

Peace Passage Skating Club



2018/2019

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Sanctioned by:



WELCOME TO PEACE PASSAGE SKATING CLUB!!

Please take time to read this handout in order that you can familiarize yourself with the club, the sport of skating and what will be expected from you as a member. We are very proud of our club and of our coaching staff. If you have any questions, or if you would like to help out with anything, please contact any Executive member, or our Coaching staff.

Peace Passage Skating Club (PPSC) is a non-profit volunteer organization dedicated to the development of all skaters through a broad selection of affordable, effective skating programs. The programs are designed to provide for the social, emotional and physical benefit of all skaters.

MISSION STATEMENT

Peace Passage Skating Club is dedicated to:

- Providing a solid foundation in skating fundamentals
- The belief that all skaters should be able to participate fully in skating for fun, fitness and a lifetime of achievement.
- Being a club where all skaters have the opportunity to realize their potential.

RULES AND EXECTIONS

Our Club can only function if all members, skaters, coaches and parents are working together. Parents, skaters and coaches associated with Peace Passage Skating Club must agree to abide by Club policies – please read Skaters responsibilities and Parent responsibilities included in this manual.

WHO'S WHO

All board positions in the Peace Passage Skating Club are volunteer elected positions. It is due to the hard work of these individuals that our children are able to skate, at all levels. The PPSC Executive is active year long carrying out the details related to the smooth operation of a club. THANK YOU!!

PEACE PASSAGE SKATING CLUB 2018/2019 EXECUTIVE

President	Sandra Carmichael (250-794-7710)
Vice President	Lisa Johnson (250-261-1162)
Treasurer	Teri Borsa (250-785-7160)
Secretary	Lisa Ford (778-256-3795)
Membership/Block	Amanda Thomas (250-262-4659)
Fundraising Chair	Nicole Marshall (250-793-9432)
Bingo/Gaming	Sandra Carmichael (250-794-7710)
Test/Competition	Carrol Edwards (250-264-8776)
Publicity	Bobbi-Lee Woodward (250-793-8168)
Ice Show	Amanda Thomas (250-262-4659)
Social Convener	Bobbi-Lee Woodward (250-793-8168)
Club Clerk	Amanda Thomas (250-262-4659)

COACHING STAFF

Amanda Thomas – amandathomas.skate@gmail.com

- Provincial coach certified, Previously NCCP Level 2
- Certified with Alexa Flexibility “*Professional Flexibility & Stretching*” Module 1
- Personally Passed, Gold Dances, Gold Skills, Sr. Bronze Freeskate, Silver Interpretive
- 6 years Coaching Experience

Amanda has been skating since she was 5 years old, she joined PPSC at the age of 10 and was a member for 9 years.

Janice Gibos –

- Provincial coach certified, Previously NCCP Level 2
- NCCP Level 3 Theory
- CanPowerskate certified
- Level 2 Gymnastics
- Personally Passed, Gold Dances, Gold Skills, Gold Freeskate, Gold Interpretive
- 17 years Coaching Experience

Bobbi-Lee Woodward – 6twoowoodwardfamily@gmail.com

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PROGRAM ASSISTANTS

The more advanced skaters in the Club receive training in practical skills and theoretical knowledge that enables them to, under the guidance of the professional Coaches; provide assistance in the delivery of the CanSkate Program. Please remember that these young skaters are volunteering their time to assist professional coaches. If there are any problems relating to any PPSC Program Assistant, please direct these immediately to the Coach or Executive members. Please DO NOT address the Program assistant. Your concerns will be handled promptly as we want to develop positive attitudes in these young coaches of the future. Please do not hesitate to praise or compliment these young volunteers for jobs well done! Their enthusiasm, spirit, and dedication are appreciated by coached and Club organizers alike.

PEACE PASSAGE'S SKATE CANADA PROGRAMS

The programs in PPSC are developed and sanctioned by Skate Canada, the governing body of amateur skating in Canada. Membership via the annual registration fee collected at the time of registration includes the following:

- Skate Canada Fee \$35.00
- Insurance Premium \$0.65
- PPSC Club Registration Expenses \$14.35
(Paper, Photocopying, advertising ect.) \$50.00

Each skater receives a Skate Canada registration identification number. This number remains your link to Skate Canada even if you are not an active member. Peace Passage Skating Club belongs to the BC Section of Skate Canada, and is part of the Cariboo North Central Region (CNCR), which encompasses the area from 100 Mile House to Whitehorse and from the Alberta Border to the West Coast.

