

2017– 2018 Season



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www.hazelridgeskatingclub.ca



Dear PreCan and CanSkate Parents,

Welcome to the 2017-2018 skating season! My name is Leigh Handoga and I will be returning this year as Head Coach of the CanSkate program accompanied by Taylor Hopkins. I have been assisting in CanSkate for the past 9 years, as well as I have been figure skating for the past 16 years. This will be my second official year of coaching CanSkate as well as assisting in GroupStar. I love working and getting to know the new skaters and seeing them flourish throughout the year.

CanSkate is all about movement, keeping the kids of all ages challenged and motivated and, of course, having fun! We will be running the latest program created by Skate Canada. We will have two professional skating coaches as well as many trained Program Assistants on the ice to teach, guide and assist the kids. Groups will rotate around the ice to different circuits, each having their own new set of skills for the kids to learn and challenges they can tackle at their own pace with assistance and guidance.

Each session is made up of a warm up, lesson time, a group activity and a cool down. Skaters will learn new skills throughout the year and progress in the three Fundamental Areas of skating. These areas are:

- Balance: concentrating on most forward skills, pushing technique and edges
- Control: concentrating on most backwards skills, stopping and speed elements
- Agility: concentrating on most turning and jumping skills

There are six stages of CanSkate that each have increasingly more difficult skills in all three of the fundamental areas. Skaters will earn ribbons when they achieve all the skills in a fundamental area for a stage and earn stage badges when they earn all three ribbons of that stage.

All skaters registered for a CanSkate session are required to wear CSA approved helmets unless otherwise allowed by the coach. (No bike helmets!)

Please note that the first few sessions of CanSkate may look a bit chaotic as we find the right group for your child but rest assured it will get smoother!

I am looking forward to another fun and exciting year! Do not hesitate to come to me if you have any questions or concerns regarding the program or your child. I will be at the arena during PreCan/CanSkate and you can always email me at leigh.handoga@hotmail.com or call or text me at 204-805-5034.

Sincerely,

Leigh Handoga

PreCan & CanSkate Head Coach for HSC

HAZELRIDGE SKATING CLUB

PROGRAM FEES & SCHEDULE – 2017/18

Fundraising Commitment: A \$75 per family fundraising fee is required in addition to the Program Cost for Learn to Skate & Figure Skating programs.

LEARN TO SKATE

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages, focused on fun, participation and basic skill development.

Come & Try CanSkate/Pre-CanSkate – Sept 17, 2017 12:00 – 12:45 pm

Session: Sept 29 – Mar 18 (20 weeks)

No CanSkate/Pre-CanSkate Nov 17-19, Dec 22-31, Mar 2-4

CANSKATE ... ages 5 and up

Two 60-minute sessions per week for 20 weeks
Fridays 6:45 – 7:45 pm, Sundays 1:00 – 2:00 pm

Program Cost*:

Friday & Sunday (2 days per week) \$385

Friday or Sunday (1 day per week) \$245

Pre-CANSKATE ... preschool (age 2-5)

Two 30-minute sessions per week for 20 weeks
Fridays 6:15 – 6:45 pm, Sundays 12:30 – 1:00 pm

Program Cost*:

Friday & Sunday (2 days per week) \$335

Friday or Sunday (1 day per week) \$220

FIGURE SKATING

StarSkate focuses on the development of figure skating and ice dance skills.

