



## Metcalfe Skating Club StarSkate Newsletter

August 2011

### Letter from the Coordinator:

I hope everyone had a great summer! It is hard to believe it is time already to start thinking about skating and school but here we are already at the end of August.

I would like to take this opportunity to welcome everyone back and to introduce myself as the Introductory/StarSkate Program Coordinator.

It has been a few years since I have held a position of this nature at the club and I am looking forward to an exciting year with our new programs and events.

If you have any questions, comments or concerns please feel free to contact me at any time through the coaches email at [coaches@metcalfeskatingclub.ca](mailto:coaches@metcalfeskatingclub.ca).

I will also be available at the rink before or after the sessions on Mondays, Thursdays and Fridays. I look forward to speaking with all of you throughout the season.

Also, please check our website [www.metcalfeskatingclub.ca](http://www.metcalfeskatingclub.ca) regularly for upcoming events, important information and forms.

Sincerely,

*Brandi Young*

*PS: Skating will begin as usual following the Thanksgiving Holiday. If you wish to skate before that date there are other clubs within our area that will have ice available for us to guest skate on. Please contact me and we will forward you information on the options for ice time within the month of September.*

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### Registration for the 2011-2012 season:

To register for the upcoming season you can register in person:

September 13, 2011 5:30-7:30pm  
Metcalfe Curling Club

September 13, 2011 5:30-7:30pm  
Fred Barrett Arena.

You may also access registration forms and the brochures for all our programs on our website at [www.metcalfeskatingclub.ca](http://www.metcalfeskatingclub.ca) under Handouts.

*\* If you have report cards from a previous session with Metcalfe or another club please return it to your coach.*

### New Programs for 2011-2012:

We have created a new program for those skaters moving from the CanSkate program into the StarSkate program. This program was formerly called the Special Junior program and will now be known as the Introductory to Figure Skating Program. Within this new program there will be 2 streams of skaters.

#### Introductory A – Ages 4 and up

- This program will run Mondays 4-5pm, Wednesdays 5-6 & 6-7 and Fridays 6-8pm
- There will be 3 group lessons within each time slot available to the skaters which will be divided into the following content (1 FreeSkate/Badges, 1 Stroking/Edges/Turns, 1 Dance/Skills)
- Will cover a variety of skills up to and including the Waltz Jump, 2 Foot Sit Spin and starting the Dutch Waltz and Preliminary Skating Skills Test.

## **Introductory B – Ages 7 and up**

- This program will run Mondays 4-5pm, Wednesdays 5-6 & 6-7 and Fridays 6-8pm
- There will be 2 group lessons within each time slot available to the skaters which will be divided into the following content (1 FreeSkate/Badges, 1 Stroking/ Dance/Skills) Will cover a variety of skills up to and including the Toe Loop, 1 Foot Sit Spin & Back Spin and continuing work on the Dutch Waltz and Preliminary Skating Skills test.

### **There are 2hour packages available for the Introductory programs as well including:**

- Mondays 4-5 & Fridays 6-7
- Wednesdays 5-6 or 6-7 combined together or with Mondays 4-5 or Fridays 5-6
- Wednesdays 5-6 & 6-7
- All these 1 hour programs can also be combined with 1 hour of Non-Introductory programming on each night to take advantage of the 2 hour package pricing as well
- If you have any questions regarding these package or the new program please contact me by email at coaches@metcalfeskatingclub.ca.

## **New Policies and Procedures to Note:**

### **Registration for specific sessions:**

- You will note on the registration information that we are again requesting skater's register for specific days and times with the option to select packages on the specific days.
- The Session schedules and Lessons Schedules will be finalized and posted in the arena so we request that skaters do attend only those sessions they have registered for this year.
- Skaters skating at other times other than those for which they registered will be considered as guest skaters and the appropriate fees will apply. The guest form and guest fees must be completed and given to a coach or executive member prior to stepping on the ice. The forms will be available at the arena and on the website.
- There will be an option to replace a maximum of 5 missed sessions within the winter season by guest skating another session. Skaters wishing to replace a session must complete the replacement form available at the rink or on the website and notify their coach(es) so their lessons can also be rescheduled.
- Please also note that the previous times for the Introductory (formerly Special Junior) program for Mondays has changed to 4pm to ensure a safe and effective session for all participants. If a later time is better for your family there is a 5pm start time on Wednesdays and a 6pm start time on both Wednesdays and Fridays.

### **Dance Partnering:**

- If you are interested in receiving dance-partnering lessons please let your private lesson coach know so that your skater can be included into the schedule.
- For this season our dance partners will be: Thursdays Mark Stanford, Fridays Joe Baker and/or Mark Stanford.

### **New Helmet Policy:**

- Please note Skate Canada has revised their helmet policy. It is now required that any skaters who have not yet completed their CanSkate Stage 5 badge must wear CSA approved helmets regardless of the program they skate in. This will apply to all Introductory Skaters and StarSkaters who fall within that category. They continue to recommend helmets for all skaters regardless of level.

## **Upcoming Events:**

### **Registration:**

September 13, 2011 530-730pm at the Metcalfe Curling Club and the Fred Barrett Arena

### **Introductory/StarSkate Parents Information Meeting:**

Monday October 17, 2011 6:30-7:30 at the Metcalfe Arena.