For more information about Skate Canada refer to the Skate Canada website at www.skatecanada.ca and the BC Section website at www.skatinginbc.com

Skate Canada Programs

Every Skate Canada skating program complements the others and allows for unrestricted movement and development through the system. All programs are taught by professional coaches certified through the National Coaching Certification Program (NCCP) and they are offered at member clubs and skating schools across the country.

Skate Canada programs are based on a long-term athlete development model (LTAD).

Skate Canada's LTAD model is designed to assist coaches, parents, volunteers and administrators create an environment that allows skaters to fully develop and reach their potential in the sport, regardless of whether their goals are recreational or competitive in nature.

CanSkate is Skate Canada's flagship learn-to-skate program for beginners of any age that teaches fundamental movements and basic skills.

What is CanSkate?

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

Who teaches it?

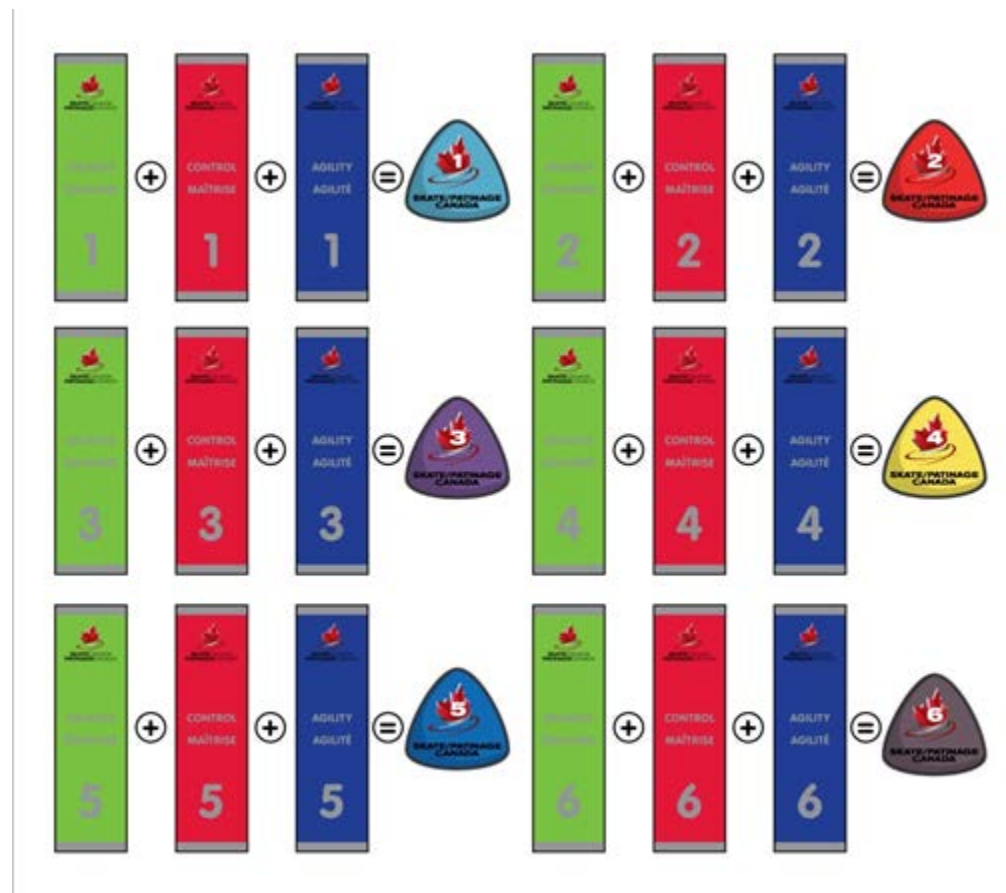
NCCP-trained professional coaches, assisted by trained program assistants.

What will you learn?

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.



The STARSkate legacy

STARSkate has been the mainstay of figure skating in Canada for more than four decades.

When you/your child registers for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- complimentary Gold Test pins
- invitational and interclub competitions, including the STARSkate championship stream
- specifically designed awards and incentives such as badges, tattoos and stickers
- STARSkate Skater of the Year awards program
- Progress updates and report cards
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.

These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

How STARSkate works

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

Primary Level Tests

- Skating Skills: Preliminary, Junior Bronze
- Free Skating: Preliminary, Junior Bronze
- Dance: Preliminary, Junior Bronze
- Interpretive: Introductory

Intermediate Level Tests

- Skating Skills: Senior Bronze, Junior Silver
- Free Skating: Senior Bronze, Junior Silver
- Dance: Senior Bronze, Junior Silver
- Interpretive: Bronze

Senior Level Tests

- Skating Skills: Senior Silver, Gold
- Free Skating: Senior Silver, Gold
- Dance: Senior Silver, Gold, Diamond
- Interpretive: Silver, Gold

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

Skating Skills

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

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Ice Dance

Consisting of seven levels of tests, 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. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

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.

