



PRINCE GEORGE FIGURE SKATING CLUB



# Handbook

## 2016-2017 Season

### Welcome to the Prince George Skating Club Figure Skating Programs

If you are new to the Prince George Figure Skating Club, welcome to our skating family. If you are a returning member, welcome back!

As a club, we strive to provide a safe and friendly environment in order that all skaters may learn to skate to their desired potential. Our club promotes fun, fitness and achievement through skating. It's a healthy activity and a great way for Canadians to enjoy our winters. We hope you enjoy your time with our club.

#### **Our Mission Statement:**

*Encourage your children to believe in themselves and that you believe in them too. Be positive in their accomplishments and supportive during the ups and downs. Set goals, foster self-responsibility, discourage excuses, encourage persistence. Support their coach. Winning is not always measured by a medal but by simply achieving a goal they have set.*

The Prince George Figure Skating Club is a very diverse club with skaters coming to us for many different reasons. We pride ourselves in offering most Skate Canada programs, and are lucky to have coaches trained in such a variety of disciplines. We have programs available for all different ages, levels and goals.

Skating can be a very complex sport. In many cases it can seem like a whole new language of terms! The Board of the Prince George Figure Skating Club recognizes the important role our Parents play in the support and development of our skaters; with this in mind we have developed this Parent Handbook. We have put this book together in an attempt to help answer some of the many questions you might have and keep the lines of communication open. It has been prepared to help you understand the many aspects of skating. We hope the Handbook will answer many of your questions, but if not, other resources are included for you to make your journey in this wonderful sport just a bit easier. We will cover a lot of information, so please refer to this book as your new questions arise. If your questions aren't answered in this booklet, feel free to ask a coach or executive member.

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## Introduction

The Cariboo North Central Region geographically covers the area of Central BC. There are 14 regions in the BC/Yukon Section. The Board of Directors of the Cariboo North Central Region in conjunction with Skate Canada manages the operations of the region. The Section assists our Clubs and Regions in their efforts to ensure that Skate Canada's program delivery standards are being achieved. The primary focus of the Prince George Figure Skating Club (PGFSC) is to provide support and opportunities for our skaters of all ages and levels. PGFSC is committed to assisting our Coaches, Officials and Volunteers to help our skaters in reaching their goals and enjoying their involvement in skating.

The Cariboo North Central Region has experienced and professional members, with excellent resources that are available to our membership. (See contact information in the Resources Available section of this Handbook).

## About Our Club

The Prince George Figure Skating Club (established in 1972) runs on the energy of our volunteers. While operating such an organization for our youth can be extremely time-consuming, it is also both challenging and rewarding.

The Board (consisting of elected Executive & Directors), along with other volunteers and our coaches and administrator, set up and organize all Prince George Figure Skating Club programs and events. If you are interested in helping out, please let us know! We are always looking for helping hands. ***We will need a lot of volunteer power to make this season a success!***

PGFSC holds Monthly Board meetings. These meetings are open to all current PGFSC members (parent would come to represent the skater member). Please feel free to attend any regular club meeting. All meeting dates, locations and times are noted on the PGFSC website.

Club meetings may also include an 'in camera' portion of the meeting. This means that only elected Executive & Directors may stay in attendance. All other volunteers, coaches, and parents must leave for this portion of the meeting. If there is an 'in camera' portion of the meeting, it is always at the end of the agenda and the minutes from this portion of the meeting will not be in with the regular minutes.

## ISU (International Skating Union)

The International Skating Union (ISU) was founded in 1882 and is the oldest governing international winter sport federation. In 1892, the first International Figure Skating competition took place in Vienna (AUT). With the emergence of international competitions in Figure Skating, as well as the forming of skating clubs and of national associations, the need to establish international standards to govern these sports became more and more apparent. With the addition of Canada as a Member in 1894, the ISU expanded its horizons to become a truly international governing body.

## Skate Canada

### **Skate Canada Mission Statement**

*Skate Canada is an association dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and/or achievement.*

### **13 Sections**

British Columbia/Yukon, Alberta/NWT, Saskatchewan, Manitoba, Northern Ontario, Central Ontario, Eastern Ontario, Western Ontario, Quebec, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland/Labrador

### **Skate Canada British Columbia and Yukon Section (BC/YK Section)**

Skate Canada BC and Yukon are run by a Board of Directors and Executive Committee supported by individual and specific discipline and operational committees. The BC/YT Section has approximately 19,000 skaters, 115 clubs, 430 coaches and 229 officials which are served by this committee. Their office has a staff of 3 full time and 4-part time staff.

### **Cariboo North Central Region (CNCR)**

The Cariboo North Central Region has 19 Clubs: The Prince George Figure Skating Club, Quesnel Figure Skating Club, Williams Lake Figure Skating Club, Fort St John Figure Skating Club, Terrace Figure Skating Club, Prince Rupert Figure Skating Club, MacKenzie Figure Skating Club, Mile Zero Figure Skating Club, Smithers Figure Skating Club, Houston Figure Skating Club, Snow Valley Figure Skating Club, McBride Figure Skating Club, Northern British Columbia Centre for Skating, Nechako Figure Skating Club, Peace Passage Figure Skating Club, Mile 300 Figure Skating Club, Little Giant Figure Skating Club, Hazelton Figure Skating Club, Mount Raine Figure Skating Club

### **Benefits of Club Membership**

The benefits of belonging to a Skate Canada Club are many, here are just a few:

- Your child will be a member of Skate Canada, the national governing body for figure skating in Canada;
- You register your child through your Home Club which makes you as parents voting members of the Club, providing your child is under the age of 18;
- Your child will receive a Membership Registration Card with an identification number that has been recorded at the National Office of Skate Canada. This number will not change and remains your child's link to Skate Canada forever; even in years you are not an active member. Keep the Membership Card in a safe place, as your child will need this registration number to participate in Skate Canada sanctioned events;
- Makes your child eligible to take Skate Canada Tests, participate in Skate Canada competitions, ice shows and other sanctioned events;

- Privileges to enter the Members Only website of Skate Canada, that contains all the important information about our association;
- An accident insurance benefit at a substantially lower cost to the members than that available in other sports (80 cents plus applicable provincial sales tax per member);
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations;
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada;
- National registry of figure skating qualifications (tests) and results (for qualifying events) held in a central computerized system for easy access.