Come & Try StarSkate – new format – Sept 17, 2017 10:30 – 11:45 am

Tuesday (26 weeks)

Session:

Sept 19 – Mar 20

No Star on Dec 26

Schedule:

Off-Ice 6:30 – 7:00 pm

Group Lessons 7:15 – 8:15 pm

Practice/Private 8:15 – 9:15 pm

Program Costs*:

Tues Group (a) \$445

Tues Full (c) \$700

Saturday (22 weeks)

Session:

Sept 23 – Mar 10

No Star on Nov 18, Feb 3, Mar 3

Schedule:

Practice/Private 7:45 – 9:45 am

Group Lessons 8:45 – 9:45 am

Off-Ice 10:00 – 10:30 am

Program Costs*:

Sat Group (a) \$375

Sat Full (c) \$595

Sat Practice/Private (d) \$495

Sunday (22 weeks)

Session:

Sept 24 – Mar 18

No Star on Nov 19, Dec 24,
Dec 31, Mar 4

Schedule:

Practice/Private 9:45-11:00 am

Group Lessons

11:00 am – 12:00 pm

Practice/Private 12:00-12:15 pm

Program Costs*:

Sun Group (b) \$360

Sun Full (e) \$695

StarSkate programs include the following:

- (a) Tues/Sat Group: 30 min off-ice, 60 min group lessons, 15 min uncoached practice, Skate Can fee
- (b) Sun Group: 60 min group lessons, 15 min uncoached practice & Skate Can fee
- (c) Tues/Sat Full: 30 min off-ice, 60 min group lessons, 60 min practice, Skate Can fee
- (d) Sat Practice/Private: 120 min practice ice, 30 min off-ice & Skate Can fee
- (e) Sun Full: 60 min group lessons, 90 min practice ice & Skate Can fee

StarSkate Program costs include ice fees, coach mileage for regularly scheduled coaches, and coaching fees for group lessons. Program costs do not include private coaching fees. Private lessons must be arranged directly with a coach who is authorized by the Club – please confirm coaching availability before registering. For more information, please contact a member of the Executive.

Please Note: Club & visiting STAR skaters are welcome to attend during Practice/Private ice times on skating on days other than what they have registered for, but casual ice fees will apply.

HAZELRIDGE SKATING CLUB

PROGRAM FEES & SCHEDULE – 2017/18

POWER SKATING

CanPowerSkate focuses on strengthening the skater's balance, power, agility, speed and endurance – the skills required for success in hockey and ringette.

Skaters are required to wear full hockey or ringette equipment.

Come & Try CanPowerSkate/Skill Assessment – Sept 26, 2017

Ages 5-7 5:30 – 6:15 pm Ages 8 & up 6:15 – 7:00 pm

Fall Session: Oct 3 – Dec 12 (10 weeks) – no Power Skating classes Oct 31

Winter Session: Jan 9 – Mar 13 (10 weeks)

Program Cost: \$210 per 10 week session (45 minute lessons)

Power skating class placement is subject to skill assessment by the coach.

Pre-requisite skill level - before registering for Power 1, skaters must be able to skate forward, gliding on alternate feet around the perimeter of the rink without assistance, and must be able to stop.

CanPOWER 1 ... Tues 5:30 – 6:15 pm

For skaters who are new to Power and returning skaters who have not yet achieved Power 1 Gold. New skaters will be assessed for class placement.

CanPOWER 2 and UP... Tues 6:15 – 7:00 pm

For returning skaters who have previously achieved Power 1 Gold, or have been assessed by the coach and promoted to Power 2.

SYNCHRONIZED SKATING

Synchro involves groups of skaters performing team maneuvers in sync, such as circles, blocks, lines, wheels and intersections in unison to music.

Come & Try Synchro – Sept 17, 2017

Age 11 & under 1:00 – 1:45 pm Age 12 & up incl adults 2:00 – 3:00 pm

YOUTH SYNCHRO

Session: Sept 24 – Mar 11 (20 weeks)

No practice Nov 19, Dec 24-31, Feb 11, Mar 4

Synchro 1 (40 min per week)

Sundays 2:15 – 2:55 pm

Program cost \$320 (does NOT incl Skate Can fee)

Synchro 2 (60 min per week)

Sundays on-ice 2:45 – 3:45 pm

Fridays off-ice 5:00 – 6:00 pm alt weeks beg Oct 6

Program cost \$360 (does NOT incl Skate Can fee)

