



#1000319

2015/2016

“Building Confidence, Strength and Lifetime Friendships”

INFORMATION BOOKLET



SKATECANADA

*Proudly received a 5 Star Club Rating by SCNO for 2014
and 2015!*

CLUB ADDRESS AND CONTACTS

Parry Sound Skating Club

Box 671

Parry Sound, Ontario P2A 2Z1

www.parrysoundskatingclub.com



CLUB EXECUTIVE

President	Christine Reekie
Vice President/Fundraising	Darlene Bingleman
Secretary	Jackie Voortman
Treasurer	TBD
Registration	Vicki Goldrup
Test Chair	Dawn Buckland
Competition Chair	Sara Strachan
Past President	Shirlene Johnson

Please contact us at

parrysoundskatingclub@gmail.com

Questions and/or suggestions will be directed to the appropriate Executive Member.

CLUB'S PHILOSOPHY & ETHICS

The PSSC is proud of all our members: CanSkaters, Pre/Power Skaters, StarSkaters and Competitive Skaters. We will continue to encourage all of our skaters to strive to meet their personal goals and also encourage our members to help others in the true spirit and fellowship of skating. We congratulate those who continue to contribute to their Club and their Community.

Our 4 C's are...**Courtesy, Consideration, Cooperation and Common Sense.** The 4 C's will help to ensure that you and your fellow skaters will have an enjoyable and positive learning environment. We would ask that all parents/guardians review these guidelines with their skaters to help them understand their purpose- to ensure a safe and enjoyable skating experience for all involved!

The following guidelines have been adopted by the PSSC Executive with the intent to enhance the safety and wellbeing of all skaters participating in the Club. If at any time a skater is found not to be following these guidelines, they may be asked to leave the ice, at the discretion of the coaches.

- **Ice Etiquette:** In keeping with our philosophy of Courtesy, Consideration, Cooperation and Common Sense, we encourage all skaters to respect the following ice etiquette. All skaters should have an awareness of their surroundings and who has 'right of way'. If you are in the path of another skater, please exercise courtesy and please be polite. Unless skating in a lesson, no freeskating elements will be performed during Dance or Skills sessions.
- **Private Lessons:** Private lessons have 'right of way'. When a coach is giving a private lesson, we encourage skaters not to interrupt. It is only fair that all skaters have the benefit of the one-on-one instruction with their coach.
- **Solo:** 'Right of way' goes to the skater whose solo music is being played.
- **Dance:** 'Right of way' is given to the dance that is being played. If a coach is partnering a skater, they are also given the 'right of way'.
- **Spins:** We ask that you execute spins at centre ice between the blue lines.
- **Jumps:** We ask that you execute jumps at the ends of the ice surface. When the harness is in use, all skaters must stay out of and away from this area.

Rules of Conduct:

1. Skaters will promote and display a positive and respectful Club/team spirit and true sportsmanship on and off ice, in their home Club and at other Clubs. Remember, you are not only representing your home Club but also your Community.
2. Skaters will follow the instructions of the coaches/assistants politely and promptly.
3. If a skater is injured- do not move them. Seek the assistance of a coach.
4. Skaters will respect all arena staff, ice surface and arena property at all times.
5. Skaters are encouraged to interact positively with others at all times.
6. Skaters will use courteous & considerate language. Foul language is not permitted.
7. PSSC is a safe and respectful place for all members. This behavior is expected both on and off the ice. Bullying will not be tolerated.
8. All beverages should be contained in a plastic or aluminum container (no glass) and kept at the side of the ice surface. Food or gum is not permitted while skaters are on the ice.

PROFESSIONAL COACHING STAFF



Martine Muzzi

Coaching Level: 3

Gold in Freeskate & Dance

Years of Coaching: 23

Before joining the Parry Sound Skating Club, I have had experience in Labrador City, NF and Labrador, British Columbia and Whitehorse, Yukon. I am looking forward to the 2015-2016 skating season!

