



Skate
Didsbury

Proud member of Skate Canada



Club Handbook

Promoting Life Long Fitness

Message From The Executive

We would like to take this opportunity to extend a warm welcome to all new and returning members of the Didsbury Figure Skating Club (DFSC).

The Didsbury Skating Club is continually trying to improve our organization to make it more fun, exciting and fulfilling. Our goal is not just to teach skating. As the students are learning a physical skill, they also are learning self-discipline, sportsmanship, personal growth and achievement. Most importantly, they should be having fun along the way!

The Coaches and Executive of the Didsbury Figure Skating Club are here to help to you or your children reach their goals; whether they are preparing for hockey, recreational / competitive figure skating or just learning skating skills for the enjoyment of skating and exercise.

Sincerely,

The Coaches and Executive of the Didsbury Figure Skating Club
(Contact us via www.didsburyfigureskating.com)

Pre-CanSkate

(Formerly Learn To Skate)

The DFSC offers an exceptional “Learn to Skate” program. This program is designed for the young skater with little or no skating experience. The program is based on a “learn through play” philosophy. This unique program will turn almost every young child into an avid skater... a great stepping stone to Pre-Power or CanSkate. It is intended for those 3 to 5 years old. Parents will receive feedback at the end of December and March, which shows the progress skaters have made to that point.

Equipment Required:

Proper helmet and facemask is recommended. Well-fitted skates are essential. Dress your skater warmly but don't bundle them up so much that they will have difficulties manoeuvring on the ice. Make sure they always have a toque and mitts.

Skating Times:

Refer to the DFSC programs document available at the rink or any of the Executive will be happy to help you out.

Volunteering:

Please get involved! Every year we need a Pre-CanSkate rep for each class. The role of these individuals is communicating with the Club Program Representative and the rest of their Pre-CanSkate group parents. If you are interested in getting involved, please let us know.

Fundraising Hours: Pre-CanSkate families are expected to work 5 hours of qualifying volunteer activities or raise \$10/hour equivalency in annual fundraising campaign.



When is my child ready for a Pre-CanSkate program?

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:

1. Walk on the floor with reasonably straight ankles while wearing skates.
2. Understand simple instructions 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 the enthusiasm of the child, parents, and coach.

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.

Please be patient with the coaches, and most importantly with your skater while he/she is learning to skate.

Pre-CanPower Skate / CanPower Skate

(Formerly Pre-Hockey)

These are more of Skate Canada's signature programs. Our classes have been credited with helping Minor Hockey produce such great results. Pre-CanPower is designed for the young skater who is functional on the ice, but wishes to improve his or her skating skills. This unique program will turn almost every young child into an avid skater... a great stepping stone to CanPower Skate and Hockey. This program is particularly valuable to children who anticipate playing hockey in the future. This program would also be appropriate for children who are 4 to 8 years old and may not be involved in hockey, but want to improve his or her skating skills. The main emphasis of this program is on basic skating skills. CanPower Skate is a great idea for existing hockey players who needs to improve their skating skills. This program continues honing skating skills for Minor Hockey and Rec League skaters. Skaters must be able to skate the width of the large ice independently to be eligible for Pre-CanPowerSkate. Skaters must be able to skate the length of the large ice forward, the width backwards and stop on command for CanPower Skate.

Equipment Required:

Proper helmet and facemask is recommended. Well-fitted skates are essential. Dress your skater warmly but don't bundle them up so much that they will have difficulties manoeuvring on the ice. Make sure they always have a toque and mitts. CanPower Skate members should dress in their normal hockey gear.

Skating Times:

Refer to the DFSC programs document available at the rink or any of the Executive will be happy to help you out.

Volunteering:

Please get involved! Every year we need a Pre-CanPower & CanPower Skate Rep to act as a liaison between our Program Rep and the members of your group. The role of this individual is communicating with the Club Program Representative and rest of their Pre-Power or Power Skate group. If you are interested in getting involved, please let us know.

Fundraising Hours: Pre-CanPower & CanPower Skate families are expected to complete 5 hours / 10 wk session of qualifying volunteer activities or raise \$10/hr equivalency in annual fundraising campaign.



