skating/) Skaters Star 1 and up are invited to attend these competitions. The Competition Chair will 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.

All competition information and registrations are online at [skatinginbc.ca](http://skatinginbc.ca) and schedules of events are posted after the registration deadline, usually a few weeks ahead of the competition date.

When registering, make sure you have ready:

- the name of the event you are registering for (ask the coaches if you are unsure),
- skater's Skate Canada number,
- and a digital copy of skater's music in MP3 format to upload.

### **Competition Checklist:**

- **Music:** Have a back up copy on a memory stick in MP3 format. Check back up copy a few days before leaving for competition. Hand in back-up copy when you sign in at competition.
- 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 jacket or club jacket for warm up on ice.
- Wear clean black gloves.
- 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 and check in at the registration table at least 1 hour before the skater's scheduled time.**

### **Test Days:**

Throughout the season, skaters will be tested on their progress either by coaches during regular sessions or by an evaluator at a specially scheduled test day. Coaches will notify you by email ahead of time with information about when and what test your skater is taking. Because these are Skate Canada standardized tests and results are logged with Skate Canada, a fee is collected. You can pay this fee at [vvsc.ca](http://vvsc.ca) through the registration page.

- **Test Day Checklist:**

- Skaters should follow the above competition checklist for skates, attire, hair, and makeup.
- Skaters should arrive and be ready **at least 30 minutes before test time.**
- While not testing, skaters are spectators and should be considerate of the judge 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.

### **Missed Ice Session Policy:**

Skaters **must have prior approval from their coach** to come onto a session they are not scheduled for. 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 (Thanksgiving, Family Day, 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.

All other reasons for missing a scheduled session, including injury, sickness, personal or family schedule conflicts are **not** acceptable reasons for “switching” days.

### **Missed Lesson Policy:**

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

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, or future skating sessions

### **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, 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.**

**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!**