Synchro 3 (70 min per week)

Sundays on-ice 3:35 – 4:45 pm

Fridays off-ice 5:00 – 6:00 pm alt weeks

Program cost \$360 (does NOT incl Skate Can fee)

ADULT SYNCHRO

Session: Sept 22 – Mar 9 (22 weeks)

No practice Oct 13, Nov 17, Dec 29

Adult Synchro 1 (75 min per week)

Fridays 8:00 – 9:15 pm

Program cost \$395 (incl Skate Can fee)

Adult Synchro 2 (75 min per week)

Fridays 8:45 – 10:00 pm

Program cost \$395 (incl Skate Can fee)

Youth skaters registering for Synchro who are not registered for CANSkate or STARSkate at any club will be charged the Skate Canada fee of \$35.70 in addition to the above program cost.

Every skater must be registered with Skate Canada, and all program fees except youth synchro include a \$35.70 Skate Canada registration & insurance fee. Skaters registering for multiple programs will be refunded the \$35.70 Skate Canada fee portion of the second & each subsequent program fee. Skaters volunteering as on-ice Program Assistants, Club Executive and skaters already registered through another home club will also be refunded the Skate Canada fee portion of their first program cost.

CANCELLATIONS:

No Adult Synchro Oct 13; No Power Oct 31; No CanSkate/Pre-Can Dec 22 or Mar 2

All Skating programs are cancelled on: Nov 17-19, Dec 24-29, Dec 31, Feb 3, Mar 3-4 & Mar 17

HAZELRIDGE SKATING CLUB MEMBER HANDBOOK

This handbook provides information for both returning and new members. Please feel free to ask any member of the executive for clarification of anything in this booklet or about the skating programs. Information may also be found on the Hazelridge Skating Club website www.hazelridgeskatingclub.ca

- HSC Membership** – The Hazelridge Skating Club (HSC) is operated by parent volunteers on a non-profit basis and is a member of Skate Canada. As a Skate Canada member, we are obligated to operate our programs by their rules and to contribute to the Manitoba Section and Eastman Region organization and administration of the programs. Information on Skate Canada, their service and policies may be obtained by calling 1-888-747-2372 or on-line at www.skatecanada.ca.

Executive – An Executive is elected at the HSC Annual meeting each spring to organize and manage the club's affairs for the upcoming year. Members are elected to the Executive for two-year terms. If you are willing to consider serving on the Executive next year, please contact any one of the current Executive to discuss what interests you!

HAZELRIDGE SKATING CLUB EXECUTIVE 2017- 2018

Title	Name	E-mail
President	Amanda Oliver	amandahazelridgeskate@gmail.com
Vice - President	Kristjana Kosheluk	bkkosheluk@yahoo.ca
Treasurer	vacant	
Secretary	Sharon Klos	sandmklos@gmail.com
Registrar	Michelle Hooper	hazelridge.skating@gmail.com
Fundraising / Public Relations	Lindsay Folmes	lfolmes@gmail.com
Coaching Rep.	TBA	
Hospitality, Grants and Awards	Kim Day	Kim_day112@hotmail.com
CanSkate Rep / Ice Show Chair	Vacant	
Power Skate Rep.	Chad Sutherland	
Synchro Rep.	Stacey Walterson & Julie Nagam	
Test Chair / STAR Skate Rep	Connie Marques	cmsa@mts.net

- Executive Meetings** – Hazelridge Skating Club Executive meetings will be held once a month.

Parent meetings- In addition, parent information sessions will be monthly during the CanSkate time slot, alternating between Fridays and Sundays, to keep all members updated with important information and current events.

