



SKATERS HANDBOOK

2020-2021

Rules & Regulations

Also included are:

Dates to Remember

Please read and retain this booklet for the
entire season



Table of Contents

Board of Directors - 3

Rules and Regulations - 4-5

 Cancellation of Membership - 4

 N.S.F. Cheques - 4

 Test Days - 4

 Guest Skating - 4

 Session Schedules - 4

 Music - 4

 Who is Qualified to be on the Ice / Inclement Weather / Fundraising - 4-5

 Carnival - 5

For Your Information - 5-6

 Volunteer Fee - 5

 Helmet Policy - 5

 Emergency Action Plan - 5-6

 Nevada - 6

 Website - 6

 Skate Canada Website - 6

 Bulletin Board - 6

 Township Ice - 6

Skating Tips - 6-7

 Choosing Boots and Blades - 6

 How the Boots should fit - 6

 Care of boots and Blades - 6

 How long should a sharpening last? - 7

 Skating Outfits & Helmets - 7

 Rules of Ice Courtesy - 7

Introduction to the Program Assistant (PA) - 7-8

 Development of the Program Assistant - 7

 Criteria for Program Assistant - 7

 Role of the Program Assistant - 7-8

 How are Program Assistants Trained? - 8

 Benefits of Becoming a Program Assistant - 8

Role of Pro Liaisons - 8

 Role of Pro Liaisons - 8

Group Programs-Minimum Standards - 8-9

 Canskate on-Ice Delivery - 8

 Star Skate on-Ice Delivery - 8

 Canpower Skate, Prepower - 9

 Adult Skate - 9

Choosing a Private Coach - 9-10

 How Do I Arrange for a Private Coach - 9

 Tips for Choosing a Private Coach - 9

 NDSC Professional Staff - 10

Dates to Remember - 10

 Club Events - 10

 Test Days/ Competition Dates -10

Norwich & District Skating Club

Board of Directors for 2020-2021

President: Alicia Nobbs
(519) 532-9084 lei_2001_sweety@hotmail.com

Past President: Lacey Hird
(519) 536-1135 lhird211@gmail.com

Vice President: Teresa VanWyk
(519) 533-2221 teresavanwyk6@hotmail.ca

Secretary: Theresa Bouman
(519) 532-4919 theresa@bergland.ca

Treasurer: Angela Simpson
(519) 788-3625 snasimpson@execulink.com

Directors
Karen Dropko karen.dropko@brant.ca
Meghan Eaton meghaneaton@hotmail.com
Kelly Godelie darrylkelly@live.ca
Tyler King tzacherking@gmail.com
Jennifer Koster asmum@hotmail.ca
Erin McAllister emcallister@live.ca
Linda Sayer linda_whales@yahoo.ca
Christina VanWyk spices@execulink.com

Coaches Rep.: Sarah Godelie sarahprovo7@gmail.com

Assessment Chair: Jennifer Koster asmum@hotmail.ca

Registration Chair: Erin McAllister emcallister@live.ca

Fundraising Chair: Teresa VanWyk teresavanwyk6@hotmail.com

Carnival Chair: Alicia Nobbs lei_2001_sweety@hotmail.com

Rules and Regulations

Cancellation of Membership

Returning skaters that cancel their membership 4 weeks after start date are entitled to a refund of one half their payments (minus \$25.00 Administrative fee and \$44.00 Skate Canada fee). After 4 weeks no refund allowed. If there is a medical reason for the cancellation of membership, this must go to the board. A medical certificate may be required. Any new skater can sign up for a two week trial and only pay \$44.00 Skate Canada Fee. If the skater wishes to continue full registration is required.

N.S.F. Cheques

A fee of \$25.00 will be charged and must be paid before your skater's next skating session. Failure to do so will result in your child not being able to skate until it is paid.

Assessment (Test) Days & Coach Assessed Tests

Test days usually take place two or three times in the skating season and are set by the Board of Directors. Test days are arranged for our skaters to be evaluated and/or judged by qualified individuals and the results are recorded with Skate Canada.

To organize a test day a fair amount of time and effort is required. Evaluators are contacted and arranged. Evaluators are volunteers and are only compensated for their mileage. Therefore, we try and make their visit enjoyable by providing a light meal, beverages and/or snacks. To offset these costs, we charge an \$8.00 administration fee from the skater trying a test.