CanSkate

The CanSkate program is Skate Canada's "Learn To Skate" program for beginners of all ages. Participants earn badges while they learn fundamental movements and skating skills. CanSkate is the feeder program to all other Skate Canada Programs. Participants are generally taught in a group lesson format by a certified professional coach. Carefully trained Program Assistants (Test or Competitive STARSkate skaters) also work with CanSkate members. One of the key delivery standards of the CanSkate program is to ensure that participants are moving 90% of their time on the ice.

Benefits of Participating in CanSkate

CanSkate is a national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. The coach to student ratio is a maximum of 1:10. Skaters will progress at their own rate and coaches make sessions active using tools that create a fun environment and promote learning.

When becoming a member of a Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Some of the incentives offered to kids in CanSkate include badges, stickers, colouring sheets, theme days, and report cards given out in December and March outlining your child's progression.

Program Structure, Awards and Incentives

The CanSkate program is structured in a grid-format, consisting of the development of six fundamental movements: GO forward, GO backwards, STOP, TURN, SPIN and JUMP organized in six stages of learning, with an optional 7th level for skaters wishing to progress into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded.

The names of the badges are:

Fundamental Movements	Stages	Optional Enrichment
1. Go Forward	1. Balance	1. Pre-Preliminary
2. Go Backward	2. Glide Forward	2. Fitness 1
3. Stop	3. Glide Backward	3. Fitness 2
4. Turn	4. Edges	
5. Spin	5. Power	
6. Jump	6. Speed	

Skating Times:

Refer to the DFSC programs document available at the rink or any of the Executive will be happy to help you out.

Volunteering:

Please get involved! Every year we need a CanSkate Rep to act as a liaison between our Program Rep and the members enrolled in this program. The role of this individual is communicating with the Club Program Representative and assisting in special program events like Halloween Party, Christmas Family Skate, Valentines etc.

Fundraising Hours: CanSkate families are expected complete 10 hours of qualifying volunteer activities or raise \$10/hr equivalency in annual fundraising campaign.

Advanced CanSkate

(Formerly Spin Spiral Jump)

Advanced CanSkate is the transition stage between Canskate and Star Skate. Skaters will have nearly completed all their CanSkate badges. At this stage, skaters have become proficient at basic skating skills and will now begin to focus on figure skating skills such as edges, agility and gracefulness performed with increasing speed, power and control. This program accommodates those skaters able to perform stage four or higher CanSkate tasks but are ready to move out of the learning atmosphere the CanSkate program provides.

Skaters will continue to complete their CanSkate stages and movements in this program. Rather than semi-annual evaluation, coaches will monitor progress on an ongoing basis. Progress reports will be completed and badges handed out as the skaters complete each stage or movement.

The program is set up so that skaters have a warm up period, stroking session, and group lesson with a certified professional coach. Skaters will then complete their session with some supervised practice time – preparing them for Star Skate which requires more independent practice.

Additional practice ice time may be available in this program for an additional cost. Access to private lessons with the certified professional coach may also be available.

Skating Times:

Refer to the DFSC programs document available at the rink or any of the Executive will be happy to help you out.

Volunteering:

Please get involved! Every year we need an Advanced CanSkate Rep to act as a liaison between our Program Rep and the members of your group. The role of this individual is communicating with the Club Program Rep and the rest of the Advanced CanSkate group. If you are interested in getting involved, please let us know.

Fundraising Hours: Advanced CanSkate families are expected to complete 10 hours of qualifying volunteer activities or raise \$10/hr equivalency in annual fundraising campaign.



STARSkate

Modified – Test Stream – Competitive

Skills, Tests, Achievement, Recognition is what the STARSkate program stands for. The Skate Canada STARSkate program offers opportunities for skaters to develop basic figure skating skills in four different areas with the option of taking Skate Canada Tests while earning awards and incentives. In our club, STARSkate registration includes group lessons for Stroking, Anni's Edges, and Flexibility. Our club offers group and/or private lessons in a team coaching atmosphere. There are various ice packages available to suite each skaters needs – from beginner to advanced and recreational to competitive.

The four disciplines of STARSkate are: Skating Skills, Dance, Free Skate and Interpretive. Each discipline is divided into three levels: Primary (Junior), Intermediate and Senior. Each of these levels is further divided into two categories. Skaters have the option to take tests, which are evaluated by Skate Canada evaluators. There are also many competition and clinical opportunities for STARSkate participants.