- Cancellations** – Occasionally through the season, skating will be cancelled due to hockey tournaments or other events. Known cancellation dates are identified on the inside cover page, and considered when the start and end dates for the season are set. Cancellation reminders will be sent out by e-mail. In the event that skating classes must be cancelled due to inclement weather, families will be notified by e-mail as early as possible. Unfortunately, we cannot make-up classes for unplanned cancellation, due to unavailability of ice times.
- Volunteer Commitment** – Families are required to fulfill the following volunteer commitments:
 - Canteen shifts: Each family will be required to fulfill two 4-hour canteen shifts. The quantity of canteen shifts is determined by the Hazelridge Sports Complex. Each family is required to provide a \$150 canteen bond as surety that they will cover their shifts. Families will have an opportunity to select their shift at the

time of registration. The bond cheque will be cashed by the Complex if a worker does not show up to work for a family's shift.

- Event participation: The annual Ice Show in March. As a significant volunteer effort is required for this event, each family will be required to sign-up for at least two event-related jobs. Families will be asked to identify the job they will assist with at time of registration.
- Parent volunteers from both Pre-CanSkate and CanSkate are required to stand at the boards and assist the coach as needed during the Pre CanSkate and CanSkate sessions. Some of the duties for these volunteers will include assisting children during the lesson to re-tie skates, and handing out skating badges to children who have earned them. A child abuse registry check is required for parents serving in this capacity. Please contact a member of the Executive if you are able to assist in this capacity. Parents serving in this capacity will be granted an exemption from event volunteer participation.

5. **Fundraising** – We rely completely on funding from our members, as no on-going support is provided by municipal or provincial bodies. In order to keep our program fees as low as possible, Skating Club members are required to participate in fundraising. This commitment is over and above any fundraising required by the Hazelridge Sports Complex. A \$75 fundraising commitment per family will be charged at the beginning of the season. Families who have generated fundraising profits for the club will receive a refund based on a percentage of profits earned, to a maximum refund of \$50. Fundraising refund cheques will be distributed at the Annual General Meeting which occurs in early Spring.
6. **Ice Show** – In March, the skaters and their coaches will perform in the Club's Ice Show. Costumes for the skaters are prepared by the parents in consultation with other parents in their child's skating group. Executive members and our coaching staff are also available to consult with parents on costume preparation. A dress rehearsal will be held in February. A professional photographer will be at the dress rehearsal to take individual and group photos. **We are looking for a parent(s) to volunteer as the Chair/Co-chair of the Ice Show for March to lead/coordinate all activities/volunteers and ensure another successful Hazelridge Ice Show!**
7. **Coaching** – Our Skate Canada programs are coached by certified coaches with the help of trained Program Assistants. There are also many other professional coaches who give private lessons.
8. **Program Assistants** – Program Assistants are volunteer positions and can be STAR Skaters, Students or Adults with prior skating experience. All Program Assistants are provided with training at the beginning of the skating season and are on the ice to assist the coaches and provide support to the skaters in the CanSkate, Pre-CanSkate & CanPower programs in learning to skate. All Program Assistants are required to be registered with Skate Canada. The Hazelridge Skating Club covers the Skate Canada insurance fee for on-ice Program Assistants.
9. **Coaching Privileges** – The HSC executive authorizes coaching ice privileges and no coach may offer services at the club without approval. Such approval may be refused or revoked if a coach violates Skate Canada rules, and/or if their conduct is contrary to club policies or brings into disrepute the image of the club.

The following individuals currently have coaching authorization:

Coaches	Contact Information
Leigh Handoga (CanSkate Head Coach)	leigh.handoga@hotmail.com
Taylor Hopkins (CanSkate Assistant Coach)	tmhopkins92@gmail.com
Jessica Watson (StarSkate, Synchro, Pprivate)	jessicadwatson@gmail.com
Lynn Ward (StarSkate, Power, Private)	plynnward@shaw.ca
Larissa Maslechko (StarSkate, Private)	larissa.maslechko@gmail.com
Sybil Carello (StarSkate, Private)	loopsandbrackets@gmail.com

10. Lesson Times – Please try to arrive at least **15 minutes** prior to the start of your ice time and ensure younger children use the restroom facilities prior to entering the ice. This will help to ensure that skaters are ready and on the ice when their ice time begins, and avoid lesson disruption.