If a skater is trying a test it will be discussed with skater and parent by the Freelance Coach and submitted to the Test Chair. The Test Chair will put together a test day schedule one week prior to test day. Please note if you're scheduled to test but do not show up, you're still responsible for the test fee.

The day of Test day, a skater is required to be present thirty minutes before their scheduled test begins. This is due to the schedule sometimes running ahead.

Any registered Norwich & District Skating Club Skater doing tests in another center *must* have a letter of permission signed by the test chairperson. All results are to be brought back to the test chairperson for our records.

Unpaid fees result in the skater not being in good standing and therefore, will not be eligible to take any further tests. There is a fair amount of paperwork required by Skate Canada prior to the test day, which then is sent to Skate Canada within 14 days of the test day. The test fees accompany this paperwork.

Test Fees are:

\$12.00 per Dance

\$12.00 per Free Skate part 1

\$12.00 per Free Skate part 2

\$12.00 per Skills test

\$12.00 per Artistic test

\$8.00 Administration fee (does not apply to coach assessed tests)

Skater's testing in Star 1-5 will be Coach assessed on the last Monday of the month. Star 5a dance (Willow) and Star 5 Freeski Program must be done at a formal test night as ice needs to be cleared. Prior to the last week coaches will email the test chair with the intention to test. Forms and money will be collected. Prior to month's end, evaluation forms need to be handed into the Test Chair so they can be submitted to Skate Canada.

Guest Skating

Rates for guest skating are \$30.00 per session (maximum 8 skates). Coach and dance partner fees are in addition to the club fees, see coaches for details. Guest skating fees can be paid to a Board Member or Coach on session.

Session Schedules

Skaters must skate the discipline that is scheduled for that session, unless they are being given a lesson.

Professional coaches may bring a student up one (1) session level for a lesson. The skater can only enter the ice for their lesson and must leave as soon as the lesson is completed. Skaters cannot be brought down a session level for a lesson unless the Board has approved in advance.

Music

The music person will be playing the music for solos and dances in rotation, so please follow the rules and have your solos played at the specified time. Your coach may ask once during your lesson to have it played also. Please abide by the rule.

Who is Qualified to be on the Ice?

Skaters, who are registered with the NDSC, Professional coaches, who are registered with Skate Canada and have a contract with the Norwich & District Skating Club, and Program assistants, who are registered with Skate Canada the Norwich & District Skating Club.

Parents are not allowed on the Ice for the following Reasons:

- Parents are not covered by the club insurance.
- Children will not go to the coaches if parents are there.
- Children will not be able to recognize, who the coaches are if parents are there.
- **THIS IS A NORWICH & DISTRICT SKATING CLUB RULE.**
- Sessions will get organized much quicker without parents on the ice.

Incllement Weather

For closures or cancellations families will be notified by email and on the Clubs Facebook group or call Alicia Nobbs at 519-532-9084 or Teresa VanWyk at 519-533-2221.

Fundraising

Fundraising is something we ask all families to participate in as skating registrations does not cover the total costs of ice and running the skating programs. We try to keep the costs of registration down and affordable for families, so their children can learn this great sport.

In order to accomplish this we need to fundraise throughout the season. With everyone participating in our fundraisers it helps everyone's fees stay down. We ask that you try each fundraiser and participate as much as you can, every order helps no matter the size. If we all work together we can raise enough to keep the club going for years to come. For further information, please contact our Fundraising Chair, Teresa VanWyk at 519-533-2221 or teresavanwyk6@hotmail.ca.

Carnival

The carnival is an annual event held at the end of the skating season. Planning of the show begins as soon as the previous show ends. The Norwich & District Skating Club's Carnival will provide an opportunity for your skater to showcase his/her accomplishments through the year in a carnival number with his/her peers. This year our carnival theme is New York New York and will be held on Saturday, March 27th, 2021. There are two performances: an afternoon show at 1:30pm and an evening show at 7pm.

