**HUNTSVILLE SKATING CLUB**

  

**HANDBOOK FOR STARSKATERS**

**2017-2018**

STARSKATE: ***S***KILLS, ***T***ESTS, ***A***CHIEVEMENT, ***R***ECOGNITION

**HUNTSVILLE SKATING CLUB**

**P.O Box 5285**

**Huntsville, Ontario**

**P1H 2K6**

**HSC Website: www.huntsvilleskatingclub.ca**

**HSC Email:** **huntsvilleskatingclub@gmail.com**

**Find us on**

 

**Huntsville Skating Club**

**Board of Directors**

**2017-2018**

President: Kerri Vallentin

Vice President: Robin Brushey

Secretary: Michelle Breakenridge

Treasurer: Kellie Heap

Registrar: Ryan Vallentin

Publicity: Michelle Breakenridge

Fundraising: Michelle Breakenridge & Robin Brushey

Carnival Chair: Muriel Blaker

CanSkate Liaison: Muriel Blaker

Coaches Liaison: Robin Brushey

Test Chair: Lisa Bjorkquist

Volunteer Liaison: VACANT

Ice Scheduler: Kerri Vallentin

Coaches Rep: Chrissy Mantle-Marnoch

**Huntsville Skating Club Coaches**

Christine Mantle-Marnoch

cmskate5000@gmail.com

Linda Vandertas

lindavandertas@live.ca

Tim White

soulim2009@hotmail.com

**Huntsville Skating Club**

**Fall & Winter Ice Schedule**

**2017-2018**

**Monday-Don Lough Arena**

* 3:30 pm – Senior - Skills
* 3:45 pm – Senior – Dance
* 4:00 pm – Senior– Stroking
* 4:15 pm – Senior - Freeskate
* 5:00 pm – FLOOD
* 5:15 pm – PreCanSkate and CanSkate (Start date October 16)

 -Pre-season CanSkate 4, 5, 6 & Session #1 Youth PowerSkating (13 & under) Sept 7-28

* 6:00 pm –Junior - Stroking
* 6:15 pm - Junior - Skills
* 6:30 pm – Junior - Dance
* 6:45 pm - Junior - Freeskate
* 7:15 pm – Session #2 Youth PowerSkating (13 & under) Sept 11, 18, 25, Oct 2, 16, 23 & 30

-Session #3 Youth PowerSkating (13 & under) Nov 6, 13, 20, 27, Dec 4, 11, & 18

-Session #4 Youth PowerSkating (13 & under) Jan 8, 15, 22, Feb 5, 12, 26 & Mar 19

* 8:00 pm – FLOOD
* 8:15 pm – Teen/Adult PowerSkating (13 & over) Sept 11, 18, 25, Oct 2, 16, 23 & 30

-Teen/Adult Learn to Skate & Beyond Nov 6 – Mar 26

**Wednesday-Jack Bionda Arena**

* 7:00 am to 8:00 am – Junior & Senior - Freeskate

**Thursday-Don Lough Arena**

* 4:00 pm –Junior - Freeskate
* 4:45 pm - Junior - Dance
* 5:00 pm - FLOOD
* 5:15 pm – Junior - Skills
* 5:30 pm – Junior & CanSkate 5/6 - Stroking
* 5:45 pm – PreCanSkate and CanSkate (Start date Oct 12)

 -Pre-season CanSkate 4, 5, 6 & Session #1 Youth PowerSkating (13 & under) Sept 7-28

* 6:30 pm – Senior – Skills
* 6:45 pm – Senior – Dance
* 7:00 pm – Senior - Stroking
* 7:15 pm – Senior - Freeskate

**Sunday-Jack Bionda Arena**

* 8:00 am to 9:30 am – Junior & Senior – Freeskate

**Why Have We Made This Booklet?**

We have made this booklet as a guide specifically for Parents of new and returning StarSkaters. Moving from CanSkate to StarSkate can be unfamiliar territory, so we hope you find the information in this booklet helpful with the transition. We value any feedback or questions you might have as we continue to update this resource. We also encourage you to ask any board member or coach any questions you may have.

We rely heavily on our volunteers to run the club. The HSC is run by a dedicated group of volunteer Board of Directors, Professional Coaches and Parent Volunteers. If you are interested in volunteering, please contact any board member.

As a skater at HSC, your daughter/son has paid the Skate Canada membership fee which entitles them to be registered with Skate Canada yearly from September 1 to August 31. A skater’s Skate Canada number remains with them during their skating years. Registration provides important liability insurance while on the ice and access to the Skate Canada membership site.

  

**StarSkate Program**

**S**kills, **T**ests, **A**chievement, **R**ecognition – 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.

**How StarSkate Works**

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

**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 fundamentals of skating – edge quality, control, power and speed.

**Ice Dance**

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.

**Free Skate**

Free skating 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.