### **Benefits of Regional Membership**

- The BC/YT Section is comprised of 5 Regions. Each Region operates under the terms of their Constitution;
- Each Region has an elected Executive; appointed Committee Chairs; Club Representatives and a named alternate; Coaches' Representative and Coaches' Alternate elected by the Region Coaches. Regions usually meet several times per year. Committee Chairs portfolios may include Bursaries, Centralized Test Days, Championships, Historical, Region Competition, P/R, Newsletter, Skating Development, Synchronized Skating, as well as Data Specialists and Evaluator/Judging Resources;
- Regions conduct, financially support and promote club and skater participation in Regional coaching seminars, skating development programs, skating evaluation seminars and competitions;
- Offer volunteer training and development seminars and workshops. The Region Councils are the group of people that the clubs feel most comfortable going to because they are closest to the grass roots;
- Assist clubs with conflict resolution and act as a Resource for Clubs;
- Promote and market Skate Canada to clubs;
- Host competitions and events (i.e. galas, ice shows, Awards Banquets);
- Provide a venue for regional clubs to meet, learn and share; promote team concept of clubs working together towards common goals.

## **Skate Canada Programs**

Every Skate Canada skating program complements the others and allows for unrestricted movement and development through the system. All programs are taught by professional coaches certified through the National Coaching Certification Program (NCCP) and they are offered at member clubs and sanctioned skating schools across the country.

## CanSkate Program

CanSkate has a newly developed program based on Sport Canada's long term athlete development (LTAD) principles. Exciting new features include a fresh new look, new awards, great tools for coaches and most importantly a tested and proven new curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster. But there's more! The new program also includes specific skills that pertain to hockey, ringette, speed skating and figure skating. The result is a dynamic new program that prepares all skaters for virtually every ice sport. CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centres on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

### **Pre-CanSkate**

Pre-CanSkate takes place as part of the CanSkate program. The program has special volunteers and coaches just for them following a Skate Canada provided curriculum. Skaters will be assessed on an ongoing basis for their movement into the general canskate population.

### **Who is CanSkate for?**

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

### **Who teaches it?**

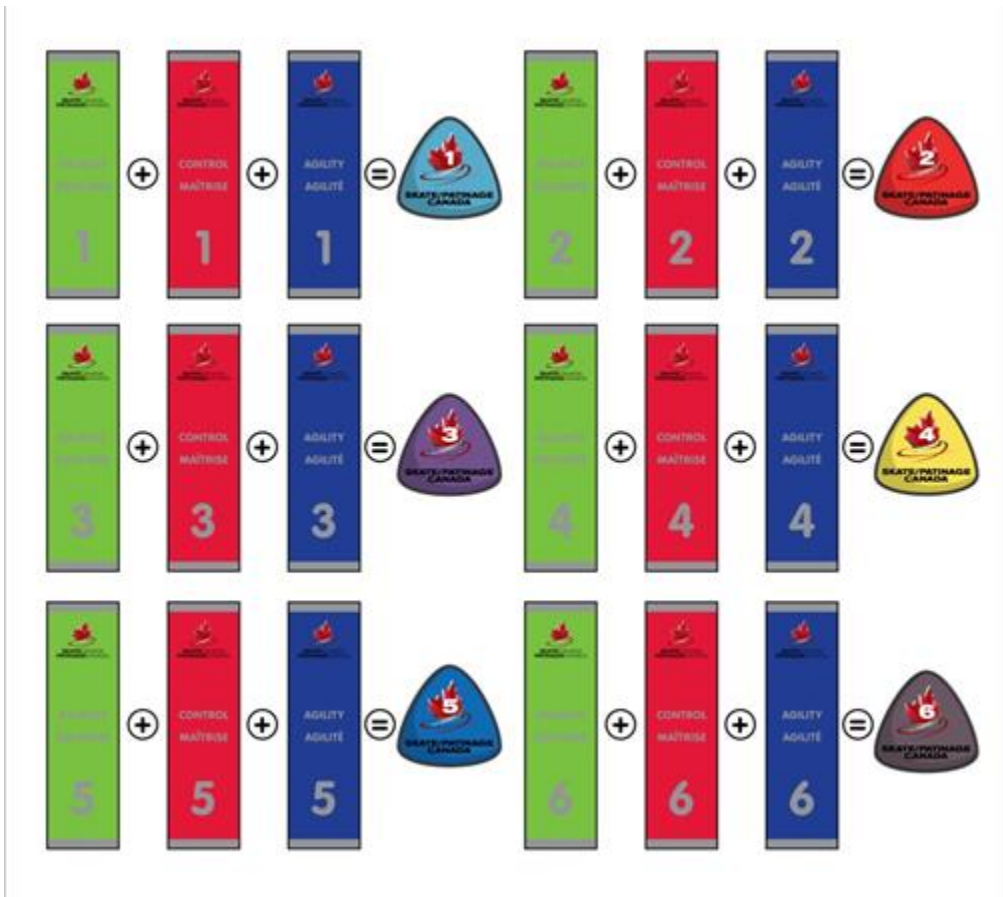
All programs are NCCP trained professional coaches and are assisted by trained program assistants.

### **What will you learn?**

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

### **What can you expect?**

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.



### What do you need to participate?

All you need are skates, a CSA-approved hockey helmet, long pants, mittens, warm sweater or jacket. Dress in layers – you will get warm!

### Star 1 Program (formerly Junior Academy)

Our Group Introduction to the STARSkate program is designed to serve as a transitional program into the STARSkate / Competitive Skate programs (also known as Figure Skating). Clubs have different names for this program, but it all means 'Introduction to Figure Skating.' Skaters will continue to learn the important basics while learning figure skating skills in a group setting. The transitional program teaches skaters the fundamental skills needed to become a figure skater. This group lesson for Star 1 skaters and the coaching fee is included with the ice fee that you paid when you registered.

If the Star 1 skater would like to receive additional instruction, they may arrange to have a privately billed lesson with one of our coaching team. They can arrange this by contacting our Director of Skating who will put your skater into the team coaching lesson rotation for the session. This lesson would take place during their "freeskate session" which is included in your registration package. The private lesson is not included and would need to be paid directly to the coach. Private lessons can advance the skater technically and be a good introduction to the STARSkate sessions. Skaters on the STARSkate sessions will only be in a

lesson for a portion of the ice time and must be able to practice on their own for the remainder of the ice time.