What to expect:

You will be asked for measurements of your child. A costume committee member will ensure your child has a costume for their carnival number(s). However you:

- may be required to sew, alter or wash them. You may have to buy accessories such as a turtleneck or leotard to wear with them.
- Picture night is held in February (date to be determined)
- Carnival practices usually begin at least four (4) weeks prior to the show date. Due to the limited practice time it is essential that all skaters be in attendance for their practice times. (If possible we would like any skaters that skate once a week to skate twice). For sessions 1-3 skaters are only allowed to miss two (2) practices. Any missed practices after this, may result in the skater being pulled out of the number.
- Technical run through on Monday preceding the carnival.
- Full Dress Rehearsal Friday evening before the carnival
- In order for our carnival to run smoothly, **all families** are required to assist at one of the performances. This is in addition to your regular volunteer hours throughout the skating season. The opportunity to help includes assisting with set up, dressing room supervision, selling tickets at the door, selling 50/50 tickets, running of spot lights, clean up etc. There will be an opportunity to sign up for a job closer to the event. Sign up early to ensure a "job" to your liking!
- Parents (and siblings) of skaters are only required to buy a ticket to one of the performances even if they are attending both. You will be given a wristband to wear for both shows.
- Bring a change of clothes for the last performance as the costumes are to be handed in that night.
- More detailed information will follow as the carnival approaches.

FOR YOUR INFORMATION

Volunteer Fee

A volunteer fee is added to each family's registration fee, which can be earned back throughout the skating season. ***To earn this fee back, you must volunteer a minimum of 6 hours of your time*** through events such as working possible competitions, snack table, selling various items, parade floats, Christmas skate, chairing and/or assisting on committees. We prefer to have your talent and time to help with events that generate monies to help offset our expenses rather than taking more money from you for this purpose. A family with one child in Pre-CanSkate will work a minimum of 3 hours to earn their volunteer fee back. ****Skater's will not be allowed on the ice until the volunteer fee has been received by the Skating Club****

Helmet Policy for Pre-Can and CanSkate

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice.

This policy also applies to all other Skate Canada programs, therefore anyone who lacks good control/balance when skating forward, backward and has difficulty stopping as well as maneuvering around obstacles on the ice must wear a CSA approved hockey helmet. Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.

This policy is a minimum standard. Sections, at their discretion, may impose higher standard which all clubs and skating schools within the sections' boundaries must adopt and implement.

Helmet Use During a Competition or Test Day

A skater beyond a CanSkate Stage 5 level that chooses to wear a CSA approved hockey helmet during a competition or test day will not be subjected to any deductions in relation to the use of a CSA approved hockey helmet.

EMERGENCY ACTION PLAN

Our location is - 53 Stover St. S., Norwich, ON N0J 1P0

Phone number is - 519-863-3733

Emergency Contacts - Lacey Hird 519-536-1135 & Alicia Nobbs 519-532-9084

For Emergency Services PLEASE CALL 911

First Aid is located in the main entrance lobby outside of the rink doors. There is one in the **Maintenance Room and Snack Bar**. We also have one in the **Skating Club Storage Room**. AED is located by the sliding doors to the ice surface.

In case of **emergency** skaters will exit the ice and stay with their P.A. and go into the main lobby outside the arena doors to make sure all skaters are accounted for. Parents are to stand with skaters in the lobby. **Please have skaters remain in their groups**. One coach will go to the lobby with skaters and P.A.s and check bathrooms for any skaters. The other coach will check dressing rooms for any skaters and lead them to the lobby.

In case of **evacuation** skaters are to exit the ice with their P.A. and remain in their group and head outside to the parking lot. When heading outside parents are to go with the skaters but **PLEASE remain with group for safety and attendance purposes**. One coach will

go to the lobby to check washrooms for any skaters then go to the parking lot with skaters and the other coach will check dressing rooms for any skaters and lead them to the parking lot to join their groups.

Coaches, P.A.'s and STARSkaters please have skate guards at boards to quickly grab and take with you. No one is to enter the dressing rooms!

Nobody is to enter the ice until we have permission by the Arena Employees!

Nevada

We are currently looking for a location for our Nevada tickets. If you know of a local business willing to take our tickets, please contact our President.

Website

The Club's website is www.norwichskatingclub.ca. This is another source of information on upcoming dates & events, schedules and/or changes etc. This is also a place to view pictures taken at special events the club holds throughout the season. Also check the Township website at www.twp.norwich.on.ca. Also on the website is a copy of our Club Constitution, Skaters Handbook and Code of Conduct. Other information can be found on our Facebook group.