There are six Free Skating tests in the STARSkate Program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

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.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

- Introductory
- Bronze
- Silver
- Gold

Competitions for STARSkate Athletes

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

Club Competitions

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

STARSkate Interclub Competitions

These are events involving a number of Clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

Invitational Competitions

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete. For more information, contact the hosting Section or Club.

WHEN IS YOUR CHILD READY TO SKATE?

There is no precise answer to this question, but in most cases, the sooner the better. Some children, although very mobile, find group instruction difficult because of their short attention span. Physical, emotional, and social development varies with each child and, in turn, so does readiness to learn to skate in a group situation.

A child must be able to:

- Walk on the floor with reasonably straight ankles while wearing skates.
- Understand simple instruction and follow directions from a person other than their parent.

The child's rate of progress will vary according to the age, motor skill development, condition of equipment and enthusiasm of the child, parents, and coach. Please be patient with the Coaches, and most importantly, with your skater while he/she is learning to skate. Remember to put yourself in your child's place. Although skating looks easy, learning to do so is not always that simple. This is often a new environment, new surroundings, and new people.

WHAT STAR LEVEL IS MY CHILD?

Skills	Freeskate Elements	Freeskate Program	Dance	
STAR 1	STAR 1		STAR 1	
STAR 2	STAR 2	STAR 2	STAR 2a	STAR 2b
STAR 3	STAR 3	STAR 3	STAR 3a	STAR 3b
STAR 4	STAR 4	STAR 4	STAR 4a	STAR 4b
STAR 5	STAR 5	STAR 5	STAR 5a	STAR 5b

Peace Passage Skating Club STARSkate groups are sorted by Freeskate level your skater is working on. (eg. Skater has passed STAR 1 Freeskate, and working on STAR 2 Freeskate the skater will be placed in a STAR 2 group.)

The coaches may move the skater to a group that he/she feels will be best for your skater.

SKATING EQUIPMENT/CLOTHING

CanSkate

- CSA approved hockey helmets are mandatory for all CanSkate participants.
- Mitts are mandatory (The ice is cold)
- Fitted, warm clothing that does not hang over hands or past skate heel.
- Hair should be off face and skater should avoid hard hair clips of any sort. These are safety concerns.

Optional Equipment:

- Neck guard
- Hockey gloves, shin & elbow pads
- Face mask
- CSA approved full hockey gear

STARSkate Boys

- Skating pants or fitted sweat pants
- Fitted sweaters

STARSkate Girls

- Skating dresses or skirts
- Skating pants or fitted sweat pants, no longer than past skate heel.
- Fitted sweaters. Note: Tanks & T-shirts must be appropriate.
- Long hair and or long bangs must be tied back or put up. Avoid hair clips & clips & lose pins as they may fall on the ice and be a hazard.

Fit of boots:

Never buy skates so big that they will last another season because not only will they break down faster, skater progress may be hampered by ill-fitting equipment!

- Boots should be fitted with only one pair of stocking/socks only. 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 .5" or 1.3cm. Figure skating boots are normally a size smaller than your normal walking shoes.
- Skates should fit snugly around the ankle and heel with 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 proper positioning of the arch and extremely important for balance.
- The tongue should be sufficiently wide so that it will stay in place and well padded to prevent the laces from cutting into the foot.
- The front opening of the boot should be sufficiently wide to pull the laces tight.
- Have the boot fit checked by a trained technician.

Setting and Sharpening the Blades:

Even if your blades come already attached, it is important to ensure that they are located in the correct position on the boot (generally slightly inside of the centerline). It is important that blades be sharpened properly on a regular basis. Each blade is hollow ground, giving both inside and outside edges. The edges of the blade enable a skater to do jumps and spins, and other skills. Better quality steel requires less frequent sharpening. For an experienced skater, sharpening is serious business! A poor sharpening can ruin the blade forever. Adjustment and sharpening of skates should only be done by an experienced technician. **Never remove the bottom pick! This ruins the blade forever and does not help your child.**

Lacing skates:

Skates should be laced fairly loosely over the toe and front of the boot, but snugly over the ankles.