Skaters enrolled in the STARSkate Program have an opportunity to achieve personal growth and development by participating in a high quality program that teaches the fundamentals of figure skating in a progressive and sequential manner. This program is unique to Canada. In addition to the benefits outlined above, participants in the Skate Canada STARSkate program can also receive:

- Opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- Complimentary Gold Test pins
- Access to invitational and Interclub competitions
- Access to sanctioned clinics and workshops often instructed by national level competitors and/or coaches

Skating Times:

Refer to the DFSC programs document available at the rink of any of the Executive will be happy to help you out.

Volunteering:

Please get involved! Every year, we need a STARSkate Rep to act as a liaison between our Program Rep and the members of your group. The role of this individual is communicating with the Club Program Rep and the rest of the STARSkate group. If you are interested in getting involved, please let us know.

Fundraising Hours: STARSkate families are expected to complete 25 hours of qualifying volunteer activities or raise \$10/hr equivalency in annual fundraising campaign.

Equipment Tips

Proper equipment is essential to becoming skilled in most sports and figure skating is no exception! Skaters cannot learn skills unless their boots fit well and support their ankles. Proper figure skates are usually sold with the boot and blade screwed together (not riveted) as a unit. Purchasing appropriate skates to suit the level of skater and your budget is of utmost importance. Most skate shops have beginner packages that are very reasonable. They will also deal in good quality second hand skates.

Fit of Boots:

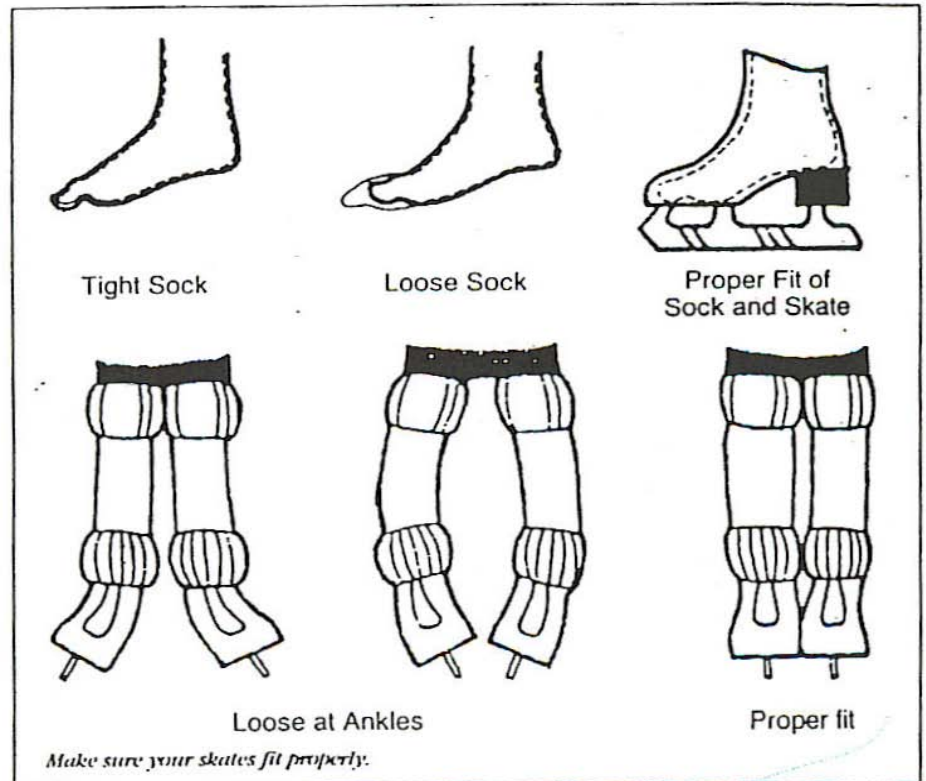
Fit is Important

What is more important than the price of the skate is its fit. When you're buying skates, wear only one pair of socks.

- You should be able to wiggle your toes, but the foot should not slide around.
- There should be no more than 1/2" or 1.3 cm between your toes and the boot.
- The skates should fit snugly around the ankle.
- The tongue should be wide enough to stay in place and be well padded to prevent laces from cutting into the foot.
- The front opening of the boot should be wide enough to pull the laces tight.
- When you lace the skates, lace them snugly over the ankles, but loosely over the toe and front of the foot.
- Hook the laces securely, but be able to put one finger down the back of the boot.
- Make sure the laces are long enough to be tied in a double bow and tucked in.