## CanPowerSkate Program

CanPower is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

CanPower is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they 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. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

***Please note:** The CanPowerSkate program is exclusive to Skate Canada and is available only to Skate Canada member clubs and sanctioned skating schools. All participants must be registered with Skate Canada. Only Skate Canada member Coaches trained and certified at a CanPowerSkate Coaches Course are qualified to instruct the CanPowerSkate program.*

## AdultSkate

Adult skating is growing in popularity and more and more clubs are offering recreational, test and competitive opportunities to this segment of the population. Adults participate in CanSkate, STARSkate and CanPowerSkate programs as well as on synchronized skating teams. Adult championships currently provide opportunities to adult skaters to experience the challenge of a competition in a fun, social environment.

## STARSkate

**Skills, Tests, Achievement, Recognition** – this is what STARSkate is all about!

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group 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. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

STARSkate has been the mainstay of figure skating in Canada for more than four decades. When you/your child registers for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:



- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills;
- complimentary Gold Test pins;
- invitational and interclub competitions, including the STARSkate championship stream;
- specifically designed awards and incentives such as badges, tattoos and stickers;
- STARSkate Skater of the Year awards program;
- Progress updates and report cards;
- Special STARSkate events and club functions;
- 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.

These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

## How STARSkate Works

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. 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

**Skating Skills** are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated

into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

**Ice Dance** consists of seven levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the STARSkate Program 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. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

**Free Skate** consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music. Each test consists of 2 parts – Elements in Isolation and a Free Program (solo to music).

There are six Free Skating tests in the STARSkate Program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

**Interpretive** program objectives are 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.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

- Introductory
- Bronze
- Silver
- Gold

### **Competitions for STARSkate Athletes**

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

### **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) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

### **Club Competitions**

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

### **STARSkate Interclub Competitions**

These are events involving a number of clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

## Invitational Competitions

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete. For more information contact the hosting Section or club.

## Off-Ice Training

This is an off-ice group fitness for figure skaters that focus on strength training, flexibility, conditioning, jump and spin technique class for Figure Skaters. The prevention of injuries is a key element to the off-ice training portion of a skaters' existing training regime. The muscles, ligaments and tendons of a young figure skater are constantly being taxed, not only by the normal growth and development of his or her systems, but also by the constant demands of the sport, such as jumping, spinning and movements such as spirals. By incorporating regular flexibility sessions, a figure skater is working on improving his or her range of motion and attempting to remove the tightness around certain joints. Off-ice sessions also combine ballet, cardiovascular training and strength movements. This is training off ice that is designed to achieve good physical condition that focuses on key areas needed to be strong specifically for figure skaters. Overall, the focus of the off-ice training is to target the areas that figure skaters need improvement in, but cannot be achieved through skating alone. By having the skater participate in off-ice classes, you are ensuring that they're learning proper technique and training principles that will apply not only to the sport of figure skating, but to any athletic activity in which they may be involved. Time is also spent on specific jump and spin technique, which is key in learning new elements. The instructor cost is included in the STARSkate registration fees.

## Private Lessons:

'Private Lessons' refers to booking lesson time with a coach that is not a large group lesson. Types of lessons:

- Private Lesson – one skater with a coach  
The Prince George Figure Skating Club has a team coaching structure that allows your skater to learn from all of our club coaches. Lessons will be arranged for your skater each Freeskate session and will be on a rotational basis. Exact times and coach assignments will vary week to week as per our Director.
- Semi- Private Lesson – two to three skaters with a coach

If you are a **STAR 1** or higher level and are discussing private lessons with our Director:

- Set up a meeting time to discuss plans, goals, budget, competitions to attend, if your child will receive a Freeskate, dance and or interpretive program with music;
- ***Your Director will help choose a coach who is ultimately responsible for your skaters' season*** (making sure forms are completed, that skater is registered for events, that the skaters' music is ready, registering skaters for tests etc);
- Speak to your coach about Team Coaching – in our Club we have all the appropriately certified coaches working with the skaters;
- Coaches are the experts. Work together with your coach to create realistic goals and objectives for your child. This is up to the parent to ask questions and initiate a conversation with the coach;

- Clubs should have a summary of each coach's qualifications. If not, ask the Coach for a copy of their resume. Coaching fees may vary according to the certification level and experience of the coach. Ask what the fees are up front so there are no misunderstandings later. You can seek advice from the Director;
- Once you have a coach, communication with that coach is vital for everyone to be on the same page and have the same goals for the skater;
- You must agree on how many lessons you want / budget per month from your coach;
- You, the parent, will be charged directly for these private lessons (monthly or every two weeks). You will only buy insurance, ice time and group taught classes from the PGFSC from now on;
- You are expected to pay your coaches on time. If you do not pay your coaches, your lessons may be stopped. You may be charged interest if you do not pay your private coach on time. If you are in arrears and owe a coach your skater will not be permitted to take part in test days or competitions.

**Note:** *Your coaches will bill you throughout the season. Most coaches bill monthly, but this may fluctuate depending on the process you both agree to. Each coach will have an outline of all fees, including lesson rates, music editing, test rates and competition rates. These rates are based on years of coaching experience, certification level, experience, additional education and skating background. If you have a concern about your bill, please contact the coach directly. Keep in mind that goals and lesson budgets may vary month-to-month and year-to-year: It is important to keep an open communication about everything. If you have a question, please ask.*

### **Skating Solo Music**

Your coach is responsible for choosing music and cutting the music to specific times. If your skater has a music pick, it is fine to let the coach know, but be aware that the coach *may not agree* to this music. Some solos may have words while others must be instrumental (per Skate Canada regulations). It is the coach's responsibility to ensure each skater is fully prepared for the season. If you notice something is not done, and should be, please discuss this with your coach. The dates of events (competitions, test days, etc) will be listed on your PGFSC calendar – see the calendar on the PGFSC website or Bulletin Board in the Kin 2 arena. Parents are encouraged to look at the BC/YK and CNCR websites to take some responsibility in the planning of their skaters' season. Always ask your coach a question if you feel your skater is missing something or not fully prepared for an upcoming competition or test day.

Skaters will often keep a piece of music for 2 years. Sometimes music will be kept for only one year, sometimes longer than 2 years. This is at the discretion of the coaches for various reasons. Keeping music saves the parents money in music fees and extra lessons to learn a new program, gives the skater time to get really good at performing, and gives the skater more time to focus on new jumps and spins.

