

Contacts

MSC 2011-2012 Coaches:

Karen Huibers Robyn Van Schie
Amanda Cooper Lori Walker
Amy Duguay Brandi Young

Executive:

Chantelle Crete, President
president@metcalfeskatingclub.ca

Lauriel Wills, Secretary
Christine Tague, Treasurer
treasurer@metcalfeskatingclub.ca

Laurie Rail, Test Chair
Ellen Campbell, Registrar
registrar@metcalfeskatingclub.ca

Brandi Young, Coaching Rep
coaches@metcalfeskatingclub.ca

Amanda Cooper, CanSkate Coordinator
Vacant, Advertising
Chantal & Steve Leblanc, Website design
and maintenance

General Rules & Regulations

The Metcalfe Skating Club reserves the right to move a skater between classifications in order to match ability with the most appropriate program. This will only take place under the recommendation of one of our professional coaches.

The Metcalfe Skating Club reserves the right to change/cancel sessions and ice times due to club requirements or lack of registrants. If unexpected cancellations occur, which are beyond our control, we will do our best to provide a make-up session.

STARSKATE

	FIRST CLASS	FINAL CLASS
Monday:	October 17	March 19
Wednesday:	October 12	March 28
Thursday:	October 13	April 19
Friday:	October 14	March 30

SPECIAL EVENTS

Test Day: Monday March 26, 2012

STARSKATE CANCELLATIONS

Monday Dec 26
Thursdays Dec 29, Feb 2, Mar 15

**Volunteers
Needed!**

Contact Info

Metcalfe Skating Club
P.O Box 201
Metcalfe, Ontario
K0A 2P0

president@metcalfeskatingclub.ca

Registration forms available on-line at
www.metcalfeskatingclub.ca



2011 - 2012 SEASON



SKATECANADA

Programs

- **Introductory A StarSkate:** (Ages 4 and up) Learn-to-Figure-Skate for skaters who have completed Stage 3 of the CanSkate program and wish to continue in the sport of figure skating. This group program covers freestyle, ice dance, skating skills, and stroking. Private lessons can be booked by contacting the coaches directly. This program will offer 3 Group lessons per 1 hour session and 15minutes of individual practice time and will cover a variety of skills up to and including the elements on CanSkate badges 4-6, Waltz Jump, 2 foot Sit Spin and start the Dutch Waltz and the Preliminary Skills tests.
- **Introductory B StarSkate:** (Ages 7 and up) Learn-to-Figure-Skate for skaters who have completed Stage 3 of the CanSkate program and wish to continue in the sport of figure skating. This group program covers freestyle, ice dance, skating skills, and stroking. Private lessons can be booked by contacting the coaches directly. This program will offer 2 Group lessons per 1 hour session and 30minutes of individual practice time and will cover a variety of skills up to and including the elements from CanSkate badges 5-7, Toe Loop, 1 Foot Sit Spin , Back Spin and continue to work on the Dutch Waltz and the Preliminary Skills tests.
- **StarSkate:** This program is for skaters in the StarSkate program who are working on their preliminary freeskate tests or higher. Lessons can be booked by contacting the coaches directly.

Volunteer Opportunities

The success of our club depends a great deal on the dedication of our wonderful volunteers. Many hands make light work. We would welcome help for any task, big or small. Please feel free to contact any of the coaches or executive members to see how you can help!

We are looking for volunteers for the following :

- Advertizing
- Name-tag assistants for each CanSkate session
- CanSkate representatives
- Banquet chair
- Personal assistants to the coaches (KinderSkate and CanSkate)

Club Information

The Metcalfe Skating Club has been in operation since 1971. The club prides itself on teaching strong skills to help our skaters succeed in the ice sport of their choice.

Schedule

Program	Day	Location	Time (p.m.)
Intro A	Mondays	Metcalfe	4:00-5:00
StarSkate	Monday	Metcalfe	4:00-6:00
StarSkate & Intro A & B	Wednesday	Metcalfe	5:00-6:50
StarSkate	Thursday	Fred Barrett	7:20-8:20
Intro A & B	Friday	Metcalfe	6:00-7:00
StarSkate	Friday	Metcalfe	6:00-7:50

Getting Started

What do you need?

Skates: Figure Skates are required for all programs above the CanSkate program. We do not recommend Leisure skates for this level. For recommended retailers please contact the club or coaches.

Helmet: CSA approved hockey helmets for any skaters who have not yet completed Stage 5 of the CanSkate program is now required by Skate Canada.

Clothing: Skaters should wear activewear that moves well and layers of tights, pants, sweaters for warmth. Hair should be pulled back and out of the face for safety.

Registration

By Mail:

Return your completed form to the club by mail using the address provided on the reverse of this brochure.

Register in person:

Tuesday September 13, 2011 from 5:30 – 7:30pm at the Metcalfe Curling Club and the Fred Barrett Arena.

Registration deadline is October 3, 2011.