- Laces should be hooked securely with sufficient tension to permit one finger down at the top of the back of the boot. Be sure the tongue is centered and pulled all the way up. Laces should be long enough to be tied in a double bow and tucked in.
- **Never wrap laces around the top of the boot!!**

Care of Equipment

- Skate guards should be worn when walking to and from the ice. Skate guards protect the edges of the blade, prolong the life of the skates, and are a safety factor when walking on various surfaces. Permanent damage can be done to a blade by walking on concrete without guards.
- After each wearing, blades and sole of the boot should be dried with a cloth and stored **WITHOUT** hard guards to prevent rusting.
- Hard guards should be washed out occasionally.
- Have a skate bag to keep skates, guards, soft guards, wipe cloths, helmets, etc.
- Boots and laces should be kept clean. Proper care can help your investment last longer.
- It is advisable to apply a coat of lacquer or enamel on the sole of new boots to prevent rotting.
- While removing skates make sure that they are sufficiently unlaced so that the back of the boot will not break down.

Proper equipment is essential to becoming skilled in most sports and skating is no exception! Skaters cannot learn skills unless their boots fit well and support their ankles. Medium priced figure skates are usually sold with the boots and blade either riveted or screwed together as a unit. Purchasing appropriate skates to suit the level of skater and your budget is of utmost importance. There is nothing wrong with "Good Quality" second hand skates. However, if a skater cannot walk across the floor holding his/her ankles up because the "previous owner" has broken the support down, it is highly unlikely that he/she will move better on the ice.

The bottom pick should not be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to, but it is important for jumping, footwork and balance.

ICE CANCELLATIONS

Unfortunately, there will be ice cancellations from time to time throughout the season due to hockey tournaments, special events, etc. Every effort is made to reschedule and make up those sessions affected. Notification of changes will be made as far in advance as possible.

NEWSLETTERS & BULLETINS

A Club newsletter is published monthly during the season and distributed at the arena. A copy will also be posted on the bulletin board. If anyone has information that should be included in the Newsletter, please contact our Admin Chair or drop off details including a contact name and phone number, in the Clubs drop box located on the wall next to the concession. **If parents require more than one copy of the newsletters, please let the membership chair know.*

FUNDRAISING

Fundraising is an essential part of all Clubs and organizations to benefit our children and provide quality programming, while keeping registration fees low as possible. Registration fees cannot cover all expenses associated with operations, and would be beyond everyone's reach if there were no fundraising. We are pleased at Peace Passage Skating Club to provide various means of fundraising ventures for our members so there is something to suit everyone's taste. Be sure to pick up your fundraising package at registration and get an early start on your Blocks!

BLOCK SYSTEM

Why is the Block system in place? It is a basic system set up to ensure that the Club workload is not carried by only a handful of people. It gets everyone involved, yet is set out fairly so that the more your child skates, the higher your participation level. **50% of Blocks must be filled by mandatory volunteer positions and the remaining 50% to be filled by fundraising opportunities and/or bought out at \$100 per Block.** Block Charts are posted all season on the hallway wall, and you may sign up at anytime for available opportunities. The Executive had decided that families with 2 or more skaters registered in PPSC programs will have the Block requirement of: the number of blocks pertaining to their highest level skater, **plus 2 blocks**. The number of Blocks requiring fulfillment for the 2018/2019 season are:

CanSkate – 4 Blocks

PreStar – 6 Blocks

STAR 1 – 8 Blocks

STAR 2+ - 10 Blocks

****A \$200 BLOCK COMMITMENT CHEQUE, POST DATED FOR MARCH 14 2019, PER PARTICIPANT, MUST BE SUBMITTED TO CLUB PRIOR TO FIRST DAY OF SKATING. THIS CHEQUE WILL BE **DISTROYED** UPON COMPLETION OF BLOCK COMMITMENT OR CASHED ON APRIL 30 2019 IF BLOCKS ARE NOT COMPLETED.**

Our fundraising helps pay for things such as:

- Ice rental. By far our biggest expense.
- Professional Coaching fees.
- Badges, awards, and the multitude of items and supplies used in our daily operations.