### **Choosing Dresses / Costumes**

As run through's or simulations or interclubs and competitions or test days come closer, it is important to make sure you have your skating dresses organized. It is important to ask your coach for input on costume design prior to purchasing a dress as they might have something specific in mind. Hair, costume, tights and clean skates all make up the full package of a skater. All are very important.

Figure Skating dresses can be purchased at:

- competition events
- on-line from various companies
- PGFSC has second hand dresses for sale used previously by other PGFSC members.  
**\*\*Please ask the coaches to see the second hand dresses.**

## Skate Canada Tests

Once you have begun taking private lessons, you move into STARSkate. Instead of your coach evaluating your level, you will now be tested by a Skate Canada qualified evaluator/judge.

Below is a list of the first level tests in each discipline:

Preliminary DANCE	Preliminary FREESKATE	Introductory INTERPRETIVE	Preliminary SKILLS
Dutch Waltz	Elements Part One	Interpretive Solo	Waltzing Threes
Canasta Tango	Solo Part Two		Waltzing Mohawks
Baby Blues			Expanding Circles

- Dances may be taken one at a time or more depending on the skater's training. The coach is very experienced in knowing the passing standard and will decide when the skater is ready to test. You must complete all dances at one level before testing any at the next level;
- The Freeskate test may be taken in parts or both parts at the same time;
- Interpretive consists only of one solo program per level;
- Skills have a group of three patterns that must be tested at the same time.

Generally, a skater will begin with their Dance tests, then move to their Skills test, then their Freeskate and then the Interpretive test. By the time a skater takes their Preliminary Freeskate test, they may have passed the next level (Junior Bronze) of Dances. There is no written rule as to which discipline of tests are done first and is dependent on the skater and coach.

The STARSkate stream provides a structure of tests which can assist in measuring the development and progress of the recreational skater.

### Dance Test Levels

Each dance can be taken separately. A skater must have passed all dances in a level to advance to the next dance level.

Dance Level	Dances			
Preliminary	Dutch Waltz	Canasta Tango	Baby Blues	
Junior Bronze	Swing	Fiesta Tango	Willow Waltz	
Senior Bronze	Ten Fox	14 Step	European Waltz	
Junior Silver	Keats Foxtrot	Rocker Foxtrot	Harris Tango	American Waltz
Senior Silver	Paso Doble	Kilian	Starlight Waltz	Blues
Gold Level	Westminster Waltz	Argentine Tango	Viennese Waltz	Quick Step

### Skills Test Levels

Each skills level has 3 patterns that must be passed at once as a group: Preliminary Level, Junior Bronze Level, Senior Bronze Level, Junior Silver Level, Senior Silver Level, Gold Level

### Interpretive Test Levels

As you test you must move up in competition level: Introductory, Bronze, Silver and Gold

### Freestyle Test Levels

As you test you must move up in competition level: Preliminary – Part 1 & 2, Junior Bronze – Part 1 & 2, Senior Bronze – Part 1 & 2, Junior Silver – Part 1 & 2, Senior Silver – Part 1 & 2 and Gold – Part 1 & 2

### Competitive Freestyle Test Levels

As you test you must move up in competition level: Pre-Juvenile Competitive Test, Juvenile Competitive Test, Pre-Novice Competitive Test – Short and Long Program, Novice Competitive Test – Short and Long Program, Junior Competitive Test – Short and Long Program and Senior Competitive Test – Short and Long Program

### Freestyle Jump and Spins Required for Tests

**Preliminary** – Flip jump and camel spin needed for test. If you take this test you will compete against skaters landing axel jumps.

**Junior Bronze** – Axel jump and flying camel spin needed for test. If you take this test you will compete against skaters landing 2 double jumps.

**Senior Bronze** – Double Salchow and double toe-loop jump needed for test as well as difficult spins.

**Junior Silver** – Three double jumps needed for test and jump combinations & difficult spins.

**Senior Silver** – Four double jumps needed for test and jump combinations and difficult spins.

**Gold** – Five double jumps needed for test and double-double jump combinations & difficult spins.

### Test Days

Skate Canada Clubs schedule tests on an on-going basis for all disciplines at any level, provided a qualified Skate Canada Evaluator or Judge is available for the test levels. Once a skater passes their test they then move to the next level in that discipline. If the test is not

successful, the skater can retry that test. Skaters usually wait until the next scheduled test day before retrying a test, as waiting gives the skater more time to improve on the comments given by the Judge or Evaluator, and it better prepares the skater for the next level.

Test days are held 2-3 times each season. Low Tests for Junior STARSkaters will take place in Prince George. High Tests for Intermediate and Senior STARSkaters will take place within the CNCR Region and the skater may have to travel to be tested. Your coach will advise you when the skater is ready to take a test and which test days are available, either locally or away. Please speak to your coach about proper attire.

### **How is it Decided that it is Time to Try a Test?**

A test should never be attempted until the skater consistently exceeds, in regular practice, the listed standards for a particular level of test. The reason for this is that, on test days, most skaters are somewhat nervous. Therefore, it is quite likely that their quality of skating at test day will fall a little short of their normal level of performance during practice. If they attempt a test before their ability for skating this particular test has been fully developed, it is more than likely that they will not succeed and therefore be discouraged. As a rule, it takes many months of diligent practice before a skater is ready to try a test. It is a very poor idea to try a test “just for experience”. The practice of skaters trying tests before they have had a chance to succeed takes up expensive ice time and ties up evaluators’ valuable time. It also undermines the self-confidence of the skater. One of the basic principles of good teaching is to pave a skater’s path of progress to his/her ultimate skating goal with a series of small successes and a minimum of setbacks. By trying a test before being fully ready, a skater will almost certainly experience a sense of discouragement and defeat when told that the result of the test is “retry”. At times, parents feel that a child certainly must have spent enough time practising for certain test and wish their child to be tested. The coach should resist bowing to parental pressure and put the test in although he/she personally feels the skater is not ready. In such a situation, the skater is almost always the unfortunate loser.

### **How is Progress Assessed?**

Under this test system, tests are evaluated by one person (an Evaluator) who assesses a skater’s proficiency against a standard using a word scale (excellent, good, satisfactory, or needs improvement) identifying skills performed well and those requiring further development. Such standards are listed in the Manual for Evaluators, a copy of which is owned by every evaluator and coach. This system allows for a close rapport between the evaluator and the skater and is, therefore, more conducive to a fairly relaxed atmosphere during the skating of a test. It also allows improved communication between evaluator, skater and coach, allowing them to work together as a team.