Contact: aircanadamart@gmail.com



Holly Cascanette

Coaching Level: 2 Bronze

Years of Coaching: 16

Holly has had the privilege of having skaters Qualify, Compete and Medal at the Festival of Stars and the Trillium All Ontario Championships. She regularly attends skating seminars at Mariposa in Barrie, Festival of Stars and Athlete Development Camps. She is looking forward to enjoying another challenging and rewarding season of coaching at the Parry Sound Skating Club.

Contact: call or text (705)746-1970



Stephanie Grant

Coaching Level: Level 1

Years of Coaching: 13

I have run Canskate programs, I have been a dance partner, and I have provided private lessons for all levels of skaters. I have been an individual coach and a part of team coaching. I wish all skaters luck this upcoming season and look forward to the possibility of working with parents, skaters, executives, and fellow coaches.

Contact: Call (705) 690-6967



Amanda Hinksman

Coaching Level: 1

Years of Coaching: 16

I have had the opportunity of shadow coaching with many of Skate Canada's best coaches at the Mariposa National Training Center. I am always looking for new techniques and skills that will assist the skater(s) in becoming the best skater and confident individual that they can be.

*Contact: call or text (705) 774-6967
amandahinksman@hotmail.com*

For Full bios of our Coaches please check our website!

Private Lessons Fees range from \$11-\$15/15 minutes depending on the Coach and their qualifications

CanSkate, StarSkate Levels and Power Skating all have full instruction. Private lessons are optional for these levels.

Bronze, Silver and Gold Level Skating progress more quickly with private lessons combined with group skating instruction. These lessons must be arranged between parents and the coach of their choice. Payments of private lessons are to be made directly to the professional coach. If your skater wishes to compete, parents must arrange for private coaching to prepare a program (routine) and to work on the required elements (jumps and spins) to meet the Skate Canada requirements.

All Skate Canada Coaches are required to be trained and/or certified in the **National Coaching Certification Program (NCCP)**.

The **Continuous Education Program (CEP)** for Professional Coaches is a rewards system for coaches who continue to develop their skills to ensure a high quality learning environment for Skate Canada members. A coach is recognized at one of three status levels (Bronze, Silver, Gold) by earning credits for attending and participating in various events and educational opportunities within a two (2) year cycle. Participating in the CEP shows your athletes, clubs and colleagues that you are dedicated to the sport and to continuing your education and growth within the sport of figure skating.

CLUB DATES TO REMEMBER

EVENT

DATE

**Level 4,5,6, Junior and Power Skating Start
CanSkate Level 1,2,3 and PrePower Start
Near North InterClub**

**Week of Sept 22
Week of Oct 13
January 22-23**

TEST DATES

Tuesday Dec 1, 2015

Low

Thursday March 3, 2016

Low

COMPETITION DATES

COMPETITION	LOCATION	DATE
Skokie Skate	Huntsville	October 23-25
Northern Ontario Sectionals	Copper Cliff (Sudbury)	October 30-31
Skate Thunder Bay	Thunder Bay	November 27-28
Winter Fun Skate	Powassan	November 29
Skate Canada Challenge	Edmonton, AB	December 2-6
Santa Skate	Port Carling	December 4-5
Algoma Interclub	Sault Ste. Marie	January 16-17
Rainbow Country Interclub	Copper Cliff (Sudbury)	January 16-17
Skate Canada Canadian Tire National Championship	Halifax, NS	January 18-24
Near North Interclub	Parry Sound	January 22-23
Thunder Country Interclub	Terrace Bay	January 23-25
James Bay Interclub	New Liskeard	January 29-31
Sunset Country Interclub		January 29-30
Festival of STARS	Sault Ste. Marie	February 5-7
Ontario Regional Synchronized Skating Championship	Eastern Ont Section	February 12-16
Winter Whirl	Bracebridge	February 13
Thunder Bay Open	Thunder Bay	February 19-21
Make it a Date to Skate	North Bay	February 26-28
Skate Canada Championship	Sudbury	March 18-20
Island Skate	Little Current	April 2-3
Let's Skate	Sudbury	April 8-10