Skate Canada Website

www.skatecanada.ca

To sign on to the Skate Canada website click on members only and type in your child's Skate Canada number as the log in # (which is on the membership card you will be given), the password is your child's last name.

This site is a valuable source of information. A copy of the Skate Canada Rule book is located under the Technical & Programs section.

Bulletin Board

One of our information tools in the club is our bulletin board. It contains test day info, trips, shows in the area, schedules and other information we want our skaters and their parents to know about. **Please check and read on a regular basis.** Bulletin board is located between dressing rooms 2 & 3.

Township Ice

Township Ice has been provided in the past. Township Ice allows a skater to pay a certain amount for the season and can skate with other skaters from the township that have purchased this ice time. It is a great way to get extra ice time. For more information about this, ask the arena staff. To purchase ice time you must speak to Annette Carroll 519-863-3733. Dates, times and fees are subject to change as per the Norwich Township.

Skating Tips

Choosing Boots and Blades

- To properly perform basic figure skating moves the boots must provide firm support. The counter (the support around the heel) should be strong and extend well down towards the front of the boot.
- The heel should be pocketed to conform to the natural heel.
- Although all skaters require strong, well supported boots, a beginner's requirements are not the same as those of a competitive high level skater. Therefore, do not "over boot" a skater.
- All leather boots are the best choice, providing durability strength and "breathe-ability". These require separate screw-on blades. The combination is a "must" for proper figure skating.
- Ensure there is padding on the tongue.
- Blade choice should be dictated by the boots. As a rule of thumb, spend less on blades and more on boots.
- Keep the blades sharp, but do not sharpen just before a test or competition as they will react differently than during practice and this will affect the skater's performance, usually have two or three practice sessions after sharpening and before a test or competition.

How the Boots should Fit

- Place foot in an unlaced boot. Have skater force foot forward until toe(s) touch front. At this point tip of index finger should fit behind skater's heel at top of heel cup (up to ½").
- Lace boots snugly up to eye hooks, lace the boots looser through lace hooks. The lacing process should force heels into heel cups and draw toes back from front of boot.
- Skater should stand with weight of boot. Toes should lie flat and be able to move (wiggle). Width of foot (at ball) should be snug but flat and comfortable.
- When heel of boot is held snug to floor, the skater's heel when raised should have little or no movement upward.

How Blades should fit Boot

- The blade should not be more than ¼" less than the length of the boot (to heel).
- The front of the sole plate should be right to the front of the boot. This ensures that the toe rakes (picks) are located in front of the sole of the boot and that the blades balance point is well forward.
- Blades should be mounted to the boots by a competent figure skate sharpener/mounter.

Care of Boots and Blades

- Boots and blades should be dried after every use. Skate guards should not be left on the blades when the skates are not being worn.
- When not in use, boots should be allowed to dry in an open area (Not a locker or closed skate bag). This should stop premature deterioration of the leather.

How long should a Sharpening Last?

This is mainly a case of how sharp the skater wishes her/his skates to be. A rule of thumb which seems to satisfy most skaters is 25 to 30 hours of ice time or approximately every 3 to 4 weeks (depending of course on how many hours per week are skated). Other factors may have as much affect on how long a sharpening lasts as the number of hours of ice time. Consider the following:

- ❖ Always wipe your blades completely dry after skating
- ❖ Don't walk on any surface (carpet, tile) without your guards on.
- ❖ **NEVER** leave your skate guards on your skates for any length of time.
- ❖ Protect your blades from each other with a towel or covers when carried in your skate bag.
- ❖ Don't leave your skates in your bag overnight. They need time to dry out properly, since there is always moisture present in the skate bag. This practice is extremely hard on the boots as well.
- ❖ **NEVER** have your skates sharpened the day before a skater has a competition or takes a test. Skaters need a few sessions on sharp skates before these events.

Keep in mind that unprotected steel (skate blades) begin to oxidize (rust) a few hours of being exposed to moisture.

A Rusty Blade is a Dull Blade!!!!!!!