**Interpretive**

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.

**Each of the above areas have 11 testing levels that go from Star 1-Gold except Interpretative which goes Intro to Gold**

**Star 1 & 2** – Tests are completed in the skaters’ natural environment, during their regular lesson time. This may be in a group, semi or private lessons. Practice attire is acceptable for this type of assessment.

**Star 2,3,4 & 5** – Tests are completed in the skaters’ natural environment, during their regular lesson time. To increase the formality, only the skater being assessed will participate in the assessment. Proper skating attire is required for this type of assessment.

**Star 4 & 5** – Tests are completed on a specified test day with an external evaluator. Coaches & skaters stand off the ice and the skater performs their assessment on clear ice.

**Private Coaching**

Having a Private Coach is not mandatory however if your skater would like to test or compete they will need to have a Private Coach. You will want to choose an HSC coach that is the best fit for you and your skater. Private coaching lessons can be given on an individual basis, semi private or in a group. Talk to your coach to decide what will work best for your skater. Having a Private Coach is an additional fee above and beyond the registration fee. These fees are set by the coaches and are payable to that coach. Please feel free to talk to our coaches about your child’s goals and progress.

Our Coaches Private Coaching fees are as follows:

Chrissy Mantle-Marnoch cmskate5000@gmail.com coach set fee

Linda Vandertas lindavandertas@live.ca coach set fee

Tim White (Monday’s only) soulim2009@hotmail.com coach set fee

**StarSkate Tests and Competition Opportunities**

Once a skater is in the Skate Canada StarSkate program, there are several options for testing and competing.

Tests (which are optional, not mandatory) are organized by your coaches, the HSC Board or by other skating clubs. Your Private Coach will decide with you and your skater, when a skater is ready to be tested. Fees are $12.00 per dance, skills tests, interpretative program and per part of a freeskate. Star 1-5 Tests are coach assessed and can be done during regular skating sessions by your private coach. Where Star 6-Gold tests are considered HIGH TESTS and are tested by an external assessor. You may see other costs such as a partnering fee for a dance and the case of a High-Test Day, an administration fee may be charged (that will assist paying for the Judge’s gas, a gift and/or meals). Judges are not paid but are also volunteers. They often have to take time off work and time away from their families to participate in a test day. Test Days will be announced and held as needed by our Section.

Your skater may choose to enter competitions (which are optional, not mandatory). There are lots of great local and province wide competitions for your skater to participate in. Private lessons are needed to participate in a competition.

**2017-2018 Competition and Dates:**

Skokie Skate October 20-22, 2017 Huntsville

FUTURES-Powassan November 25, 2017 Powassan

K.I.S. Invitational November 24-26,2017 Keswick

Santa Skate December 1-2, 2017 Port Carling

Near North Interclub January 20-21, 2018 Lake of Bays

Winter Whirl February 10, 2018 Bracebridge

Make It A Date To Skate February 22-25, 2018 North Bay

March Mania March 2-4, 2018 Lefroy

Let's Skate April 13 -15, 2018 Sudbury

2018 Fun Skate April 6-8, 2018 Innisfil

**Program Assistants**

Becoming or continuing as a Program Assistant with the Huntsville Skating Club is a very rewarding experience and a great way to give back to the club/community. The CanSkate program depends on Program Assistants to ensure the program runs smoothly and most skaters receive needed attention. Program Assistants are a major part of the programs success.

In September, StarSkaters are contacted by a coach and invited to become a Program Assistant. This is such a great way for a skater to build leadership skills, collect volunteer hours and to become a great role model.

Training session dates (TBA) will take place on and off the ice. During these sessions, the Trainees will learn Warm Up and Cool Down exercises, how the session and groups run and rotate through the circuits, learn how to set up and take down the sessions and other aspects such as ice safety and etiquette with not only the skaters but the parents as well. This is not only a fun team to join but it can be a great team building experience. The coaches and board of directors would like to see all of our StarSkaters become a part of this team.

IMPROTANT INFO: If a PA is unable to help with a session, please inform one of the coaches at least 24 hours in advance.

**Volunteering & Fundraising**

As mentioned at the beginning of the manual, HSC relies heavily on volunteers to help the day to day operation of the club. We have a very hard working Board of Directors who spend many hours working on making sure all HSC skaters have a successful season. They meet every third Thursday of the month at the Summit Centre and welcome all who would like to attend.

Included in your registration is a $50.00 refundable volunteer fee. With the completion of 2 volunteer commitments/skater, the $50.00 will be refunded. Here are **a few volunteer opportunities:**

* **Independent Grocery BBQ (in the summer)**
* **Skokie Skate – an HSC hosted competition (October)**
* **HSC Santa Skate (December)**
* **Test Days (December & March)**
* **Ice Show/Carnival (April)**

Your skating costs DO NOT cover all Huntsville Skating Club Costs. Fundraising is necessary to cover the cost of our programs. Below are a few of our ongoing Fundraising. Please visit the website and the skating table for more Fundraising opportunities throughout the year.

