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September 6, 2017

RE: WELCOME TO JUNIOR ACADEMY

Hello Skating Parent,

Welcome to the Prince George Figure Skating Club's Junior Academy program. We are delighted to have you onboard and we're eager to help your son/daughter skate their way to success! We thought this would be a great time to touch base with you and bring you up to speed on everything you need to know about your child's program.

Clothing & Equipment

- Skaters should be dressed in tight fitting, athletic clothing or skating dresses. Bulky, baggy clothing like hoodies or winter jackets should be avoided. Coaches need to be able to see the skater's body as they move to make corrections.
- Hair and bangs should be tied back off of the face.
- Skaters should be wearing running shoes for their dryland training.
- Helmets are optional, but if your skater would like to wear one, it needs to be a CSA approved hockey helmet.
- Figure Skates are required. Skates should have strong ankle support. **Please do not tie laces around the ankle.**

What is Junior Academy?

Junior Academy is a learn-to-figure skate program. The curriculum for this program has been developed by our own coaches for skaters to build a solid foundation for long term success in the sport of figure skating. Skaters will work on basic skating skills, turns and transitions, performance/presentation, jumps, spins, field movements and much more! Typically a skater will come on the ice and warm-up for several minutes, performing basic skating skills, after that they will begin their instruction time with the coach (es) followed by creative skating or free time. **Note: at the end of every session, skaters are asked to curtsy to their audience. We invite you to cheer and applaud their hard work.**

Off Ice training is a vital part of the Junior Academy curriculum. Skaters will train flexibility, learn and strengthen positions that they will use on the ice, perform exercises that will further develop their motor/movement skills and patterns. The off ice portion of the program is not meant to be optional so please be sure your skater attends.

Competitions & Duelling Blades

At this stage your skater is eligible to begin competing in figure skating competitions and duelling blades. Please speak to one of the coaches if this is something your skater may be interested in. It is encouraged! ☺

Coaches & Private Lessons

The Junior Academy coaching team consists of Jennifer Auston, Barbara Eimer and Danielle Sidsworth. Your skater may wish to have a privately billed lesson on the Friday 'freeskate' session. Highly recommended as moving into the next step "Star 1" a greater portion of instruction will come from privately billed lessons. Please let us know if you are interested!

Communication:

- **EMAIL is our main form of communication.** Please keep an eye on your email for important information from the PGFSC or the coaches.
- Website: www.pgpsc.ca
- Facebook – search Prince George Figure Skating Club and like us!
- Instagram – [pgskating](https://www.instagram.com/pgskating)
- Bulletin Board & Handouts – we will send letters and notices home from time to time and then they will get posted on the bulletin board(s). Currently our bulletin board is set up just inside Kin 2 near the PGFSC office.
- **Contact us:**
 - **Jennifer Auston** is the **Director of Skating**. If you have questions, concerns or would like some feedback on your skater's progress, please contact Jennifer: **250-640-9842** or by email: **ltspgpsc@telus.net**
 - For any and all club inquiries please contact the **PGFSC office: 250-563-4768** or **pgpsc@telus.net**

Viewing the session:

We invite parents to view the Junior Academy sessions from the bleachers. The arena staff has asked that parents refrain from viewing from the player's benches/box. Parents are not invited to view dryland/off-ice training sessions at this time as it is quite distracting. Thank you for your cooperation.

Behaviour:

It is expected for all skaters to listen and follow instructions, participate in all activities and to adhere to all coaches and program assistants on the ice. If a skater is not doing this, they may be asked to leave the ice for the rest of the session.

We wish you a wonderful, successful skating season!

Sincerely,

***Jennifer Auston
Director of Skating,
Prince George Figure Skating Club***