



Junior Academy

Learning the Fundamentals of Figure Skating

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

DRYLAND

Skaters are expected to participate in as many dryland classes that they are able to attend. Many skills are developed in dryland classes off ice.

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, and have good support.**

Club Closet: The club now has a club closet with quality figure rental skates, in a variety of sizes. The cost is \$25 to rent the skates, with a deposit of \$25. The deposit is returned upon return of the skates in good condition in the form of a club gift certificate. Donations of quality figure skates are accepted to the club closet.

True Figure Skate Retailers (Non-Recreational): [Blade Runner Skate Services](#) in Vernon, [Skater's Edge](#) in Port Coquitlam, [Cyclone Taylor](#) in Vancouver all have a variety of figure skate options in person and online. Through their websites: [Dolson's Source for Sports](#) and Sportchek have some suitable skate options. You may also be able to find suitable used skates through Consignor Sports, Blade Runner Skate Service, Facebook marketplace, Thompson Okanagan Figure Skate Buy and sell group and/or Kamloops Figure Skating Buy and Sell group on Facebook. If you are unsure if they would be recreational or true figure skates, please email kamloopsskateclub@gmail.com for assistance and we will help as best we can.

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 skaters must either be self-sufficient or have a designated adult with them in attendance. As when skaters leave the ice, they are out of the purview of the coaches and no longer supervised, as coaches must stay on the ice, to give lessons and supervise on ice behavior. Skater's must ask permission to leave the ice, once off the ice they are the responsibility of their parents. If parents wish to speak to coaches, they are asked to do so in an off-ice moment after skating has concluded. Skater's that are unable to meet the expectations of on-ice behaviour may be asked to leave the ice this is due to the nature of the busy ice and safety being of paramount importance of all our skaters. No disrespectful, abusive language will be tolerated. In the event it does occur it will result in action at the discretion of the club and coaches.

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 with the unprecedented rise in the costs of operations is key to keeping our rates low. As your skater progresses within the club, there is an expectation of increasing volunteer/fundraising support.

SKATE CANADA FEES:

All Kamloops Skating Club members pay a \$58.65 per year Skate Canada Fee, as a part of our membership fee, the remaining charge of \$1.35 covers the processing charges. This fee allows Skate Canada to operate, and to continue to develop programming 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, with a national syllabus.

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 help to keep the integrity of the skate blades as pristine as possible and it helps teach children proper skate care early and prevent accidents, like walking on concrete or similar damage. For more information about equipment please visit our equipment information page:

<https://kamloopsskatingclub.com/register/equipment-information/>



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