

2009/10 Skating Schedule

Monday

1:30-2:00 & 2:15-2:45pm ~ TotSkate
3:30-4:15pm ~ CanSkate
4:30-5:30 pm ~ Junior
5:45-6:15pm ~ Junior**
4:30-5:15pm ~ Senior**
5:30-7:00pm ~Senior
7:00-7:45pm ~ Open Adult

Tuesday

3:30-5:00pm ~ Junior
5:15-6:00pm ~ CanSkate/Pre-Junior
6:00-8:00pm ~ Senior

Wednesday

6:15-7:45am ~ Senior Morning
10:00-10:30 & 10:45-11:15am ~ TotSkate
3:30-4:15pm ~ CanSkate
4:30-6:00pm ~ Junior

Thursday

6:15-7:45am ~ Junior Morning
3:30-4:30pm ~ Pre-Junior
4:30-6:30pm ~ Senior

Friday

3:30-4:30pm ~ Pre-Junior/Junior
4:45-5:15 ~ Junior**
3:30-4:15 ~ Senior**
4:30-6:00pm ~ Senior

OFF ICE TIMES**

TERRACE SKATING CLUB

Box 574

Terrace, B.C. V8G 4B5

Proud Member of



2009/10

Information Brochure

Please read carefully
and retain for future reference.

- Schedule may be subject to changes.
These sessions are based on a first come, first scheduled basis at registration time and may have a limit on the number of skaters on each session.

WELCOME TO THE TERRACE SKATING CLUB

The Terrace Skating Club is a non-profit organization dedicated to the sport of skating. As a club, we aim to provide the best possible programs for your skaters. All club programs follow Skate Canada guidelines and are taught by certified Skate Canada Instructors. We hope this brochure will answer most of your questions; however, if you have any questions or concerns, please feel free to phone your child's coach or a member of the executive.

COACHES

Director of Programs & Club Coach: **Barb Kubik**

Email: barbkubik@citywest.ca

Club Coach: **Kelsey Minhinnick**

Email: kelcluvs2sk82@hotmail.com

Freelance Coach: **Jennifer Kuehne**

Email: jen_skate_bc_sa@hotmail.com

EXECUTIVE CONTACTS

Lisa DeSousa - President 250-635-9522

Sandra Lenuik - Registration 250-635-4500

Email: sandral@telus.net

If you have any questions or concerns, please do not hesitate to call. If you have any suggestions, please let us know! The coaches and members of the executive are here to help you and your skater progress through the stages of learn-to-skate and onto the ice sport of your choice. Whether it be Figure Skating, Hockey or Ringette, the Terrace Skating Club welcomes everyone wishing to improve their skating skills.

ICE COURTESIES & GUIDELINES

1. All skaters should be neatly and appropriately dressed at all times.
2. Extend your interest, encouragement, and consideration to the other skaters.
3. Be alert for other skaters. Your safety and that of others is your responsibility.
4. Work enthusiastically and use each session for its designated purpose.
5. Be punctual for your sessions.
6. A skater will not be allowed to skate on a session that has not been paid for by that skater.
7. Sharpening is expensive. Wear your guards when you are not on the ice.
8. Do not bring food, drinks or gum on the ice. An exception will be made for plastic water bottles.
9. Do not interrupt your coach when she is giving a lesson.
10. Please keep your dressing room clean at all times.
11. Only the coach may request music. Skaters or parents may not request music for themselves or others.
12. Skaters are advised that rowdy behavior, undesirable language, defacement or misuse of club property or incivility to members or employees will not be tolerated.



GUIDE TO FITTING YOUR CHILD'S SKATES

Boots should be fitted with only one pair of socks. There should be room to move the toes but the foot should not slide around. The maximum amount of space between the toes and the end of the boot should be ½ inch.

- Skates should fit snugly around the ankle and rear.
- There should be some room for movement but the ankle, instep and heel must be firmly supported.
- The ball of the foot should come just ahead of the point where the sole starts to cut in for the arch. This ensures the proper positioning of the arch and is extremely important.
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent laces from cutting into the foot.

NEVER BUY SKATES TOO BIG SO THEY WILL LAST ANOTHER SEASON!! THIS MAY RESULT IN INJURY TO YOUR CHILD'S FEET.

Lacing Skates:

- Skates should be laced snug enough that the child's foot is not slipping around inside.
- The skater should be able to stand up in his/her skates without falling to the inside or outside of the blade.
- Laces **SHOULD NOT** be wrapped around the ankle if they are too long. Instead, please cut laces and burn the ends to seal them.

Care of Skates:

- Skate guards should be worn when walking to and from the ice as they protect the edges of the blades. Permanent damage to the blades can result from walking on concrete without guards.
- After each wearing, the skate blade should be dried with a cloth and stored **without** guards.

PROGRAMS

CANSKATE - Learn- to-Skate program

PRE-JUNIORS – Beginning of Figure Skating

JUNIOR – Figure Skating

SENIORS – Advanced Figure Skating

OPEN ADULT – Open to all adults wanting to learn to skate or skate again!

**All programs are available for registration by contacting the Terrace Skating Club Registrar
Sandra Lenuik 250-635-4500 or
sandral@telus.net**

PROGRAMS

CANSKATE

Canskate is a fun, learn-to-skate program for boys and girls.

