



# Kamloops Skating Club

## Junior Academy Registration Package

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club and we are proud to offer their programs. Junior Academy has been designed as a bridge between CANSkate and StarSkate. It is designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. Junior Academy is an introductory program to the sport of figure skating. Skater's are required to be able to skate forwards with a high level of proficiency and backwards with some proficiency. Skaters should have been recommended from CanSkate or have auditioned with our coaches to register. It is a 45 minute 1-3 days a week program; for better skill progression we recommend skating at least twice a week. Skater's will receive 30 minutes of group instruction, and have 10-15 minutes of independent skating time to work on their skills. Skater's fees also include Dryland training on Friday's.

### SKATES, HELMETS AND ATTIRE

Skaters are expected to wear somewhat form fitting clothing, so the coach is able to see the skater's posture/position during skating. Skates should be true Figure Skates. Dolson's in Kamloops, Skater's Edge in Port Coquitlam and Blade Runner Skate Services in Vernon all have a variety of figure skate options. You may be able to find suitable used skates through Consignor Sports, Blade Runner Skate Services and the Kamloops Figure Skating Buy and Sell group on Facebook. Helmet requirements change at this level- it will become a conversation between, skaters, parents and coaches. **Look for our skate selection information package about selecting proper skates; choosing proper skates is essential.**

### JUNIOR ACADEMY EXPECTATIONS

All skaters whom need supervision should have a designated adult in attendance during skating. Once the child puts his or her foot on the ice, the coaches are responsible for your child's well being and will take excellent care of your child/children. However, off the ice they are responsible for themselves or the responsibility of the adult in attendance.. We encourage parents to watch their child's progress, as it will help you understand some of the nuances of figure skating. We do not allow parents on the ice for insurance reasons; except for our Christmas and year end family skate nights. If there is a time when you feel you would like to speak with a coach, please choose an off-ice moment.

### VOLUNTEER HOURS/FUNDRAISING

Our Club is a non-profit run by a volunteer board. We require our skaters and/or skater's parents to either fundraise a minimum amount, volunteer for a certain number of hours or volunteer for a specific tasks. If this is not feasible or you would rather not participate in this we do offer a buyout option. These details are in our volunteer package. This allows us to keep our prices down, as ice-time, coaches and other overhead are costly.

## PROGRAM FEE 2017/18:

### **Junior Academy**

- 45 min of ice time per lesson
- 30 min of group instruction per lesson
- 10-15 min of independent skating time
- Dryland training

Once a week/10 weeks	\$155
Twice a week/10 weeks	\$295
Once a week/20 weeks	\$295
Three times a week/10 weeks	\$410
Twice a week/20 weeks	\$580
Three a week/20 weeks	\$650

## MEMBERSHIP FEE (SKATE CANADA FEE):

All Kamloops Skating Club members pay a \$45 per year membership fee. Of this fee we pay Skate Canada \$38 to insure our skaters. This allows Skate Canada to operate, and to create programs like CanSkate. Skate Canada provides an affordable coach training program and gives clubs direction on the best ways to teach skaters of all levels to be their best.

## SKATE CARE

Skates should be sharpened, blades free of rust and nicks. To keep them this way we recommend keeping a towel or rag with the skates, drying them after every skate and sharpening when needed. Blade guards may be something you may want to look into to keep the integrity of the skate blades as pristine as possible and it helps teach proper skate care.