* **Buy & Sell** - bring in your used skates and skating clothing and we will sell for you. You set the price and the club keeps 20% of the sale price. This is out on display several times throughout the season for skaters and families to purchase items – CASH ONLY SALES)
* **Mabels Labels** – <http://mabelslabels.com/> click on support a fundraiser before placing your order and select HUNTSVILLE SKATING CLUB – place you order like you regularly do and the club gets 20% of all sales.
* **Boston Pizza** – When you eat at Boston Pizza in Huntsville ONLY, write HUNSTVILLE SKATING CLUB on the back of your receipt and then put in the box at the front desk – the club then gets 10% of all food purchases.
* **Fundscrip** – <http://www.fundscrip.com/> You can purchase Gift Cards for any occasion or maybe you just want to use gift cards for your weekly gas or groceries. Either way, when you place an order using our invitation code you can support The Huntsville Skating Club and raise money for yourself at the same time. 10% of each order goes to the club and HSC club members get 90% back as earned funds, that is paid out twice a year. Non-HSC members who place an order, 100% earnings will go back to the club. All you have to do is go to www.fundscrip.com and click on Support Your Group.

 Then put in the invitation code: **8B7HAC**

***Please note:*** Cards will be shipped to your home via Canada Post at a charge of .85 cents plus tax with a 4-card limit/order to keep the weight down

 **Skate Care: Questions and Answers** 

**How do I care for my skate blades when wearing my skates?**

To protect your bleads from nicks and gouges, always wear hard rubber/plastic skate guards when off the ice. Even the rubber mates that lead from the dressing room to the ice surface accumulate dirt and git from the shoes of pedestrians and this dirt will nick blades.

**How do I care for my blades when off the ice?**

To prevent your blades from rusting, always dry off your blades when you get off the ice. Slide your fingers along both dies to remove snow as soon as you get off and then put on your hard rubber/plastic skate guards. After taking of you skates, remove the hard guards and wipe the blades down with a towel or chamois. Wipe both the blade areas and the mounting surfaces as the screws can rust too. Before you put them in your bag, put them in soft covers or soakers to help absorb further moisture and to stop them from banging against each other inside your bag. NEVER store your skates in the hard guards as there is still moisture inside and this will cause your blades to rust and ruin the sharpening. Clean out the hard guards periodically in case dirt or grit accumulated inside them.

**Who should I get to sharpen my blades?**

Be careful who you trust with your blades. Make sure they are sharpened in a place that uses an automated machine and that they understand how to sharpen figure skates. Those who sharpen hockey skates do not necessarily know how to sharpen figure skates. The bottom pick should not be removed. A couple of locations that HSC skaters currently use is Figure Skating Boutique in Markham, Spirals in Barrie or asking Coach Tim to do them. There are other options as well so use whomever works for you. Your coach may also be able to make recommendations.

**How do I know if my blades need sharpening?**

You can generally tell if your skates need sharpening by how they perform on the ice. If you feel that you are not gripping the ice or are sliding to much sideways when you skate, then you probably need to sharpen them. An easy test for sharpness is to run the back of your fingernail lightly across the edge of the blade. If some shavings peel off your nail, then they are still sharp. If you are not sure if your skates need to be sharpened ask your coach.

**How do I know if my skates fit properly?**

Correctly fitted boot should feel snug in the heel. There should be little or no movement when you try to lift your heel. Your toes should be able to wiggle freely but not slide from side to side. In young children, whose feet experience frequent growth spurts, it is suggested that when fitting skates that the child first inserts the foot snuggly into the heel "cup", then stands and bends the knee so that the foot slides forward. No more than 5mm minimum to 10mm maximum width is recommended which allows for growth up to one year. In children and adults whose feet have stopped growing, no more than half a finger width is recommended or else the boot is too long.



**HUNTSVILLE SKATING CLUB**

**Skaters’ Code of Ethics – 2017/2018**

Skating is a competitive sport requiring safe and courteous behaviour from all participants, both on and off the ice. Skaters need to be aware of one another to ensure the safety of everyone. Although skating is primarily an “individual” sport, all skaters must act as a team and exhibit team mentality while sharing the ice.

Each skater at the Huntsville Skating Club (HSC) is responsible for being aware of and practicing the rules of etiquette and safety as noted in this document. This Code of Ethics, based upon HSC Policies, must be followed during all training sessions. All HSC skaters are expected to act in accordance with these rules while representing our Club at exhibitions, competitions and other events. All skaters and parents are expected to make themselves familiar with the Code of Ethics and HSC Policies (posted on our website).

