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# Skaters Handbook

## For The



**CANSKATE**

# Program



**SKATECANADA**



## **Skate Canada**

**Skate Canada** is the governing body of figure skating in Canada. The CanSkate, STARSkate, CanPowerSkate and CompetitiveSkate are all registered programs of *Skate Canada*.

For the purposes of governance and organizing test days and competitions, Canada is divided into 13 sections. Each section is subdivided into several regions. Fort Frances is a part of the Sunset Country Region in the Northern Ontario Section. Competitions and Test Days are held at the regional, sectional, multi-sectional and national levels.

For more information please go to [www.skatecanada.ca](http://www.skatecanada.ca). Using yours or your skater's membership number you can access a wealth of knowledge about figure skating in Canada.

## **Border Skating Club & Canskate**

**CanSkate** – This is the learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn badges as skills are mastered. Skaters are taught in a group lesson format by a NCCP certified professional coach, assisted by trained Program Assistants.

***Benefits of Participating in the CanSkate program are:***

badges

stickers

tattoos

colouring sheets

parent information sheets

progress updates and report cards

special CanSkate events and club functions

BMO CanSkater of the Year award program

opportunity to be talent-scouted

opportunity to participate in a positive healthy lifestyle activity

**\*\*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.\*\***

Skaters in the CanSkate program are divided into three groups, which are CanSkate A, B and C.

**CanSkate A** is the entry-level group. **CanSkate B** is for skaters who have developed basic skating skills and who can skate forward well. Instruction in CanSkate A and B is given during a 45-minute session twice a week. Skaters are divided into groups of a maximum of 10 skaters (usually 6-8). They receive instruction from a Certified Skate Canada Coach with the assistance of skaters in the STARSkate program. These skaters are referred to as Professional Assistants or PA's.

Skaters who have completed level 4 or higher (or at the discretion of the Professional Coach), will move to **Canskate C** at the beginning of the following year. This group is given a 1¼-hour lesson twice a week. They spend more time with the Professional Coach, but still have the assistance of the PA's.

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

**The names of the STAGE badges are:**

Stage 1 - Balance

Stage 2 - Glide Forward

Stage 3 - Glide Backward

Stage 4 - Edges

Stage 5 - Power

Stage 6 - Speed

Stage 7 (optional) - Pre-Preliminary



**The names of the FUNDAMENTAL MOVEMENT badges are:**

Go Forward

Go Backward

Stop

Turn

Spin

Jump

CanSkaters are evaluated on a daily basis in this program. When a skater has completed all of the requirements for a level they will be awarded a badge. The badges are usually given out at the next lesson. Each skater will receive a report card at the Christmas break and at the end of the season. If coaches feel that a skater is ready for Junior Group, they will recommend and discuss this with the parent. Any cost difference that is incurred by moving to a higher group will be prorated to reflect the amount of time remaining in the season.

## ***The Next Step: Junior Group and STARSkate***

**Junior Group** is a transitional program designed by the Border Skating Club to bridge the gap between CanSkate and STARSkate. Essentially skaters in the Junior Group will be finishing some areas of CanSkate 6 and 7 and starting to work on the requirements of the STARSkate tests.

The Junior Group is taught at the same time as the CanSkate C program through group lessons.

Private lessons are also recommended at this level, especially if the skater wishes to try STARSkate tests or participate in competitions.

**STARSkate**, previously called the CFSA test program, offers opportunities for skaters to develop basic figure skating skills in four different areas. Skating skills are taught in-group and private lesson format in four different areas: Dance, Skills, Free Skating and Interpretive Skating. Dance, Skills and Free Skate are divided into the following six levels: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold. Interpretive Skating has Introductory, Bronze, Silver and Gold levels. Skaters move from one level to the next by passing standardized tests evaluated by a Skate Canada Judge. A skater's base coach decides when he or she is ready to be tested.

### **Private Lessons**

As skaters progress through the CanSkate and Junior Group they may wish to have extra coaching. This is done in the form of private lessons. Ice is available on Tuesdays and Thursdays for CanSkate and Junior Group private lessons. Private lessons are by no means essential at this level, but if a skater wishes to pursue figure skating more seriously or participate in competitions, they are recommended. Private lessons can be arranged by contacting any of the professional coaching staff.

## **Rules and Guidelines**

### ***Off Ice***

- Skate guards should be worn in all off-ice areas.
- Defacing the club or arena property is prohibited and may result in loss of skating privileges.
- In the dressing room unacceptable behaviour and abuse of other people's property will not be tolerated.
- The curtained off area may be used for clothing changes.
- MEN are not allowed in the change room at any time. If you need to tie your child's skates you must use a different dressing room.
- The dressing rooms must be kept tidy and all items are to be picked up off the floor.
- Report damaged property and/or equipment to the club or arena office.
- Skater's registration fees and lessons must be paid in full in accordance with club policies before trying tests or participating in the Ice Show.

