



# 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 twice a week. Skater's will receive approx 35 minutes of group instruction, and have 10 minutes of independent skating time to work on their skills.

### 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 Service, and Thompson Okanagan Figure Skate Buy and sell/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. [Headband helmets](#) are available for those looking for an in-between option. **Look for our skate selection information package about selecting proper skates; choosing proper skates is essential.** <https://kamloopsskatingclub.com/register/equipment-information/>

### JUNIOR ACADEMY EXPECTATIONS

All children must either be self-sufficient or have a designated adult with them, that depending on current provincial health orders is either in attendance sitting on a designated 'X' OR in the parking lot waiting during skating. In times where parents are unable to be in the building (Via Sport Phase 2 vs. Via Sport Phase 3), we will have a signup genius for parents to volunteer week to week; one parent as a health check volunteer that take parents phone numbers to be in the building to call parents when or if they are needed. As well as, two parents to walk skaters from the ice to the door of the designated changeroom for skaters and back after they are done; if skaters need assistance that is not able to be provided in a distanced way, then the volunteers will call the parent into the building to help, and then parent will exit the building after assisting.

### VOLUNTEER HOURS/FUNDRAISING

Our Club is a non-profit run by a volunteer board. We ask that all our families take up any fundraising activity and volunteer when they can. We cannot run without your assistance, as we are a fully volunteer driven organization run by skating parents, this participation during COVID-19 this is more essential to our organization than ever.

## Junior Academy

- 45 min of ice time per lesson
- 35 min of group instruction per lesson
- 10 min of independent skating time
- Dryland training that is available under any COVID-19 restrictions

### MEMBERSHIP FEE (SKATE CANADA FEE):

All Kamloops Skating Club members pay a \$50 per year membership fee. Of this fee we pay Skate Canada \$43 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.

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