Skating Outfits

A pair of warm pants and a sweater is suitable for practices for boys. For a boy's skating pants, elastic is attached to the bottom of the pant leg and slipped under the boot.

Skating costumes for girls consist of a one-piece dress (body suit or gym leotard with a skirt attached) and tights, a separate dress and Lycra pants, or a skirt, Lycra pants and a sweater. Girls usually prefer to wear a skating dress or skirt and Lycra pants even for practices. Skaters may wear gloves or mitts for practices and warm-ups if the rink is cold. Long scarves and hats should not be worn on the ice as they can be dangerous. Long flared bell-bottom pants should not be worn as it can also be dangerous.

Canskate children may wear warm comfortable clothing that will not interfere with their skating. Example bulky snow suits do not allow for movement.

The use of Helmets is now mandatory for PreCanskate & Canskate Sessions - Stages 1 to 5. **Insure that the helmet is CSA approved hockey helmet. Bicycle helmets are not allowed. For more information please contact a board member, coach or see Skate Canada Website.**

Rules of Ice Courtesy

- ✓ Do give right of way to skater when their solo is on.
- X Do not free skate during dance or skills sessions unless in a private lesson.
- X Do not stand in the way of others at any time.
- X Do not bother the music person. Music may only be requested by Professional Coaches.
- ✓ Do give the skater taking a private lesson the right of way.
- ✓ Do leave the ice at the end of a session at once.
- ✓ Do realize that co-operating is the key to a happy and successful group.
- ✓ Do show respect to other skaters (regardless of their level of skating), coaches and Program Assistants.

Introduction to the Program Assistant

Development of the Program Assistant

- ❖ The Skate Canada CanSkate program was revised a few years ago
- ❖ Clubs and coaches have a need for volunteer skaters to assist on-ice and off-ice delivering the program. These volunteers are called Program Assistants (PA's).
- ❖ This is a voluntary program. Program Assistants will not be paid but will be recognized and rewarded in many other ways.

Criteria for Program Assistants for the Skating Season

To PA Canskate:

- ✓ Must be 11 years of age or older.
- ✓ Must have passed the Star 3 Skating test or have been a PA for one year as an assistant. Must be able to commit to a minimum of one day a week.
- ✓ Must be able to commit to participating in all training sessions and meetings throughout the season, which is approximately 1 to 2 times per season.
- ✓ Must be good communicators and demonstrators.
- ✓ Must be enthusiastic.
- ✓ Must be team players and good role models.
- ✓ Must be responsible and punctual.
- ✓ Must be patient.
- ✓ Must be prepared and organized.
- ✓ Must be able to lead groups, encourage skaters and offer praise.
- ✓ Must be able to keep skaters moving while having fun.

To PA Star Skate:

- ✓ Must have passed Star 5.
- ✓ Must be able to commit to a minimum of one day a week
- ✓ Must demonstrate all other criteria as mentioned in CanSkate

Role of the Program Assistant

- ✓ Assisting or leading warm-ups, group activities or cool-downs.
- ✓ Assisting with the set up of circuits and stations, and maintaining these throughout session.
- ✓ Leading circuits and rotations.
- ✓ Demonstrating proper execution of skating skills.
- ✓ Providing assistance to skaters who may have additional needs.

- ✓ Setting up Fast Track.
- ✓ Timing speed skills.
- ✓ Providing general assistance to the Skate Canada Coaches on the session.
- ✓ Providing encouragement and general feedback to skaters.
- ✓ Assisting with tracking of skill acquisition.
- ✓ Assist with handing out awards, incentives, etc.
- ✓ Ensure safety at all times.

Skate Canada Coaches are the primary teaching resource in a club. The role of the Program Assistant (PA's) is to assist the Skate Canada Coaches in the delivery of the program.

How are Program Assistants Trained?

They will be trained by the Club Professionals. The training is ongoing and takes place throughout the season.

Benefits of Becoming a Program Assistant

- Helping others.
- Learning more about figure skating, which can lead to a great understanding of one's own technique
- Developing leadership skills, something which can be useful on a resume later on
- Helping the sport grow.
- Recognition amongst peers.
- Development of a strong sense of responsibility and commitment

If you would like to become a Program Assistant or find out more information, please speak to one of the Club Professionals.