### ***On Ice***

- All skaters are to stay off the ice until the zamboni has left the ice surface, the doors are closed and a coach is present.
- Only persons wearing skates are allowed on the ice.
- Parents of new CanSkaters will be permitted on the ice with their child for the first few sessions only. Skates are required.
- Helmets are mandatory for ALL skaters on Stages 1– 5.  
*CSA approved HOCKEY HELMETS ONLY*
- Proper skating attire is required. Hats that impair skater's vision are not acceptable.
- No food, gum or loose change may be taken on this ice. Beverages in plastic containers are permitted.
- Only coaches engaged under contract with BSC or with specific permission may give lessons.

### ***Ice Priority***

The skater whose music is playing has the right of way.

The skater who is in a lesson or the jump harness.

All other skaters.

### ***Refund Policy***

-New CanSkater who won't go on ice: Refund will be program fee minus late fee, if applicable, minus Skating Association fees and fundraising fees.

-If withdrawing for any reason within the first four sessions: Refund will be program fee minus late fee, if applicable, minus Skating Association fees and fundraising fees.

-Illness or injury such that a skater cannot continue skating for the remainder of the season. A doctor's note is required. Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.

-If moving more than 25 miles away: Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.

### ***Grievance Procedure***

There may be times throughout the season that you feel there are issues that should be addressed. If this occurs we do have a Grievance form which must be completed and given to the club President, so the issue can be dealt with in a timely and appropriate manner. Grievance forms can be found in the Senior Skaters' dressing room or attached to our bulletin board outside the IFK ice entrance.

# **Ice Etiquette and Safety Guidelines**

## **\*\*FOR THOSE IN PRIVATE LESSONS\*\***

Figure Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

### ***Courtesy***

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

### ***"On Program" and "In Lesson" Get Priority***

The skater who is "on program" (who's music is playing) has the right of way at all time, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their coach. Always yield to these skaters as well.

### ***Lutz Corners***

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

### ***Dangerous Singles Moves***

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

### ***Watch out for Pairs Skaters***

If there are pairs skaters at the rink, practicing on the same session as you, be aware that two skaters moving together take up more room than one and generally can't react as nimbly or quickly as a single skater. If they are doing lifts, be aware that once a lift is Started, the skaters are pretty much committed to their "path", and that getting into that path can be dangerous for both you and them.



## ***Falls and Injuries***

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades and learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and maybe injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

## ***Predictability***

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable).

If you're an "other way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions quite often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly.

Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

## ***Don't Stand Around***

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

**Please be aware of what is going on around you!**

## ***Ice Show***

This is a fun event, which all skaters love to be a part of. The show is made up of group, feature, and solo routines. It is essential that all parents volunteer to ensure that the Ice Show can take place. All outstanding balances owed to the club or the coaches must be paid before a skater can participate in the Ice Show.

The following criteria will be used by the Coaches when determining the Groups, Solos, and Features for the Ice Show:

***CanSkate A and B:*** Line Numbers: Coaches may vary groups from the regular season to suit the number of skaters, theme, music, etc.

***CanSkate C / Junior Group:*** May be grouped together or have separated line numbers depending on the number of skaters.

***Junior Syncro:*** Will have a line number if the program is offered during the regular season.

*\*\*These are only guidelines, as there may be special circumstances or certain variations, which may need to be made from year to year depending on the number and level of the skaters participating in the Ice Show*

***All changes will be discussed by the board of directors prior to the Ice Show\*\****

## **BSC Professional Coaches**

Penny McComb	274-3836
Nicole Katona-Campbell	274-1328
Gerry-Lynn Cousineau	274-7067
Marie-Josée Potvin	274-9333
Sarah McComb	276-3120
Alexa Buttner	275-7593
Ashley Benoit	270-7777

## **BSC Board Members**

President	Caroline Spencer
Past President	Lorena Jenks
Vice-President	Lynne Avis
Treasurer/Accountant	Margie Caul
Secretary	Linda Keeler
Test Chair	Anne Renaud
Public Relations	Amanda Levesque
Music Chair	Amy Wilson-Hands
Fundraising	Shauna Hammond
Registration	Lisette Wilson
Senior Parent Rep	Mary Croswell
CanSkate C & Junior Group Parent Rep	Alexis Norris
CanSkate B Parent Rep	Barb Eldridge
Canskate A Parent Rep	Karen Peltomaki
Coaching Rep & Ice Scheduling	Nicole Katona-Campbell
IceShow Convener	Mindy Eldridge
Director	Marna Martin

***\*\*All Board meetings are held in the IFK conference room at the Memorial Sportsplex Arena on the 3<sup>rd</sup> Wednesday of every month @ 7:00pm. All parents are always welcome to attend. If interested in volunteering as a Board member or in any capacity, please contact Caroline Spencer at 274-6203.***



## **PARENT CODE OF CONDUCT**

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.
- Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.