



DELTA SKATING CLUB

PARENT AND SKATER INFORMATION

Welcome to the Delta Skating Club!

This information booklet has been prepared to clarify our programs and further your understanding of skating and the club. New and returning club members can benefit from the various sections. As always, should you have any further questions, please do not hesitate to contact a member of the Board of Directors or any of the coaches who are all Skate Canada certified.

Club Phone: 604-940-6749

Email: info@deltaskatingclub.com

Although this booklet will address general questions, we remind you to check our bulletin boards (located at both rinks) and our web site. The web site will reflect the upcoming schedule and indicate special dates (including cancelled sessions)

www.deltaskatingclub.com

The Board thanks you for all your support as Club members and extends a special thank you to all the parents who volunteer their time and assistance. We are a non-profit society and rely on volunteers to run the club. **If you are interested in volunteering please contact one of the Board members as help is always appreciated.**

Welcome and may you all have many happy hours on the ice!

OUR CLUB

The Delta Skating Club (DSC) has been teaching skating in the community for over 40 years. We are a non-profit organization run under the direction of a Board of Directors, which is elected at the completion of the winter season during the Annual General Meeting.

The Board of Directors is responsible for the overall running of the club, its finances, scheduling of programs, publicity, special events and the liaising with the coaching staff.

Our club has ice both at the Ladner Leisure Center and the South Delta Recreation Centre.

WHAT IS SKATE CANADA?



As a member of the Delta Skating Club, you are also a member of Skate Canada. Our club is sanctioned by Skate Canada and our programs are structured to align with those of other Skate Canada clubs across Canada. Coaches, both Professional and Program Assistants (trained Junior and Senior club skaters who volunteer their time), together with evaluators and judges, are members of Skate Canada and are trained in accordance with their rules.

All registered skaters must be members of Skate Canada by payment of an annual fee. The Skate Canada year runs from September 1st to August 31st and the fee is payable at registration regardless of when you join in the club during the skating year. When registered with Skate Canada you will be given a Skate Canada number, which remains with you throughout your skating years. Skate Canada will continue to return 50% of the membership fee to the section to support skating in the province.

Skate Canada has a web site with valuable information to skaters.
www.skatecanada.ca

SKATING PROGRAMS

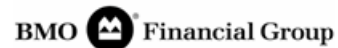
The first two **to three** weeks of skating programs are generally used for assessment and skaters may be moved to a different group based on their ability

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

CANSKATE PRESCHOOL (ages 3-5)



Presented by



Children must be 3 prior to the start of the lesson. This is a basic learn to skate program, 30 minutes in length. Basic skills such as pushing, stopping, gliding, turning, falling and getting up are included. The preschool program is a stepping stone to the Canskate Program.

CANSKATE (ages 6 and older)

The CanSkate Program is Canada's only national "learn to skate" program for beginners of all ages. The program is 45 minutes long, Forward and backward skating, stopping, turning, jumping and the four basic edges are taught in a group lesson. Badges are earned as the skills are performed. There are a total of 7 badges sanctioned by Skate Canada with each one having a primary focus: Balance, Glide Forward, Glide Backward, Edges, Power, Speed, Pre-Preliminary.

CanPOWERSKATE



CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner. When you/your child registers for a CanPowerSkate program you also become a member of Skate Canada.

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and skate forward who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters

CanPowerskate is a program for skaters 6 and up who know how to skate and are particularly interested in hockey or ringette. (participants must be able to skate the length of the rink using alternate strides and are able to stop on command without use of the boards) This program develops skating ability and endurance while emphasizing speed power and conditioning.

Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. For safety reasons participants wear full hockey/ringette equipment that is CSA approved.

JUNIOR DEVELOPMENT

An introductory figure skating program for young skaters who demonstrate potential beyond the recreational level. Junior Development is the next stage for skaters to bridge the gap between CanSkate group lessons and StarSkate when skaters begin private lessons in preparation for competitions and Skate Canada Tests. The program introduces skaters to freeskate, skating skills and dance through two classes per week. There are a total of 20 badges to be earned by the skater. FastTrack is for under 8 years who are working on CanSkate Stage 3 & 4. StarSkate is for 9 – 11 year olds working on CanSkate 5 & 6 & Preliminary.

STARSKATE



STARSkate has been the mainstay of figure skating in Canada for more than four decades.

The STARSkate program consists of figure skating skills in four areas: Skills, Dance, Freeskate and Interpretive.

The objective of the **Skating Skills** program is mastery of the basic fundamentals of skating – edge quality, control, power and speed executed on a pattern and skated solo to prescribed music.