SKATERS RESPONSIBILITIES

1. Courtesy and respect must be demonstrated to all individuals: other skaters, Coaches, parents and facility staff.
2. Skaters should be on time for all skating sessions whether group, skills or stroking.
3. Swearing, kicking, or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents will be notified.
4. Permission must be obtained before leaving the ice unless in an emergency. This is both a courtesy to the Staff and a safety factor for the skaters.
5. If you need to speak to the coach, do so while they are off the ice. Do not interrupt lessons.
6. Appropriate equipment/skating attire must be worn. **No blue jeans or hoodies.**
7. No one is allowed on the ice at the same time as the Zamboni.
8. No skater is to be on the ice without a Coach present.
9. Parents are not allowed on ice or in players box for insurance reasons.
10. Skaters are not to enter or leave ice over the boards, or to sit on the boards.
- 11. Skaters must ensure they use the washroom before & after sessions to minimize interruptions. (Unless emergency)**
12. NO gum, candy or food is allowed on the ice. Water (in bottles) allowed at the boards.
13. For safety sake, skate guards must be used when skaters leave the ice.
14. Dressing room behavior shall be appropriate for all age groups at all times.
15. Only registered club members can be in the skaters dressing room, unless a coach is present.
16. Skaters will not be allowed the use of alcohol or tobacco in any form within the immediate area of an event, residence, ice surface, competition site, and will not supply such substances to others.

PEACE PASSAGE SKATING CLUB IS NOT RESPONSIBLE FOR LOST ARTICLES

RESPONSIBILITIES OF THE PARENTS

The responsibilities of the Club can only be met by parent's participation. Parents are expected to contribute to the overall operation of the club in the following areas:

1. REGISTRATION FEES, as set by the club, are payable upon registration. These may be paid by installment (postdated cheques, first payment of 50% paid prior to skater stepping on the ice, final payment no later the January 1st). Families with 2 or more registered skaters receive 10% off total Club fee if full payment is received by October 21st. A \$50 discount per Gold test level achieved is applied at registration. (A \$100 charge will be applied to any NSF cheques)
2. OPERATION AND ADMINISTRATION is managed by a Club Executive composed of parents. In addition, there are various committees that handle the details and work of Club operations.
3. SAFETY – Every effort is made to ensure the safety of our skates. Please make it a responsibility to pick up children immediately following sessions.
4. BLOCK SYSTEM – is a commitment to doing a pre-set amount of fundraising and volunteer tasks based on the number of hours your child skates. (More hours on the ice, more fundraising commitment.) Parents can choose from various fundraising and volunteering blocks, or buy out their blocks. A commitment cheque of \$200 per skater dated for **MARCH 14 2019** is required prior to skaters stepping on the ice.
5. FUNDRAISING – Compulsory fundraising helps to keep the skaters' fees as low as possible. Funds raised are used to offset our costs, ice rental being the largest expense. All programs offered by PPSC are subsidized through BC Gaming Grants and other fundraisers, and since all member's benefit, everyone is expected to participate.
6. SPECIAL EVENTS – It is imperative that all members contribute in the planning and staging of Club special events. (ex. Ice Show, Test Days, ect.) Specific volunteers are signed up through our block system.
7. Parents are not allowed on the ice or in the players box for insurance reasons. Also, children will respond better to instruction when left in the care of the Coaches.
8. Please be mindful of other skaters while taking videos or pictures.
9. **Parents of CanSkaters must remain in the stands during your Childs skate time.**

RESPONSIBILITIES OF THE CLUB

1. Conduct a variety of skating programs at the skill and age levels appropriate to the Club's membership.
2. Contract professional Coaches to teach the programs offered through group and/or private lessons.
3. As required, conduct Skate Canada tests in accordance with Skate Canada rules.
4. As required, conduct competitions for the various skill and age levels of the membership.
5. Conduct Club business according to the Club's Constitution and the rules of Skate Canada
6. Liaison with the Skate Canada National Office, the Section, the Region and the Community.
7. Raise funds for Club events.
8. Ensure that the amateur status of skaters is protected.
9. PPSC is not responsible for failure to supply ice due to any mechanical failure, strike, walkout, negligence or oversight of employees, fire or other casualty beyond the control of the club.
10. Refunds will only be considered for serious medical circumstances and will require verification from a Physician. A \$30 administrative fee will be withheld for all refunds issued plus the \$50 Skate Canada Membership Fee.

THE PEACE PASSAGE SKATING CLUB IS NOT RESPONSIBLE FOR INJURY ON OR OF THE ICE

RESPONSIBILITIES OF COACHES

1. Skating Coaches have the fundamental responsibility to promote figure skating and to coach to the best of their ability.
2. Skating Coaches are responsible to the skaters, not only as athletes but as individuals who are developing values and beliefs that will last a lifetime.
3. Skating Coaches must respect another's Coaches teaching methods, techniques and/or opinions.
4. Skating Coaches have the authority to discipline skaters. Disciplinary action taken will be based upon the offense. (Verbal reprimands, request to sit out a portion of practice, suspension from all activities for a period of time, etc.,)