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September 12, 2019

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. **We will also be holding a Junior Academy orientation session for parents on Sunday, October 6th at 3:15 in the Kin Centre Meeting Room (upstairs in Kin 1). It is important you attend.**

Safety

Please take the time to familiarize your family with all exits in each arena your child trains in. In the event of an emergency, the coaches will evacuate the skaters from the nearest and safest exit point (guards and personal belongings will be left behind).

Muster point in Elksentre Arena: Heather Park School basketball court

Muster point in Kin Arenas – CN Centre Parking Lot near Gymnastics building

Muster point in Rolling Mix Concrete Arena – Civic Centre

Clothing & Equipment

- Skaters should be dressed in warm but tight fitting, athletic clothing or skating dresses. Coaches need to be able to see the skater's body as they move to make corrections.
 - **No toques, scarves, loose pants, hooded jackets or sweatshirts, snowpants or winter jackets.**
- Hair and bangs must be tied back off of the face. Warm headbands may be worn but must not restrict vision.
- Skaters must wear athletic clothing and running shoes for their dryland training sessions.
- Helmets are optional, but if your skater would like to wear one, it needs to be a CSA approved hockey helmet.
- Skates should have strong ankle support. Your child's ankles should be upright when standing in skates. There should be no creases/folding on the skate itself. The ankles of the skate should be stiff to squeeze. Proper figure skates can be purchased at Koops Bike & Skate Shop or North Edge Ice Sports.
 - When tying skates make sure they are snug from the toe through to the ankle. Do NOT tie laces around the ankle. If laces are long, they can be tucked in or double knotted.

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 & Jamborees

At this stage your skater is eligible to begin competing in figure skating competitions and jamborees. There are fees to register, fees for coaching at the event and you'll be billed a portion of travel expenses for the coaches. We encourage all of our Junior Academy to attend at least one competition per season. As they get to the next level, the expectation will increase to 2-3 per season.

Our club is hosting the Regional Championships Jan 17-19 right here in Prince George. Please mark your calendars – we would like all junior academy participants to register for this one. We will also be asking for volunteers for the weekend.

Coaches

The Junior Academy coaching team consists of Jennifer Auston, Barbara Eimer, Danielle Sidsworth, Mary Chidiac, Allyse Smith and Kaitlyn Friess. They may be assisted from time to time by volunteer “program assistants”.

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!
- 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 boards are set up (1) in kin 2 hallway, (2) just inside Kin 2 near the PGFSC office, and (3) in Kin 3 lobby.
- **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: jenniferauston_sk8coach@hotmail.com.
 - **Danielle Sidsworth** is the **Director of Learn to Skate Programs**. If you have questions, concerns or would like some feedback on your skater's progress, you may also contact her: **250-640-2607** or by email: daniellesidsworth@gmail.com
 - For any and all club inquiries please contact the **PGFSC office: 250-563-4768** or pgpsc@telus.net

Chocolates & Volunteering

We will be handing out chocolates as they come in. Please don't hesitate to ask if you do not receive your box by mid-November. You will have paid for them with your registration so you can eat them or sell them and earn your money back – it's totally up to you!

Each Junior Academy family is expected to fulfil 5 hours of volunteer time with the club. We will email you with all of the opportunities as they come up. If you do not fulfill the 5 hours by May, you will be billed by the club for the time owed - \$10 for each hour not fulfilled.

Spring Season Skating

Spring skating runs April through May. It is included as a perk of your winter registration! It is important to note that days, times and locations will almost definitely change – subject to our city ice allocation.

Summer Skating

Our club offers skating through the summer. Junior Academy skaters should be doing a minimum of 1 week to help keep their skills up, and to support the club (which helps keep costs down year-round).

Fall Skating (September)

Our club offers skating in September, a great jump starter for the winter season.

Viewing the session / Parent Expectations

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. We kindly ask that parents do not 'coach' their child as it may interfere or counter what they are being taught by the professional coaches. But we certainly encourage you to cheer them on! At this time parents are not permitted to view dryland training sessions.

As a safety pre-caution, skaters are not permitted to leave the ice surface without permission from the coach. If they have to leave early, please notify the coach so they can adjust their head count.

Noises can be a safety issue and act as a distraction for our coaches and skaters. **We do NOT allow dry floor hockey, ball play or any kind of noisy play in the rink while we are on the ice.**

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***