Role of Pro Liaisons

These individuals will attempt to settle "differences" between parents, professional coaches, program assistants and/or skaters. Examples of difficult concerns might include the following:

- Concerns regarding the use of the ice time during the specific group(s) in which your child(ren) skate such as activities, carnival practice or numbers, music etc.
- Suggestions or concerns regarding program assistants, professional coaches and/or other skaters.
- Other skating club related issues.

Every effort will be made to keep issues confidential. However, if the Pro Liaison is unable to resolve difficulties, the issue will be taken to the next Executive meeting for discussion and resolution.

Pro Liaisons will also help out with such things as handing out tickets, newsletter, other forms, fundraising and are expected to assist coaches with the bulletin board.

There is a Pro Liaison for each registered session. If you are not familiar with the person designated as the Pro Liaison for the session your child(ren) skate, please be sure to ask someone to identify this person for you.

Your Pro Liaison will try to be available on a regular basis during the time that each session skates and this will likely be the best time to discuss your concerns.

Group Programs- Minimum Standards

CanSkate On-Ice Delivery

- CanSkate is the only learn-to skate program offered by the club.
- All participants must be Skate Canada registered members
- Minimum 1 Skate Canada Coach teaching on the ice; Program assistants assist as required.
- Ensure 1:10 Coach/Program Assistant to skater ratio.
- Provide minimum 10 minute lesson to each group by Skate Canada Coach
- Ensure 90% continuous movement using circuits to ensure little standing around and no waiting to take turns to practice skills
- Operate all sessions with the following components: warm-up, lesson time, group activity and cool-down.
- Use entire ice surface at least for warm-up, group activity and cool-down components.
- Use circuits to teach and practice skills
- Use station rotations and session formats as per similar to the recommended formats.
- Incorporate the Fast Track and Fun Zone.
- Use age-appropriate music for entire session.
- Use teaching aids, props and station identification signage.
- Use CanSkate awards and incentives; may use additional incentives such as stickers, stamps, etc.
- Award CanSkate ribbons and badges no more than one week following the mastering of the skills for each level.

Star Skate On-Ice Delivery

- Minimum 1 Skate Canada Coach teaching on the ice (may be assisted by experienced/trained Program assistants).
- Provide stroking, free skating, skating skills and dance instruction (synchronized skating is optional) on a regular basis
- Skaters are encouraged to choose group lessons, private lessons or both formats to enhance their skill development
- 90% continuous movement-limited waiting to take turns to practice skills
- Use entire ice surface throughout session to promote speed
- Evidence of sufficient progress of skaters from one level to the next (skaters should not be held back).
- Use circuits and stations to teach and practice skills.
- Use variety of age-appropriate activities and teaching methods.
- Use age-appropriate music, and teaching aids
- Use Skate Canada Test Program awards and incentives (eg. Test Program badges, badge chart, Test program Stickers, tattoos, incentive certificates, may Skating Journal etc.) or other incentives such as stickers, stamps etc.
- Award Skate Canada Test Program badges the same day the skills are mastered
- Issue standard on-ice safety rules to skaters.

CanPower Skate

- CanPower Skate is an instructional program that teaches skating skills and techniques to hockey and ringette players in a progressive format that emphasizes how these skills apply to game situations
- The program includes conditioning and power skating drills that are designed to reinforce the skills taught and to improve anaerobic and aerobic capabilities

CanPowerSkate is adaptable to skaters of all ages and ability levels; however, it is recommended for skaters who can skate forward the length of the ice using alternate strides skate backwards the width of ice using alternate strides and stop on command without using the boards.

- The CanPowerSkate program was designed to help skaters develop balance, power, and endurance
- The CanPowerSkate program is divided into six(6) levels, with an additional Pre-Power level for younger skaters (approximately 4-6 years of age) who wish to learn early skating basics in a power skating specific environment
- The skill award program provides incentives
- Skaters wear full hockey equipment with the stick

Pre-Power

- Pre-Power is an introductory program geared to children approximately 4-6 years of age and designed to teach basic skating skills and technique in a power skating specific environment.
- Its progressive format is presented in three sequential levels A, B, C and runs concurrently with CanSkate.
- The focus is on the basic fundamentals including balance skills, forward and backward skating, stopping, turning, and agility skills.
- Pre-Power is recommended for skaters, who can stand up and move forward it is a stepping stone for the CanPowerSkate Program.
- The skaters wear full hockey equipment and use the stick

Adult Skate

- Adult Skate is a program focusing on Fun & Fitness in a safe and structural environment
- The program teaches basic skating skills in a progressive format and challenges the participants in learning new skills in various skating disciplines according to the group dynamics and their interest
- The program provides opportunity to participate in Skate Canada's nationally standardized testing system.
- Participants receive a half hour of instructional time with a certified Skate Canada Coach.