**GENERAL CONDUCT:**

1. Skaters and parents must be courteous at all times to everyone, including their fellow skaters and parents both on and off the ice in accordance with the Town of Huntsville’s True Sport Principles and Skate Canada Rules.
2. A Board Member or Coach has the authority to remove any skater from the ice for inappropriate conduct or non-payment of fees as per the HSC Policies.
3. For insurance reasons, only SkateCanada members are permitted on the ice surface. Those on the ice need to wear skates or be wearing a CSA approved helmet. Parents/Guardians are not allowed in the players boxes during skating lessons.
4. **Parents, Guardians or designate should remain in the arena for the entire session**. For CanSkate, this is especially important, as HSC does not provide for any off ice supervision.
5. **Be on time** for all your sessions. Please let your coach know if you are going to be late or absent.
6. Coaches are not to be disturbed during lessons or when in their change room.
7. All HSC Skaters must have a head coach if they are taking private lessons, from the Junior Level upwards. The head coach must be a Huntsville Skating Club Coach. Out of club coaches are not permitted to coach on HSC ice time. The head coach needs to approve any other coaches giving lessons to HSC Skaters for on ice sessions on HSC ice and skaters should get their permission for other skating associated lessons. All coaches (club and associate coaches) need to be sanctioned by Skate Canada.
8. Skaters may go to another session for a private lesson with a coach as per HSC Policies
9. Hopping or guest fees must be **paid before skating**. Hopping fees are payable to a Board Member or your coach. Please notify your coach of your intention to guest skate. Skaters must adhere to all HSC Hopping & Guest Skater Policies.
10. Money and valuables should not be left unattended. HSC bears no responsibility for lost or stolen items.
11. Skaters asked to be respectful to the Canada Summit Centre, Club, and fellow skaters’ property and this includes the change rooms. Use of the change room is a privilege, which can be revoked.
12. Skaters and Parents are encouraged to make an effort to support their fellow skaters during regular sessions and competitions/events.
13. **Concerns/Complaints will be reviewed only if submitted in writing to the Board and will be reviewed by the HSC Board in “Committee of the Whole” (closed session). Skaters, Parents and Guardians are expected to attempt to resolve any issues with a coach or other skater prior to requesting any action from the HSC Board. If these attempts do not result in satisfactory resolution to the issue, the issue should be brought to the HSC Board in writing.**

**ICE RULES:**

**Right of Way Rules**

1. **Priority is given to clubtime lessons followed by…**
2. **Skaters in a lesson or during their solo to their music have the right of way.** Regardless of priority – safety must come first. Use common sense and regardless of who has the right of way, both skaters must stop before a collision.
3. When a dance is played, the skater with the coach who requested the dance music will skate first.
4. Solo or dance music will be played in the order of coach request.
5. Spin in the center. Jump at the corners. Do not linger in these areas.
6. It is important to always be aware, cautious and considerate of everyone on the ice. Within each session, there are a variety of skating levels sharing the same ice.

**Conduct**

1. **All Skaters who have not passed CanSkate Stage 6 must wear a CSA approved hockey helmet on the ice.**
2. Proper skating attire must be worn on all sessions (such as Girls: tights, dressed, skirt or leggings. Boys: athletic non-baggy pants). Long hair should be tied back.
3. Skaters may not enter the ice surface until the Zamboni doors have closed.
4. Food, drink and gum are not permitted on the ice. Water bottles must be left at the boards. No glassware is permitted.
5. Skaters are expected to be skating at all times when on the ice. Skaters must get up promptly after a fall in order to keep pathways clear for other skaters.
6. **Skaters must follow the session schedule**, otherwise they may be asked to vacate the ice, i.e. free skate only during free skate time, dance only during dance time, skills only during skill time, etc. unless in a lesson with their coach.
7. **Skaters are expected to participate in all group lessons**. The only exception is those in a private lesson at the same time as the group lesson. A skater choosing not to participate in the group lesson need to exit the ice until the group session is over.
8. Skaters should not leave the ice surface during a session unless absolutely necessary. It is good practice to obtain a coach’s permission before leaving the ice.
9. Skaters must clear the ice promptly at the end of the session.
10. All skaters, including guest skaters, must skate on the session for which they are qualified.
11. Attention must be paid to the position of other skaters and coaches while skating to ensure the safety of all.
12. Foul language, yelling, abusive or aggressive behaviour, including kicking or picking holes and the intentional making of “snow” is prohibited.
13. Pushing, tripping, horseplay, tag, racing or intentional interference with other skaters is not permitted on the ice.

**DISCIPLINARY ACTION:**

The HSC Board will only commence Disciplinary Action when a written letter of complaint is forwarded to the Board. This letter will be reviewed by the board in “Committee of the Whole” in accordance with HSC Policies.

With the cooperation of skaters and coaches, everyone will have a safe, productive and FUN skating season!

Thank you,

HSC Board of Directors