**For more information, check the Northern Ontario Skate Canada Website
www.scno.net**

SKATING SCHEDULE SEPTEMBER 22- MARCH 10, 2016
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*** There are no lessons during Christmas Holidays and March Break***

Christmas Holidays	December 21 2015- January 1 2016
March Break	March 14-18 2016

POWER SKATE Tuesday AND/OR Thursday

September 22- 3 week session	5:30-6:15
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PREPOWER ANDKIDSKATE/CANSKATE 1,2,3

Tuesday AND/OR Thursday

October 13- March 8	5:30-6:15
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CANSKATE 4,5,6

Tuesday AND/OR Thursday

September 22- March 8	4:45-5:30
On Ice Coaching	

JUNIOR

Tuesday AND/OR Thursday

September 22- March 8	4:00-5:30
Stroking	4:00-4:15
Dance	4:15-4:30
Skills	4:30-4:45
Freeskate	4:45-5:30
45 mins of on-ice coaching. Private lessons occur during this time	

INTERMEDIATE/SENIOR

September 22- March 8	6:30-8:00
Stroking	6:30-6:45
Free Skate	6:45-8:00
Private lessons occur during this time.	

Skating will not be cancelled unless the arena needs to be used as an emergency center. This means that if buses and/or school is cancelled, skating will continue as planned.

SKATING FEES

KidSkate/CanSkate 1,2,3	1 day \$250+\$75* per child = \$325 2 days \$400+\$75* per child = \$475
CanSkate 4,5,6	1 day \$275+\$75*per child = \$350 2 days \$475+\$75* per child = \$550
Juniors (past level 6)	1 day \$350+\$75* per child = \$425 2 days \$575+\$75* per child = \$650
Intermediate/Senior	1 day \$350+\$75* per child = \$425 2 days \$685+\$75* per child = \$760
PrePower Skating	1 day \$250+\$75* per child = \$325 2 days \$400+\$75* per child = \$475
Power Skating	1 day \$80 2 days \$140

*Volunteer FeeIn order to keep our Club membership fees reasonable, we require assistance in volunteer and fundraising efforts from the skaters, parents/guardians. The volunteer amount is \$75 and is included in the registration fee. This is a fee that can easily be earned back through participation in the many volunteer opportunities that arise before and during the skating season. When registering, you will be given a card to track your hours. Completed hours will be signed off by an executive member. The amount of \$75 = 5 hours of volunteer work. All 5 hours must be completed in order to receive the full refund. This amount will not be pro-rated. This is a per child/per registration fee.

*Please see the Volunteer Opportunities on page 12 for more information on how you can volunteer!

Refund and Cancellation PolicyNo Refunds will be offered for any program after 3 weeks from the starting date of skating. If a medical certificate is submitted, the committee will consider refunding (based on a pro-rated amount).

Skate Canada FeeA \$35 administration fee is included in the cost of registration. This fee is paid to Skate Canada is non-refundable. This covers the initial Skate Canada fee for the Skater.

NSF ChequesA \$30 NSF charge is applied to all NSF cheques.

Social Media Clause and Photography WaiverPlease be advised that if you initialed the registration form, that your skaters name/photo may appear in the local newspaper, on our website and other social media sites. The Club will continue to promote our skaters and members in this manner unless advised by the skater's parents or guardian.

Skating Night AdjustmentIf you wish to switch the night that your child skates, you will need to contact the registrar directly through the club's email address. Please do not attend any session that you are not registered for- you must have confirmation from the registrar prior to attending. The decision will be based on a coach to skater ratio.

Levels If your skater is moved up a level, additional registration fees may apply along with time changes for the skating session.

HOPPING (GUEST) FEE POLICY

All Skaters from other Clubs wishing to skate as a guest with the Parry Sound Skating Club are required to pay the host Club a Hopping or Guest Fee of \$30.00/session. The fee for the Humphrey & Parry Sound Club will be \$20.00/session.