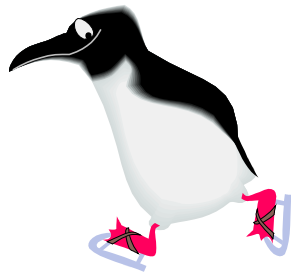
- Canskate teaches the fundamental moves and basic skills of skating through step-by-step learning.
- It develops motor skills, coordination, self-confidence, social skills and creativity.
- It is an excellent beginning for hockey, ringette or figure skating.
- Various incentives and treats are awarded weekly.
- Skaters progress through the stages and are evaluated on a regular basis.
- Skaters will receive report cards at the completion of the each set.
- Opportunity to participate in fun days, theme days, relays etc.

Group lessons are led by a Skate Canada Coach and trained Program Assistants.

Our professional coaches recommend you enroll your skater in a two day per week program for noticeable skill development.

Time: Group Lessons: Monday 3:30 – 4:15 pm
Tuesday 5:15 – 6:00 pm
Wednesday 3:30 – 4:15 pm

2009/10 Can Skate Head Coach: Barb Kubik



CANSKATE RULES

- **PLEASE TIE SKATES IN THE LOBBY.**
- **Helmets are mandatory for younger skaters.**
- **Mittens or gloves are mandatory for all skaters (Mini gloves are sometimes not warm enough and get wet easily).**
- **Skaters should wear NON-bulky snowsuits or sweatpants, or skating skirts or dresses with a sweater and leotards.**
- **NO JEANS PLEASE!!!**
- **Candy, gum etc. is not allowed on the ice.**

Parents are requested to wait until after a skating session to talk to the coach. You may also direct any questions to the CANSKATE representative or a member of the executive.

RULES FOR TEST SKATERS

(Junior, Senior Skaters)

- **Please remember to contact your coach 24 hours in advance if you are going to be late or can't make a session. Skaters will be billed for lessons missed if the coach is not contacted.**
- **Skaters must have proper skating attire:**
 - ◆ skirt, dress or wrap
 - ◆ leggings or tights
 - ◆ non bulky sweater or jacket
 - ◆ gloves or mittens
- **Try to be dressed with skates on and tied before session starts to ensure that you are on time.**
- **Hair should be pulled back off the face.**
- **Skaters should try their best to watch out for other skaters, remembering who has the right of way:**
 - ◆ skater doing their solo
 - ◆ skater in a lesson

OPEN ADULT ***NEW***

This open session is the perfect opportunity for adults (over 18) to come out and learn to skate, or if you're a former skater/hockey player/etc, come out and skate again.

There will be a certified coach on the ice at your disposal for the full 45-minute session. She will be there to assist and teach new skaters and also to assist some of you former skaters to learn your old tricks again! A perfect chance to come out and hone up old skills that may be a bit rusty and to learn new skills as well.

This will be a fun, non-competitive environment for all to enjoy.

Come out and try it out, you will be glad you did!

Time: Monday 7:00-7:45pm

On Ice Coach: Barb Kubik



TOTSKATE***NEW***

TotSkate is the progression into our CanSkate Program.

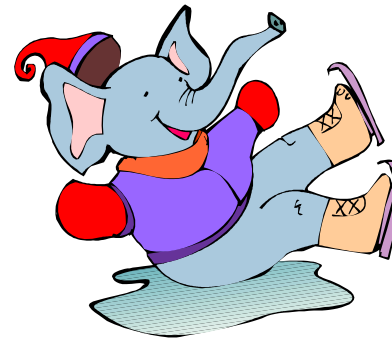
Designed with the Pre-Schooler, age 3-5 in mind it is the perfect first step to learning to skate.

- TotSkate teaches the basic skills of learning to skate
- It develops coordination and confidence on the ice
- Various incentives and other awards will be given weekly
- Done in a small group setting it introduces the children to the ice in a non-intimidating and fun way
- Fun props on the ice will keep their attention
- A report card will be given at the completion of each set

A Skate Canada Coach leads group lessons.

**Time: Group Lessons: Monday 1:30-2:00pm
2:15-2:45pm
Wednesday 10:00-10:30am
10:45-11:15am**

2009/10 TotSkate Coach: Kelsey Minhinnick



JUNIOR AND SENIORS

PRE-JUNIORS

This program is designed for young skaters who are working on the CanSkate program, interested in figure skating and looking for a challenge. It is taught in a group format, along with independent practice time each day. Lessons include instruction on the fundamentals of jumps, spins, edge quality and musicality. Participants will all learn their own solo, and will have an opportunity to participate in a year-end competition as well as prepare for Skate Canada tests. Report cards, badges, and various incentives are awarded.

Skaters are advanced the Pre-Junior level at the discretion of the Head CanSkate Coach based on physical & mental ability and readiness. Figure skates are required. Helmets are optional at this level. Dress code is in effect. Please dress warmly and appropriately.



Once skaters have progressed through the CanSkate and Pre-Junior programs, they have developed a knowledge base of figure skating skills. They are now prepared to skate and train independently, taking instruction from the Skate Canada Professional of their choice.

Skaters enter the STARSkate or Competitive Skate stream of the sport. In addition to lessons privately booked with their coach, they take part in many group lessons throughout the week, covering skating technique, endurance, flexibility and speed.

Throughout the season, there are several opportunities to compete and take Nationally Standardized Tests. The Terrace Skating Club also holds various fun events, such as a Skate-a-Thon and Pop Concerts.

Private Lessons: Private lessons are available to Pre-Junior, Junior and Senior skaters and must be booked with a coach of the skater's choice before the start of the season. **Private lessons are payable to the coach and are not included in registration fees.**