Ice Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

Free Skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

The objective of the **Interpretive program** is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

Skills, Tests, Achievement, Recognition

Private or semi-private lessons are given in Skills, Dance, Freeskate and Interpretive. The Skate Canada Test Program includes separate tests for each discipline through a nationally standardized testing system. Testing at this level is done by Judges, not coaches and there is an additional fee for testing of this type. **Tests are optional.**

Each area is divided into the following levels:

Primary Level Tests

Skating Skills: Preliminary, Junior Bronze
Free Skating: Preliminary, Junior Bronze
Dance: Preliminary, Junior Bronze
Interpretive: Introductory

Intermediate Level Tests

Skating Skills: Senior Bronze, Junior Silver
Free Skating: Senior Bronze, Junior Silver
Dance: Senior Bronze, Junior Silver
Interpretive: Bronze

Senior Level Tests

Skating Skills: Senior Silver, Gold
Free Skating: Senior Silver, Gold
Dance: Senior Silver, Gold, Diamond
Interpretive: Silver, Gold

The Dance tests can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.

The Freeskate tests consists of 2 parts – Elements in Isolation and a Free Program.

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) and/or choose to enter competitions. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada Competitive Skate Program.

TESTS

Whether or not the skater decides to be competitive or remain recreational, they will at some point take a test. Talk to your coach about tests and he/she will be able to advise if the skater is ready. The fees and forms are processed at the club level and submitted. Skate Canada keeps an official record of the skaters' tests. Check with your coach as to what is expected of you on test day.

You must contact one of the club coaches directly before registering for these programs, (StarSkate/Competitive) since private or semi private lessons must be arranged prior to booking ice time. **Cost for coaching and costs for ice are paid separately.** Coaches bill skaters separately for lessons (privates) and payment is made directly to the coach. Ice time is paid to the club. Coaches and their contacts are listed directly on the web site.

REGISTRATION

Registration forms are available on our web site. Delta Skating Club does not offer online registration as we need to process all the participants through Skate Canada. The forms can be downloaded and mailed directly to the Delta Skating Club @ PO Box 227 Delta BC. V4L 3N7.

DO NOT mail or deliver the registration forms directly to the arena. (Ladner Leisure Centre, SDRC or Tilbury) You are registering with the Club and not with Delta Parks and Rec.

Payment for registration may be made by cheque, cash or money order. (Please do not send cash in the mail). Cheques are made payable to the Delta Skating Club. Post dated cheques will be permitted for sessions. The first cheque will be payable upon commencement of the session and the second payable December 1st. Preschool program and Powerskating has the ability to register for the first session starting in September and ending in December and for the next session from January to March.

Tax Receipts will be issued near the end of the session.

Annual Skate Canada fee is due at registration. (All participants of Delta Skating Club since we are sanctioned by Skate Canada)

There will be no formal confirmation of registration by mail. If you have sent in your registration form and want to ensure it was received, please email the Club Administrator with the request. If there have been changes to the program, you will receive a phone call or an email advising of the amendments.

The Skate Canada fee of \$30 is non refundable. Pro-Rated Program fee will be refunded up to the third session but after the third scheduled lesson refunds for medical reasons only will be considered provided there is a written request and a medical certificate presented.

BUY-ONS

At any time throughout the season, you may buy onto a session. This option gives you additional ice time without purchasing the whole session. Payment is made prior to the session and is available if space permits. \$24/Buy On book-8 coupons worth 2 hours of non-instructional skating time.

The Delta Skating Club has the right to cancel classes due to lack of registration. The club, its Board Members, coaches and Volunteers are not responsible for any accidents, injuries or loss of personal belongings either on or off the ice while attending sessions with our Club. Parents are responsible for their child should they leave the ice. We request that one parent remain at the rink at all times.

CHANGING AREAS

All skaters are to use the open warm up area for putting on skates. Unfortunately, none of these arenas have secure areas and the Club does not accept responsibility for lost, stolen or misplaced belongings. We recommend that you label your belongings so that they are easily identifiable. If you should leave belongings at the arena, please contact a Board member or the coach responsible for the session. Often times, coaches will pick up items left behind. Items are generally stored in the club room. In addition, check with the lost and found at the appropriate facility.

CODE OF CONDUCT

The Skate Canada web site has an extensive section outlining the Code of Ethics and the Coaches obligations to skaters and parents. Please read through this section, as it will give you an idea of the ethical conduct, the guidelines and expectations concerning the sport, the coaches and the club. The club is governed by its own Constitution and By-Laws, however, Skate Canada Policy always supersedes. In the event of a conflict with what is not covered by Delta Skating Club bylaws and or policy, Skate Canada (BC Yukon Section) will be consulted and their policy will apply.