A guest skater will not be allowed to participate in the sessions if the hopping fee is not paid prior to going on the ice. Payment may be given to any member of the executive on the day the guest skates.

TESTING LEVELS FOR PERFORMANCE PROGRAM

Please check with your Skater's Coach a few weeks prior to test date to ascertain whether or not the coach feels your skater's dance, skill or freeskate is ready for testing. Approximately 2 weeks before the test date, your Coach will send home an envelope with the test being taken and the fees required for the test. The tentative test dates are noted on page 6 of this booklet.

Test fees must be paid to the Test Chair on test day, prior to the test skate in the envelope provided. The test fee for dance, skills and each part of freeskate is \$15.00. If you wish to try a test at another Club you must first receive a permission form from the Test Chair. A hopping fee will apply.

ICE DANCES:

- Preliminary
- Dutch Waltz
- Canasta Tango
- Baby Blues

Junior Bronze

- Swing Dance
- Fiesta Tango
- Willow Waltz

Senior Bronze

- Ten-Fox
- Fourteenstep
- European Waltz

Junior Silver

- Keats Foxtrot
- Harris Tango
- American Waltz
- Rocker Foxtrot

Senior Silver

- Paso Doble
- Starlight Waltz
- Blues
- Killan

Gold (must pass 4 of the 5)

- Viennese Waltz
- Westminster Waltz
- Quickstep
- Argentine Tang

INTERPRETIVE:

- Introductory
- Bronze
- Silver
- Gold

SKATING SKILLS:

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

FREE SKATE:

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

* See your Coach for details about the required elements in each of the categories

FUNDRAISING POLICY & PROCEDURE

As a non-profit, volunteer based club, the success of the PSSC is based on the efforts of its membership. The executive is making great efforts to operate the Club efficiently.

Skater development tickets are no longer mandatory, but do offer an opportunity to fulfill your family's volunteer requirement. Every book of tickets sold, will fulfill 1 volunteer hour. Once sold, it is the responsibility of the parent or guardian to ensure that the fundraising ticket stubs are returned to the Club to allow the ticket holder the chance at winning. Tickets are to be turned in to the executive no later than the week of December 14 (last skating week before holidays). The Fundraising Chair must be notified of any problems or changes. Lost or stolen tickets become the responsibility and property of the individual who was assigned the book (ie. You lose your own).

VOLUNTEER OPPORTUNITIES

Your Club Needs You!!

Volunteers are what make the Club work-- for the Skaters! The Executive cannot successfully do everything, and it can be a very rewarding experience to jump in and help make something better! There are many opportunities for you to help out and have the chance to learn more about your child's chosen activity. No experience is needed, just a desire to help!

Here are a few of the ways in which you can help...

- CanSkate and Preliminary- do you have the skills to become a program assistant or do you have teaching aids to add to the CanSkate program? Older skaters or former skaters can provide invaluable aid to our new ones!
 - Skating Events- help with costumes, props, ticket sales, dressing rooms, meal prep, set-up, take-down, gift bags, working a table (bake sale, silent auction etc), paperwork, publicity, etc.
 - Test days- hospitality, ice captain, music, announcing, paperwork, etc.
 - Fundraising- Tag Days, Carnivals, Stars on Ice... to name a few!
- Lastly we are proud to be hosting this year's Interclub competition on January 22nd, we will have lots of jobs for our volunteers on that weekend!

'VOLUNTEERS'

Everyone's a Winner

When volunteers pitch in to help!

And don't forget... many of these activities may count towards High School volunteer hours!

EQUIPMENT TIPS

Skates It is important that skater's have strong support in their skate boot. This allows for better balance, helps prevent injury and allows the skater to be more comfortable- which increases performance and fun!

Remember... not all white skates, or skates with picks are figure skates. Look for a boot with solid ankle and heel support. Good quality skates can be purchased locally or through a skate swap for great prices.

