



Kamloops Skating Club

STARSkate Registration Package

Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club and we are proud to offer their programs. Star Skate is designed to give skaters a chance to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. It is designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. StarSkate in our club is for our StarSkate levels 3 and above. Our club offers group lessons at a scheduled time as part of every StarSkate session (except Friday a.m.) and private/semi-private lessons as well. We will be offering dryland training, a weekly dance class, quarterly group psychology seminars and drop in fitness class this year in addition to on ice training. Skaters will have the opportunity to take Skate Canada tests and compete in interclub and invitational competitions.

SKATES 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. Good Quality Figure Skates can be purchased at 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. Blade Runner and Skater's Edge can help you choose the appropriate level of skate needed for your current and projected future level of skating, they are both quite knowledgeable. **Look for our skater information package about selecting proper skates; choosing proper skates is essential.**

STARSSKATE EXPECTATIONS

All skaters whom need supervision off ice should have a designated adult in attendance during skating. 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. We are seeking former figure skaters and hockey players to volunteer as program assistants, if you are interested please email us. 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 or volunteer for a certain number of hours. 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. **We STRONGLY encourage our STARSkaters to be program assistants (PA).** In most skating clubs if you skate competitively you must do a minimum amount number of PA's per session. We have a proud history of having enough program assistants to not need to go to a mandatory model; we are hoping to keep it this way.

REGULAR SEASON ICE FEES 2017/18:

- Sold per child only; cannot combine hours to get discount
- Each Day (with the exception of Fridays) group lessons will be scheduled (check the schedule)
- Private and Semi-private lessons will be available, and **must** be pre-booked
- Dryland training
- Weekly 30 min Dance Class (Taught by Sista's Dance)
- Weekly Drop in Fitness Classes** (Only included in Full Package)
- Quarterly Sport Psychology Group Seminars
 - Private Sport Psychology Seminars can be booked as well.

Hours of Ice Time Per Week	Annual Fee for Ice time Regular Season Ice Only
1	\$325
1.5	\$480
***Full Package (May skate during all available STARSkate ice).	\$650

****Regular Season Ice only, must book private lessons in advance.****

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.



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