Don't Buy the Wrong Size

Although it may seem more practical for parents to buy youngsters skates that are a bit big but "will see you through another year", this really isn't very wise. Skates that are too big are



not safe and make it very difficult for young skaters to learn correct habits.

Many people buy skates at a skate exchange. These are often held in community centres or through private stores and enable parents to trade-in last year's skates for a bigger model.

Use the same principles for fitting skates as we've just outlined.

It is essential that skates fit well and

support the ankles. If the boots are badly worn and flimsy, they provide no support. It's not a bargain to buy worn out skates. Plastic moulded skates do not break down like leather boots so these are a good choice at a skate exchange. However, many skaters prefer a quality leather boot as they are more pliable and take on the shape of the foot.

Setting 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 soles (General slightly inside the centre line). These adjustments should only be done by an expert. It is essential that the tightness of these screws be maintained – it is both dangerous and will promote quicker wear of the leather in the sole of your skate.

Lacing Skates:

Skates should be laced loosely over the toe and front of the boot but snugly over the ankles. Be sure the tongue is centred and pulled all the way up. Laces should be hooked securely with sufficient tension to permit one finger down at the back of the boot. Laces should be long enough to go through all eyelet and be tied in a double bow. ***Never wrap laces around the top of the boot!***

Caring For Skates:

Your blades are your only contact with the ice. You want that contact to be as effective as possible. Good care will help to ensure this.

Keep your blades sharp, as a sharp blade grabs the ice better than a dull one. When you have your skates sharpened, be sure to have it done by a professional.

After each wearing, blades should be dried with a cloth and stored with soakers (soft guards). This will help soak up any excess moisture remaining on your blades after they have been wiped and warmed up as well as keep blades from being banged around inside your bag.

Skate guards must be worn when walking to and from the ice as blades are made to slide on ice not walk on floors. Skate guards are necessary because they 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. Hard guards should be washed out occasionally as grit builds up inside and can cause nicks in your blades. The dishwasher works great for this!

Boots should be polished on a regular basis – this helps them to repel water and maintain their look. Be sure to let your skates air out on a regular basis rather than leave them sealed in your skate bag all of the time. Leave your laces loose and the tongue pulled out as far as possible when not in use. This will help to prevent rotting from the inside out. You should also check to see that your screws are tight on a regular basis.

Clothing:

Pre-CanSkate, CanSkate and CanPower Skate

Skaters enrolled in these programs should wear a pair of warm pants and a sweater or jacket. Gloves or mitts should also be worn for warmth and safety (this is usually the first body part to feel the cold). Snowsuits should not be worn, as they tend to be bulky and slippery. Long scarves / hoods and large hats should be avoided, as they can be dangerous. Helmets are mandatory for these programs to avoid injury in case of a fall. Full face masks are recommended for Pre-CanSkate and Pre-Power. Bike helmets do not cover the full skull! Parental discretion is advised in choosing protective helmets. If a skater wears a toque or headband under the helmet, please ensure that it stays up on the head and doesn't slip down over the eyes.

CanPower Skating

Most skaters enrolled in this program are already participating in a hockey program. Power skaters should wear their normal hockey attire to practice.

Advanced CanSkate and STARSkate

These skaters should wear appropriate figure skating attire –skirts or dresses, tights or yoga pants and warm, fitted sweaters and of course gloves or mitts. It is best to layer as skaters are likely to heat up as they work. Baggy sweat pants and bulky sweaters are not permitted.

Didsbury Skating Club Ice Rules

1. Skaters are expected to be on time and to skate the duration of their session. If you must leave a session, permission must be obtained from a coach (***this includes bathroom and warm up breaks***).
2. Skaters must respect themselves, all coaches, volunteers and peers.
3. Right of way should be given to the skaters who are (1) in a lesson, (2) doing their solo with music (3) doing dance or skating skills to the music being played.
4. Skaters must be dressed in appropriate, properly fitting skating attire according to their program. Be sure to tie long hair back and pin bangs to the side where necessary.
5. Water is the only beverage allowed at the ice surface.
6. No:
 - ✗ Gum, food or candy is allowed on the ice surface. If you must snack, please do so in the lobby or dressing room. Dispose of your garbage in the receptacles provided.
 - ✗ Smoking in the vicinity of the rink
 - ✗ Standing at boards, sitting on the boards, ice or benches.
 - ✗ Skaters in the music booth
 - ✗ Foul language on or off the ice
 - ✗ Walkman radio/tape/CD/MP3 players or cell phones on the ice surface unless approved by a coach
 - ✗ Graffiti in dressing room or facility (skaters will be financially responsible for any damage or abuse).
7. Stroking sessions are for the skaters' benefit and therefore are compulsory.
8. The dressing room is a privilege. Please keep your belongings and space clean and orderly. Valuables should be given to your parent or coach for safe keeping. All parents must knock before entering the dressing room as skaters could be changing.
9. Skaters must get up and move out of the way of oncoming skaters immediately after they fall unless they are unable to do so.
10. Disruptive, disorderly behaviour will not be tolerated. Situations will be dealt with by skater, parent, coach and or executive.