Sharpening Have your child's skates sharpened professionally to ensure that blades are sharpened evenly. In Parry Sound, we do recommend Dan at Sports Plus. Skates should be sharpened every 10-12 hours of on ice time, and be sure to sharpen them before a competition or test.

Guards and Soft Covers Guards are meant to protect your skater's skates when carrying them or walking to the ice surface. They should not be left on skates, as this will cause them to rust and possible cause permanent damage to the blade. Soft covers hold moisture and can also cause damage. It is a good rule to air-dry skates when you get home and leave them uncovered until your next skate!

Clothing It is best to dress your skater in warm, tight but stretchy fitting attire so their skates do not get caught on their clothes. In younger skaters, it is best to dress them in snowsuits to prevent them getting too wet when learning to stay upright.

Helmets Helmets that are CSA approved are mandatory for all skaters in Level 5 or below, including Power and PrePower Skating. For safety purposes, we do recommend that our beginner skaters (KidSkate) wear a facemask.

Skating Stores in the Area

Sports Plus

7 Seguin Street

Parry Sound

(705)746-7800

*** Dan does a great job
sharpening skates!**

Jump!

1113 Lasalle Blvd

Sudbury

705-566-2121

Spirals

250 Bayview Drive

Barrie

(800)288-4193

Skater's Choice

30 Mills Road

Barrie

(705)797-0808

PARTNERS IN PERFORMANCE

Sport and recreation should always be athlete-centred, meaning the efforts of all involved should be foremost to provide the opportunity for the athlete to learn and have fun. This requires an array of partners working together for the athlete. Some of the key partners working together to provide that opportunity to your skater and their respective roles are:

The Skater The development of the Skater is the whole purpose for the existence of the Club, the Coach and Skate Canada. The Skater's responsibility is to make the most of the resources put before them. The best way for them to do this is to adhere to the necessary basic rules of courtesy during all activities on and off the ice. Every Skater has the duty to show respect for the other Skater's in the Club, the Parents, the Volunteers, the Coaches, the Judges, and the Evaluators. In a harmonious Club atmosphere, everyone is in a position to gain maximum results from their valuable practice time.

The Parent The Skating Parent's role is to provide physical, emotional and of course, financial support. Your Skater will need you to show an interest in their progress, as well as your encouragement and understanding when times are difficult. You help to shape your child's attitude, how they cope with success and failure, how they relate to other Skater's and how they react to criticism. Set a good example, as your child will be watching and learning from you.

The Coach The role of the Coach is to teach and develop young Skater's technical abilities. They are also role models for young Skaters. Coaches play an important role in shaping the Skater's attitudes toward skating as well as their personal values, such as sportsmanship, discipline and work ethics.

The Region The Parry Sound Skating Club belongs to the Near North Region. The Region plays an important role, as it is the first step to competing at a provincial level.

The Section Ontario is divided into four sections. We belong to the Northern Ontario Section, which consists of 6 regions. Sections play an important role in organizing skating at the provincial level, organizing and coordinating competitions, test days, coaching and judging clinics, seminars, provincial teams, training camps etc.

Skate Canada Skate Canada is the only recognized amateur sport association for figure skating in Canada and is a member of the International Skating Union (ISU). Its role is to develop standardized programs for the development of skating. It is responsible for developing uniform rules for the sport and developing national programs and training.

For more information...

Skate Canada Northern Ontario News
Upcoming Competitions
Results of Competitions
Upcoming Events
Other Clubs in our Region

Visit the Skate Canada Northern Ontario website
www.scno.net

CanSkate, StarSkate, and Competitive Skate Programs
PrePower & PowerSkate
Skate Canada News
Technical Information & Rules

Visit the Skate Canada website
www.skatecanada.ca

Goal Setting, Stress Management, Healthy Lifestyle
Hiring a Coach- Questions to ask
What to expect on Test Days
Encouraging Boys to Figure Skate

Ask one of our Executive Members to show you our
Club Handbook
Or check it out on our website
www.parrysoundskatingclub.com