



Kamloops Skating Club

JuniorSTAR Skate Registration Package

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club. JuniorSTAR has been designed as the first step of the STARSkate program. It is designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. JuniorSTAR is for skaters who have progressed through Junior Academy and are making the transition to STARSkate. JuniorSTAR is designed to ease the transition to STARSkate, where skaters have more independent skill working time. JuniorSTAR's will have a total of 30 minutes of group lesson time, and 30 minutes of independent skating time. Skaters will be working on building their Star 1 skill set. It runs for an hour at same time as Junior Academy three times per week, there is a 15 minute overlap with the STARSkaters, to get the girls used to sharing the ice with the older and more experienced skaters. JuniorSTAR skaters will be able to be tested, compete and work towards competitions. Skater's can book private lessons during the 30 minutes of independent skating time. To book your lesson, please reach out to our Head Coach Heather Ansley heatheransley@shaw.ca and she will book you with one of our coaches.

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 tips on buying skates, to aid in selecting proper skates; choosing proper skates is essential.**

JUNIORSTAR 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 other 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 very reasonable 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. As well we encourage our Junior Star and Junior Academy to volunteer as program assistants with our CanSkaters and PreSchool skaters *at the coach's discretion* as to the age and maturity of the volunteer when they

are able to start being trained as a program assistant helper. As many skaters have before them creating this wonderful culture that allows our club to flourish and remain affordable.

PROGRAM FEE 2017/18:

JuniorSTAR

- 30 min of group lessons per session, total
- Private and/or Semi-private lessons can be booked
- Dryland training will be included in ice times
- Weekly Dance Classes

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

COMPETITION INFO:

Competitions afford skaters an opportunity to showcase their skills, be judged and rewarded for their efforts. There are costs associated with competitions; Coaches mileage, hotel and other costs will be split between all the skaters going to the events. A coaching fee will be charged per event the skater skates in; fees should be discussed in advance with your coach so expectations are clear. Registration information for upcoming events can be found at <http://www.skatinginbc.com/>.

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 are something at this level skaters should have to keep the integrity of the skate blades as pristine as possible and it also helps reinforce proper skate care.