### **Testing Fees**

**The Skate Canada Test Fee schedule is as follows:**

Free Skate	\$ 10.00 per part (2 parts)
Dance	\$ 10.00 per individual dance
Competitive Singles, Pairs, Dance	\$ 20.00 per test
Interpretive	\$ 10.00 per test
Skating Skills	\$ 10.00 per test



## **Additional Testing Fees**

### **Dance Partnering**

- Preliminary and Junior Bronze Dances are often competed with the skater's coach. Skaters in Senior Bronze dances and above normally test with a male partner.
- There are fees for testing depending on which test you are taking, if there is a dance partner and if the hosting Club had to fly in a judge. Please ask at the time of the test registration what the estimated cost will be.

### **Coaching fees at test day**

- Coaches will bill the parents directly for the time they spend with each skater. Check your coach's fee guidelines for these amounts. If you have not received a guideline, please request one from your coach.

### **Dance Partnering Fees (High Test Days only)**

- The dance partner will charge a flat rate for each test he partners.
- Skaters often get one practice time with the partner and will also be billed at the partner's hourly rate for this.
- In addition to these fees, the partner's travel, accommodation and meal expenses for the weekend will be covered by all participants using the dance partner.

### **Ice Fees**

- If additional ice is required for the test day, or if we go out of town for a test day, the ice costs must be covered by all participants.

### **Judges / Evaluators Fees**

- All judge / Evaluators are volunteers. We often need to bring judges from out of town, in which case we must cover their costs (travel, accommodation and food) for the time they are judging tests. These costs will be divided by all participants of the test day.

***Note:** All of the above fees excluding the Coaching fees, will be billed to you after the test day by the organizing and host club.*

## **Spectators**

To ensure the skaters, coaches and judges are allowed to give their full attention to the task at hand, the test, we ask that while observing a test day, please keep voices down in the stands, do not change your location in the stands during a test, but wait until the skater has completed that particular test. This will create a calm atmosphere for everyone to enjoy.

## **Competitions**

Competitions in skating offer the skaters an opportunity to perform by themselves in front of an audience and to be assessed on their performance by Judges. The children learn about good sportsmanship and they have the opportunity to work hard at being the best they can be.

Above all, children should learn to treat everyone with courtesy and respect whether they win or not. Ideally, while engaged in competition, a child will learn that winning isn't important; what is important is putting forth the best effort possible.

Then, as the child grows older and realizes that sustained effort leads to improved performance, they will learn to compete against the worthiest opponent all by themselves.

### **Competition Fees**

Competitions all have entry fees in order to participate. These fees will vary from one competition to another and must be paid when registering your skater for the competition.

### **Freeskate Competition Levels in STARSkate Compared to Tests Passed**

**Star 1** – For JumpStart skaters and Juniors not yet landing a strong loop jump. No solo to music. Elements to be performed only.

**Star 2** – For skaters who can land a strong loop jump and a flip jump. Solo to music.

**Star 3** – For skaters who have passed their Preliminary Freeskate test.

**Star 4** – For skaters who have passed their Preliminary Freeskate test and normally are landing an axel jump.

**Star 5** – For skaters who have passed their Junior Bronze Freeskate test.

**Senior Bronze Freeskate** – For skaters who have passed their Senior Bronze Freeskate test.

**Junior Silver Freeskate** – For skaters who have passed their Junior Silver Freeskate test.

**Senior Silver Freeskate** – For skaters who have passed their Senior Silver Freeskate test.

**Gold Freeskate** – For skaters who have passed their Gold Freeskate test.

***NOTE:** Skaters who have passed their Junior Bronze Freeskate test and are at a younger age (under 14) have the options to enter into the Competitive Stream. Speak to a coach for more information.*

### **Interpretive Competition Levels**

**Pre-Introductory** -for those who have not yet taken an Interpretive test

**Introductory** - for those who have passed the Intro Interpretive test

**Bronze** – for those who have passed the Bronze Interpretive test

**Silver** – for those who have passed the Silver Interpretive test

**Gold** –for those who have passed the Gold Interpretive test

### **Competitions**

Each season there are a number of different competitions open to all skaters. The closer competitions that most PGFSC skaters attend are:

- The Cariboo North Central Regional Championships
- Autumn Leaves
- Totem
- Starskate Super Series

### **More Information on Competitions**

- Some of the STARSkate events have a set limit of what elements skaters can perform;
- Skaters will be grouped by level and age;
- Forms / entry fees for competitions must be paid by a deadline which is usually one month prior to the competition and these deadlines are strictly adhered to;
- Your coach and the PGFSC Head Coach should have this information for you and will be able to help you with the event you need to register your skater in. But parents need to take responsibility and be organized;

- If you have not received information for a competition that is getting close to the deadline time, please enquire with your coach;
- It is between you and your coach to decide in which events your child will participate so arrange a meeting with your coach and start planning ahead;
- Parents should always check [www.skatinginbc.com](http://www.skatinginbc.com) for upcoming competition announcements and entry deadlines.

### **Ice Show**

PGFSC strives to hold an Ice Show every year. Ice Shows give our skaters the opportunity to share their talents with the community. Shows help to keep skaters interested / excited / engaged in skating and they really look forward to their performances. Ice Shows also help to promote our club.

Preparing for an 'Ice Show' can be a lot of work, but it is worth it. Normally a coach is hired to Head the Ice Show and there is a volunteer for the following roles:

- Ice Show Chairperson
- Fundraising & Program Advertising
- Costume Convener
- Program Parent Liaisons for each group
- Decorations and Set
- Photography

The coaches choose a theme and create music and skating routines for the skaters to perform. Pre-CanSkate up to Senior level figure skaters will take part in the Ice Show and featured in the show program. Practices usually take place on regularly scheduled skating sessions but sometimes there are slight time adjustments for Ice Show practice including a Dress Rehearsal.

***The ice show is a very fun event for skaters!***

## **Parents Roles and Responsibilities**

The most important thing for a parent of a skater is to remember that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still children. DON'T! The same children we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night.