Didsbury Skating Club Ice Etiquette & Safety Guidelines

Skating is for the most part, an individual sport. Activities during many practice sessions are relatively unstructured. There are some basic guidelines that should be observed to maintain a safe and productive atmosphere.

Courtesy

It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful. Strive to avoid collisions!

Priority

Coaches have the right of way on the ice at all times. Sometimes they become so focussed on the skaters and tasks they are teaching and fail to move fast enough to get out of the way of oncoming skaters. Skaters who are already moving should have better manoeuvrability to go around coaches and students in lessons. Coaches will generally teach from the boards or in low traffic areas however it is not possible all of the time. Next, yield to soloists (the skater who's solo music is playing). Other skaters are expected to familiarize themselves with the music and basic routines of their peers. This gives an awareness of where the soloist is going so you can provide them with room to manoeuvre freely.

Predictability

Practice sessions have a certain rhythm to them. Skaters tend to do "expectable" or "predictable" movements. There are certain ways each spin or jump is approached – skaters learn this as they practice and learn new things. Be aware of this. Also, be aware of those around you and where they are travelling to. Try not to skate or behave in a way that would surprise other skaters. Check to see that the way is clear before entering the ice and be aware of clockwise jumpers.

Loitering

Please refrain from standing around and visiting on the ice – in the centre or at the boards. This wastes expensive ice and presents additional hazards for those productive skaters on the ice. Various skating tasks are skated in different places throughout the ice surface. When the session is constantly moving it is much easier to manoeuvre and avoid collisions.

Jumping & Spinning

Recognize that once you've started an element it will be hard for you to see those around you. Be sure your "expected space" is clear before you begin your set up. If it looks like you could cause a problem, abort the entry. Jumps should be performed at the ends of the ice and in each corner for lutz (10:00 & 4:00 angles). Spins should be performed in the centre of the ice between the two blue lines. Be aware of the dangers posed by exposed blades – like in spiral positions and camel spins.

Falls & Injuries

If you fall, try to fall loosely, keep your fingers away from your blades and protect your head. This will help to avoid injury. Be sure to get up quickly. Remember that it is more difficult to see someone down low on the ice. Don't stay there any longer than you have to. If you are hurt, call for help and have someone stand guard until help arrives. You should not be moved by anyone other than your coach or a qualified adult.

Test & Competition Tips

1. Know your event, your time and location. Scrambling at the last minute causes unnecessary stress.
2. Be sure to arrive a minimum of one hour prior to your event time. Events like these can run both ahead and behind schedule. We must be prepared for both. You don't want to miss your event.
3. Skates should be cleaned or polished – including laces. Double and triple check that you have both skates & guards and that they are indeed yours (trust us – it has happened before!).
4. Tights should be clean and without holes. Be sure underpants do not show through – tights tend to be fairly transparent.
5. A suitable skating dress should be worn for these events. Test and Element dresses should be nice but not overly sparkly or showy. Solo dresses generally have more sparkle and should match your music. Consult your coach before purchasing.
6. A fitted, matching warm up sweater and gloves are required.
7. Hair should be done in a tidy fashion and make up applied. The ice tends to wash you out so a little colour and bounce helps you to stand out a bit – “completing the package”.
8. Upon arrival, skaters should check in and find their appropriate dressing room.
9. Skaters should be dressed and ready to go (except skates on) thirty minutes prior to their event time. Skaters should remain in their dressing room area during this time so your coach can locate you easily.
10. Skaters can begin warm up tasks and focus exercises so they are ready when their coach arrives.
11. Skaters, friends & family members must display good manners and sportsmanship at these events.
12. It is always a good idea to pack extra things in case of emergency. Drinks get spilled, food gets dropped, dresses get ripped, laces break, screws come loose – always at the most inconvenient of times. Be sure you have extra laces, tights, dresses, sweaters, screws and a screw driver. This will help to alleviate extra and unnecessary stress at these already stressful events!
13. Your coach will make every attempt to be present at these events. If for some reason it is not possible, they will arrange for another coach to watch over you.
14. Remember to **SMILE** and **HAVE FUN!**