Choosing a Private Coach

How do I arrange for Private Lessons?

The Norwich & District Skating Club has retained a high caliber of dedicated professionals, who in addition to club work offer private lessons. The club does not participate in your selection of a professional for your skater. Private lessons are arranged between the Pro and the skater's parent(s) or guardian. It is the responsibility of the parent(s) to pay for these lessons to the private coach.

Tips for Consideration When Choosing a Private Coach

Talk to the Coaches! You are making a decision for your skater's needs. Therefore, take the time to introduce yourself, advise them that you are considering private lessons and inquire as to whether the coach is accepting students. Talk to skating parents for added information if desired.

- ♥ Watch the coaches. Check out how they conduct themselves and how they interact with the other skaters.
- ♥ Are they qualified? The club should have a resume of each coach on staff of under contract and can be available for the asking. Inquire about the Coach's successes and achievements in their own skating career. Inquire about their years of coaching experience.
- ♥ Fees for service vary, so feel free to ask the coach what they charge. Every coach should provide a summary of their fees. Music, Test days and Competitions are just a few examples of services that a coach will charge for.
- ♥ For younger skaters, you may wish to ask whether the coach is taking on small group lessons.
- ♥ Coaches have the opportunity to attend workshops and courses to update their knowledge. If they are away, who will teach your child?
- ♥ Inquire if the Coach involves the parents in planning process for the development of their skaters? When and how would it be appropriate to discuss your child's development and progress during the year? Does the coach change their teaching style to accommodate different learning styles?

Remember It's Your Decision

Parents SHOULD expect their children's coaches to:

- ✓ Be safety conscious
- ✓ Be properly trained in the art of coaching
- ✓ Make the sport enjoyable for their children
- ✓ Teach each child as an individual

Parents SHOULD NOT expect their children's coaches to:

- X Be babysitters
- X Push children unreasonably
- X Make a star athlete out of their child, unless the child is exceptionally talented
- X Force a noncompetitive child into competitive

Norwich & District Skating Club Professional Staff
For the 2020/2021 Skating Season

- o Sarah Godelie - sarahprovo7@gmail.com (519) 494-5485 Club Professional & Freelance Coach
- o Carrie Butterworth - carriebutterworth1986@gmail.com Club Professional & Freelance Coach
- o Carissa Barker - carissabarker_93@outlook.com (519) 875-4535 Club Professional & Freelance Coach
- o Michele Jarvis - jarvisg@sympatico.ca Freelance Coach
- o Melissa Mabee - melissamabee@yahoo.com Club Professional

Dates to Remember

Skating Starts:

Monday, September 14th, 2020 for Sessions 1, 2 & 3
Monday, September 29th, 2020 for Pre-Canskate & Canskate

Family Christmas Skate:

Wednesday, December 16th, 2020
All Skaters and their families are welcome to skate between 4:30 - 6:00pm

Carnival: Saturday, March 27th, 2021

Show Times: 1:30pm and 7:00pm

Last Day of Skating: Saturday, March 27th, 2021

Annual General Meeting & Skating Banquet:

Monday, April 5th, 2021 @ 5:30pm
Auditorium at the Norwich Community Centre
Potluck Dinner - 5:30pm Awards - 6:00pm AGM - 7:00pm
(activities will be provided for the children during the meeting)

***** **CLUB ASSESSMENT DAYS** *****

Dates TBA

***** **COMPETITION DATES** *****

Star 1-4 Series - Norwich & District Skating Club - January 29-31, 2021

Please refer to Skate Ontario Website for detailed list of Event Schedule <http://www.skateontario.org/events/>

or inquire with your coach regarding which competitions your skater
is eligible to compete