- Help to set goals: Help your child to set his / her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your skater's goals, not yours. Help to achieve these goals by setting targets, plotting progress, etc. Be willing to re-evaluate when necessary.
- Support your Coach: Pay your bills on time, and get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance. Let the coach participate in goal-setting discussions. Listen to our coach's advice and instructions, and help to ensure that your skater follows those instructions when participating or doing activities. Once the coach understands your skater's goals, let the coach have the

freedom to design a program to achieve them; don't try to second-guess the approach. On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term.

- Learn about the sport: Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- That children age 9 and under require a parent to be at the rink at all times. This also helps for bathroom breaks. It is not the coach's responsibility to rink changes (children shouldn't have to navigate), injuries (they do happen even if only a bruised knee, tears still require mom or dad or grandma.)
- Be a good sport: Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive.
- Support your skater: Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a "bad thing". Never destructively criticize, especially in front of others. Resist the urge to compare your child against another. Some learn faster, some learn slower. Let them progress at their own level.
- Support your club: Pay your bills on time. Help with club activities. Volunteers run most clubs, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do "jobs" like ice monitor, music monitor, etc. Help out with ice shows or competitions.
- Let the coach know if your child leaves the ice and especially if they will not be returning during the rest of that session.
- Do not drop your child off early before Ice time a leave them there. The arena is not supervised.

## Clubs Roles & Responsibilities

### **Skate Canada Program Delivery Standards**

Skate Canada skating programs offered by member clubs and skating schools must be operated according to National delivery standards. The complete document can be found on the Members Only section of the Skate Canada website under "Technical and Program Information or online through Skate Canada's website.

### **Providing Program Assistants**

Clubs provide training for their Program Assistants who are skaters 12 years or older with more skating experience who volunteer their time to help with the CanSkate Program. They demonstrate skills under the direction of the Coaches and generally help out wherever needed. It is a good way for skaters to give back to their clubs. Program Assistants are important role models for the younger skaters in the Club.

### **Club Code of Ethics**

Parents should be familiar with the Skate Canada Club Code of Ethics. The Club Code of Ethics can be found in the Skate Canada Rule Book under Policies and Procedures or on the Skate Canada website at [www.skatecanada.ca](http://www.skatecanada.ca)

### **Coaches Rules and Responsibilities**

All Skate Canada Coaches must abide by the Skate Canada Professional Coaches' Code of Ethics. Parents can review the Coaches' Code of Ethics found in the Skate Canada Rule Book or on line through the Skate Canada website: [www.skatecanada.ca](http://www.skatecanada.ca) or the BC/YT website at [www.skatingbc.com](http://www.skatingbc.com). Coaches must complete a Skate Canada approved Police Check; Making Ethical Decisions Course; hold a valid First Aid Certificate and have a current Skate Canada Coaching Membership.

### **Skaters Roles & Responsibilities**

Parents will find that each Club will develop their own roles and responsibilities for their skaters. As parents you should be familiar with these roles and responsibilities, as it is your job to remind our children of these rules of the Club. Here are just a few items that you should find in any Club's handbook of their skaters Roles & Responsibilities:

- Courtesy and respect for other skaters, coaches, parents, club volunteers and arena staff;
- Refrain from disrespectful language or behavior;
- Be on time for all skating sessions;
- Skaters should be on the ice during their sessions;
- Be in "good standing" financially with your Club;
- Dress appropriately for figure skating;
- Keep the skating environment clean;
- Help out when asked by the Club Board and Coaches to develop skaters;
- All skaters should be neatly and appropriately dressed at all times;
- Extend your interest, encouragement and consideration to the other skaters;
- Be alert for other skaters. Your safety and that of others is your responsibility;
- Work enthusiastically and use each session for its designated purpose;
- A skater will not be allowed to skate on a session that has not been paid for by that skater;
- Sharpening is expensive. Wear guards when not on the ice;
- Do not bring food, drinks or gum on the ice. An exception will be made for plastic water bottles;
- Do not interrupt your coach when she is giving a lesson;
- Please keep your dressing room clean at all times;

- Skaters are advised that rowdy behavior, undesirable language, defacement or misuse of club property or incivility to members or employees will not be tolerated.

### **Role of the Evaluators**

Evaluators are volunteers and trained officials that attend Clinics, take technical tests and keep updated with communications from BC/YT and Skate Canada. Evaluators also attend workshops conducted by the BC/YT Section Judges Committee on the changing trends in skating. When your child enters the Skate Canada Test Stream, they will take tests in one or all the disciplines in figure skating – Free Skate, Dance, Skills, and Interpretive skating. The evaluators are the officials that try the tests and determine if your child has mastered the necessary skills sets to move on to the next level.

### **Role of the Judge**

Judges are volunteers who give of their time freely to judge tests and competition; monitor skaters in their practice rinks, and offer advice to coaches during the year to help with the development of a skater who competes at the competitive level. Judges are highly trained to judge competitive tests and officiate at competitions. They take judging courses; write exams, and trial judge events before they are promoted and Judge at competitions. Judges attend workshops and seminars each year to update their expertise in rule changes, technical aspects of skating. BC/YT Section provides and financially supports Judges training each year.

### **Role of the Volunteer**

A volunteer is an individual that gives freely of their time to assist and work towards the goals of an organization. The Cariboo North Central Region and the Prince George Figure Skating Club is always in need of volunteers. Jobs such as serving on Boards of Directors, working at events, fundraising and helping out wherever possible are continually needed. All parents of our figure skaters are encouraged to volunteer to help the club run smooth. This does not mean you have to be an elected Executive or Director and attend monthly meetings. At any time during the year you can offer your assistance to the Club

Clubs depend on parents of their skaters to help create a viable and safe environment for all skaters, so give a hand when you can.