Parents

- Ensure that skaters arrive at the arena on time. If you are late, please notify the coach when you arrive.
- Whenever possible, please give your coach twenty four hours notice if your child will be absent (**STARSkate Only**). Failure to do so may result in billing for missed lessons.
- Watch your child. Don't use the rink as a babysitter. They need to know you are interested. Please sit in the bleachers – do not stand at the boards or in the penalty boxes.
- Be sure to provide plenty of encouragement to your child as this is the best way to help them learn.
- Remember, your children participate for the fun of the sport, enjoyment and satisfaction.
- Don't compete with your child's coach. Try to make your child understand the need for rules, discipline and regulations.
- Teach your children to respect others – including peers, executive members, parents, guest skaters and coaches.
- Learn about the sport. Learn enough to recognize the elements – to recognize when it has been done well or less well.
- Be a good sport. Every skater is someone's child and they all deserve to be treated fairly and with respect. Recognize other skaters graciously. Do not compare skaters – each will progress at their own speed and ability.
- Respect coaches, judges, officials and volunteers. Do not argue openly. If a question or concern arises, speak to your coach privately and you can find an answer or solution together through the proper channels.

✓ **Check It Out**

Additional information is available to you ours and the Skate Canada Websites:

www.didsburyfigureskating.com
www.skatecanada.ca
www.skateabnwtun.com

Please Volunteer

As in other non-profit organizations, the Didsbury Skating Club requires fund raising to help keep the registration fees as low as possible. Funds raised are used to offset the cost of ice rental,

which is the club's largest expense. All programs offered by the DSC are subsidized, and since all members benefit, it is expected that all will volunteer. Thanks to our volunteer base, we have the lowest program rates of any club in our area. Let's keep it that way!

Throughout the entire year, various volunteer/fund raising activities occur. Each project the club undertakes will have a volunteer obligation amount assigned. **Parents are required to work concession hours or forfeit their deposit.** The amount of concession hours depends on which program your skater is enrolled in. The club will work in a Casino setting when the club has the opportunity. Working a Casino is huge fundraiser for the club and the opportunity does not present itself very often. Please try to be committed to work the Casino fundraiser when it presents itself.

Executive Positions:

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| President | - The Presidents role is to act as a Chair of all Board of Directors and general meetings. |
| Vice President | - The Vice Presidents role is to fill duties of the President when requested or in his/her absence. |
| Treasurer | - The Treasurer is responsible for the safe control of all club funds, preparing and submitting budges and records to the Board. The Treasurer is also responsible for arranging an unaudited annual financial statement. |
| Secretary | - The Secretary deals with all correspondence subject to the approval of the President or his /her delegate. The Secretary is also responsible for issuing notices for meetings, taking minutes and submitting reports to the Section or Skate Canada as required by the Skate Canada Rules & Regulations. |
| Test Chair | - The role of the Test Chair is to request, organize and run test days hosted by the club. The Test Chair is also responsible for keeping and submitting records or results from tests days hosed or attended by the club. |
| Registrar | - The role of the registrar is promoting and developing membership in the club and for ensuring submission of club and member registrations to Skate Canada. The registrar also acts as ice Scheduler. |
| Program Rep | - The Program Rep is responsible for communicating information with regards to club activities or happenings between the Board of Directors and all individual program rep volunteers. The Program rep will assist in recruiting individual Program Reps. |
| Media | - The Media person is responsible for developing a monthly club newsletter as well as advertising club activities, test and competition results in local news papers. |
| Carnival Chair | - The Carnival Chair is responsible for overseeing the organization of an annual ice show. The Carnival Chair along with Program Reps will recruit for the various volunteer positions required in the production of this event. |

THANK YOU TO THE COACHES AND MANY VOLUNTEERS WHO RESEARCHED AND MADE THIS BOOKLET POSSIBLE.