### **Fundraising**

***It is your responsibility to complete your fundraising obligation to the PGFSC.*** The Prince George Figure Skating Club elected Board has the responsibility of maintaining the financial viability of the club. In addition to registration fees, fundraising is an expectation of each skating family to ensure the continued financial success of the club. The club's annual budget reflects approximately BLANK needs to be raised to balance the books. The following policy describes the expectations regarding fundraising for each family. Each family registered will be required to participate in a set number of Hours. To also further support our membership if a family has more than one skater the higher level skater hours will be the number that must be filled. For example, Junior Academy skater, you will be required to complete four of hours of volunteering as that is the Junior Academy Skater amount. At the time of registration, each family will issue one additional cheque to the PGFSC postdated for March 15th each required one hour on fundraising has a value of \$10. This translates to the following amounts for each skating level. CanSkate 1 box of Chocolates= 40.00, Junior Academy 40.00= 4 hours, Pre-Junior 60.00=6 hours, Junior 80.00= 8 hours, Intermediate 120.00= 12 hours and Seniors 160.00=16 hours. If all required fundraising hours have been completed the postdated cheques will not be cashed. In the event that the member has not

completed the entire number of fundraising hours required, the cheque will be processed into the PGFSC general bank account. **Partial refunds will be honoured based on the hours completed and approved by the Fundraising Chair on the Volunteer Tracking Form. The Volunteer Tracking form can be downloaded and is located on the PGFSC website at <http://pgfsc.ca/member-info/club-forms/>.**

## General Rules & Regulations of PGFSC

All participants are governed by the rules, regulations and bylaws of Skate Canada, BC/YK Section, the Prince George Figure Skating Club as well as those made by the City of Prince George.

### Supervision:

- Young children are not to be left unattended in the arena. Parents are responsible for appointing a parent caretaker of legal age, if they are unable to attend a skating session.
- There must be at least one club professional, parent or adult supervisor (who holds a valid first aid certificate) in attendance during each session.

### Ice Scheduling:

- If necessary, the PGFSC reserved the right to alter the schedule from that advertised. Effort will be made to make up for any ice loss, but the PGFSC is not obliged to do so.
- Due to test days or competitions, the club may have to cancel regular ice times. The club will post the ice changes at least one week in advance. Always check with your coach, the bulletin board or website.

### Parents:

- Only skaters and coaches are allowed in the hockey player's box beside the ice, please. Too many people close to the ice area will distract the skaters and the coaches.
- Parents are asked not to disturb their children during their session (i.e.: giving instructions from the boards, hand motions or comments from the stands to keep moving.) It is the coaches' job to coach and to discipline the skaters. If the skaters hear it from too many different people; it may have a negative effect. Please save questions for coaches until the session is over. This being said, younger skaters sometimes need their parent's encouragement and coaches will be working with other skaters so you will want to keep an eye on your child. Parents can speak to a coach about a practice plan that skaters can use at the rink side. This helps some skaters stay on task.

### Music Playing:

- Music is played from rink side. There is a system in place to ensure this is a fair process for all skaters. Priority of playing music goes to those skaters in lessons first.
- The hope is that all STARSkaters get to skate to at least one of their solos with music each session.
- The PGFSC does hold a music policy. If there are concerns about music playing, speak to the Coaches.

### **Skating Dress Code for Junior Academy to Senior STARSkate levels of the PGFSC**

- Long hair must be tied and clipped back neatly. Skaters arriving with sloppy hair will be asked to fix it immediately. Please keep in mind this is for safety as well as appearance. Hair falling in your eyes can be very distracting!
- Gloves are to be worn at all times.
- A light but warm jacket or sweater is best. No long coats or bulky jackets as they do not allow the skater to move easily. No hoodies please. Hoods can pull the skaters off balance and get in their way when doing spins and jumps.
- Junior Academy may stop wearing a helmet upon completion of the Stage 5 Level of the CanSkate Badges in compliance with the Skate Canada rules and with the permission of the parent, along with the coach's advice.
- STARSkaters FEMALE figure skaters must wear skating dresses or skirts or tight leggings. No jeans or similar pants, only athletic attire.
- STARSkaters MALE figure skaters will wear skating pants (cut above the ankle with Velcro stirrups) and a somewhat fitted shirt (tucked in) or a sweater.
- STARSkaters will not wear their gloves or warm up sweaters for tests, run thru simulations, pop concert / interclub performances and competitions. They will dress in competition attire for these events. (Skaters can wear gloves and club jacket or sweater for the official on ice warm up).
- STARSkaters are to wear clothing that does not need adjusting while skating as this is a safety concern and a distraction.
- Skaters are not to wear revealing attire during practice sessions.
- Shirts/tops must have sleeves and be long enough to tuck into skirts or pants. I.e. not tank tops or crop tops.
- Skaters wearing improper attire will be asked to leave any practice session to change into proper approved attire.
- DO NOT enter the ice after an ice clean until the coach approves. Ice needs to dry, insurance does not start until our schedule time, Zamboni door needs to be closed, a coach needs to be on the ice for supervision.

### **Food and Drink**

- Plastic water bottles only at the boards: no sodas, hot chocolate etc. (Water is for hydration purposes only). Absolutely no glass bottles or cups are acceptable near the ice by skaters, parents or coaches;
- No food, candy or chewing gum is allowed on the ice or by the ice area.

### **On-Ice Etiquette**

#### **The following applies to all figure skaters:**

- Skaters are expected to be on the ice on time;
- Skaters and parents are asked not to interrupt the coaches during the sessions. If skaters need to leave the session early, please let your coach know before the session begins;
- Please ask permission to leave the ice for any reason. (i.e. going to the washroom or to refill water bottles) so coaches know where you are in emergency situations;
- Please show respect to all skaters, coaches, parents, arena staff and volunteers;



- Keep moving and avoid visiting with friends on ice. This can be distracting and dangerous and should be done before or after your session;
- Be alert for other skaters. Your safety and that of others is your responsibility;
- Work enthusiastically and use each session for its designated purpose;
- Music brought from home may only be played with the coach's permission and the volume kept at a reasonable level;
- Parents, coaches and skaters are to act in a courteous manner at all times;
- Skate Canada rules of ethics and behavior are to be in effect at all times;
- Abusive behavior will not be tolerated and will result in immediate expulsion;
- PGFSC is a team oriented skating club, negative behavior such as gossip, fighting, rudeness etc. will not be tolerated;
- Skaters at StarSkate level will use good traffic behavior on all sessions;
  - **Good Traffic Behavior:**
    - Move in and out of jumping areas quickly;
    - Exit jump areas closely along the boards;
    - Do not stand or stop anywhere in the jump area;
    - Get up quickly after falls. (No lying on the ice);
    - Jumping areas are from the blue line to the ends of the rink. Please avoid spinning in the jump areas unless you are doing your program;
    - Keep your head up and be aware of others at all times.
- **Order of Right-of-Way on the ice (In all cases, common sense prevails):**
  - Coach
  - Skater in a lesson with music playing
  - Skater in a lesson
  - Skater in a solo with music playing
  - Skater in a spin
  - Skater in a jump
  - Skater stroking
  - All other Skaters

### **Off-ice Warm ups**

All figure skaters are asked to complete at least 10 minutes of warm-ups and stretches before coming onto the ice when time prevails. This is to prevent injury and help you get more out of every session! (for a warm up outline, speak to your private lesson coach).

## **Equipment Required**

### **Skates**

The purchase of a boot and blade is a major decision which can represent a substantial financial investment.

### **Fitting Basics**

A skater's size, weight, and skating level are very important. These aspects will determine what boot and blade to purchase and how long they will last.

While seated, the boot should be snug in the heel, arch, and ball areas for best support. Toes should be able to wiggle freely but not slide to any great degree. After the boot is laced and the skater stands, the boot should feel slightly tighter. There should be little to no movement when the skater tries to lift her or his heel. The toes should just be touching the front of the boot.

Toes should feel slight pressure but not severe bending or pain. Toes should also not be cramped or curled under. It is important to have a correctly fitted boot for optimal skater performance.

The boot must be snugly fit so that it responds exactly to the skater's movement. Additional room in the skate can cause the foot to slide and thus may impede the Skater's progress.

***Remember:*** *Skates should fit snugly around the ankle and heel – there should be room for movement, but the ankle, instep and heel must be firmly supported*

The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot

The front opening of the boot should be sufficiently wide to pull the laces tight

Avoid buying skates a size larger, as they tend to break down faster and hamper your child's progress and more importantly could create long term foot problems

### **Buying used Skates and Blades**

Good used skates can be okay for your child, especially in the beginning stages. If you do buy used skates, you may have to know a bit about the brand and model of the boot and blades you purchase.

Ask your Coach about suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower quality "sharpening life" left in it. Many skate companies have a website that describes an appropriate boot / blade combo for a particular level of skating. The Professional Skate Service in Blade Runner is an excellent resource for purchasing both new and used skates.

### **Sharpening of Skates**

Make sure you take your skates to a reputable figure skater sharpener who is familiar with the edges needed in figure skating. Do not remove the bottom pick, as it is essential for proper balance. If you are unsure as to where to go for sharpening, please ask your coach they will recommend.

### **General Care of Boots and Blades**

- Proper care of the boots and blades can help them last longer;
- When removing skates, unlace them enough before taking them off so that the back of the boot does not break down or rip Blades and soles must be dried carefully with a soft cloth;

- Remove guards and wipe / wash them. Grit and dirt become lodged in the tracks of the guards;
- Replace guards occasionally;
- Cover dried blades with soft blade covers (terry cloth or soft fabric) Take skates out of bag at home to let them air dry at normal temperatures to avoid rotting and rust.

### **Skating Clothing**

For young skaters in CanSkate a warm pair of pants and sweater or jacket with mitts or gloves is suitable. Snowsuits can be bulky and hinder the child's progress. At the CanSkate level helmets are also mandatory. As skaters progress, females will wear light jackets or a sweater, tights and skating dresses or skirts or tight leggings, as well as gloves. Males will wear a stretch pant with stirrups to go under the arch of the skates along with a sweater or warm-up jacket and gloves.

Check your local Clubs for information on purchasing skating outfits, as they may have names of Skating Stores or individuals selling good used skating outfits.

### **Managing Your Budget**

Parents will have to plan their budget well in advance of each skating season. The costs you will incur will depend on your child's participation in the sport.

Here are some suggested items you should have in your yearly budget:

- Club Membership
- Skate Canada Membership
- Skates and accessories like guards, blade covers, skate bag as well as appropriate skating attire
- Extra Ice costs
- Coaching Costs – Lessons, Competitions and Test Days
- Choreography Fees
- Costumes
- Ice Show fees
- Music Fees for burning of CD's for solo music
- Seminars
- CD's that recorded your Competition skate
- Travel and Accommodations for Competitions and Test Days

***\*\*PLEASE CHECK the club bulletin board (each skating day) and the website (weekly) for updates, changes etc. during the season\*\****

## Additional Resources Available to Parents

There is a large network of resources available to parents in figure skating. Listed below are just a few:

### The BC/Yukon Section Office

#### Location: 8-Rinks Complex

Suite #2-6501 Sprott St.

Burnaby, BC V5B 3B8

Toll Free: 1-888-752-8322 or 1-888-SKATEBC

FAX: (604) 205-6962

[www.skatinginbc.com](http://www.skatinginbc.com)

#### The office is organized and run by the following people:

Ted Barton, Executive Director (604) 205-9701

Danielle Williams, Executive Assistant (604) 205-9702

Bev Viger, Financial Administrator (604) 205-9703

Courtney Baerg, Coaching & Communications Coordinator (604) 205-6960

### Skate Canada

Website: [www.skatecanada.com](http://www.skatecanada.com)

*In the Skate Canada website, you can go to 'Members ONLY' for detailed information.*

*You will need your Skate Canada registration number to access this part of the site.*

### CNCR Region

President: Carol Giesbrecht

Email: [carolg00b@gmail.com](mailto:carolg00b@gmail.com)

780-353-2635

[www.skatecncr.com](http://www.skatecncr.com)

## Prince George Figure Skating Club – Executive

[www.pgpsc@telus.net](mailto:www.pgpsc@telus.net)

Leslie Jones - **President**

250-613-2421

[Joannejones3@hotmail.com](mailto:Joannejones3@hotmail.com)

Heather Empey - **Treasurer**

250-562-2833

[heather.empey@unbc.ca](mailto:heather.empey@unbc.ca)

Mira Rosche - **Secretary**

[miragr@shaw.ca](mailto:miragr@shaw.ca)

Lara Lacharite - **Fundraising Chair**

250-964-0545

[llacharite@sd57.bc.ca](mailto:llacharite@sd57.bc.ca)

Julia Shaddick - **Registrar**

[Julia\\_shaddick@hotmail.com](mailto:Julia_shaddick@hotmail.com)

Teresa Schweder - **Director at Large**

[teresa.schweder@canfor.com](mailto:teresa.schweder@canfor.com)

Tracy Shaw - **Coaches Liaison - Ice Chair**

250-552-7087

[tralin@gmail.com](mailto:tralin@gmail.com)

## Prince George Figure Skating Club - Coach Listing

For Coaching Bios please visit our website [www.pgpsc.ca](http://www.pgpsc.ca).

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