11. Insurance – Members participate in club activities at their own risk. Hazelridge Skating Club assumes no responsibility for any damages, injuries received or loss of property to any member, guest or visitor. We recommend that all skaters carry Blue Cross or other health insurance that covers them 24 hours a day.

Parents are not allowed on the ice-surface or along the open board area in the rink during lesson times, unless they are acting in an official club capacity, as parents are not insured by Skate Canada. Please move to one of the viewing areas after delivering your child to the ice.

12. First Aid Attendant – It is our hope and intention to have at least one person in attendance at all skating functions, practices and classes, who is trained in some first aid skills. If you are a parent who frequently attends the skating rink for such events, please let a member of the skating executive know of your skills. In the event of an emergency at the rink, it will be helpful to be aware of an adult with such abilities.

13. KidSport Fund – Sport Manitoba has a grant available to assist in paying registration fees for various sports programs. The grant enables athletes to continue in their chosen sports by offsetting some of the registration fees for qualified families. It is subject to acceptance of application by Sport Manitoba. If interested, please speak to the HSC Registrar for an application.

14. Facilities – The HSC uses the Hazelridge Sports Complex facilities. We follow their ice use policies and we pay them rental charges for our use of the ice. The Hazelridge Sports Complex is completely managed and financed by its membership. The complex receives no on-going support of its operations from either municipal or provincial sources. All skating families will become members of the Hazelridge Sports Complex and fulfill the associated Canteen commitments. A calendar of complex events, canteen information and a list of the Executive members is available on the Hazelridge Sports Complex website at www.hazelridgesports.ca.

HAZELRIDGE FIGURE SKATING CLUB PRE CANSKATE/CANSKATE INFORMATION

What is Pre CanSkate and CanSkate?

They are “learn to skate” programs. The fundamentals of skating are taught to prepare skaters for various sports including figure skating, hockey, ringette or for a lifetime of recreational skating. Once a skater has learned to skate, the club offers Skate Canada’s StarSkate program to further develop figure skating skills, and Power Skating programs to further develop skills needed for hockey and ringette.

Pre CanSkate/CanSkate Objectives

- To provide basic skating instruction in a group situation
- To introduce skaters to the fundamental movement of skating in a safe, fun environment
- To develop balance, coordination and rhythm through the use of music
- To enable skaters to move through the Skate Canada system smoothly
- To encourage and identify “talented skaters”
- To promote physical fitness and encourage lifelong participation in skating

Is your child ready for CanSkate?

There is no minimum age requirement and each child is different. The Hazelridge Skating Club offers a one-week trial period to help you decide if your child is ready for the Pre CanSkate/CanSkate program.

Readiness Criteria: Children should be able to:

- Understand simple instructions and follow directions from a person other than a parent
- “Separate” from a parent and remain on the ice for the duration of the skating session
- Walk on the floor with reasonably straight ankles while wearing skates that fit properly

What’s happening on the ice?

Professional coaches provide instruction with support from program assistants who will reinforce instruction, lead activities and perform various tasks as needed by the coach. Each session consists of the following portions: Warm up; Lesson time (skill review, new skill introduction, practice time); Group activities (creative expression/skill development, games/action songs); and Cool down.

Skaters are grouped according to previous badges earned, general skating ability, or their age, as appropriate. Evaluation will be the responsibility of the coach and will be ongoing. CanSkate skaters will receive badges during the year when the skills of each progressive stage are mastered.

If you have any questions regarding a skater or the program, please contact the Pre CanSkate/CanSkate Coordinator or Professional Coach. They will gladly discuss your concerns.

Equipment for Pre CanSkate/CanSkate

- Skates that fit properly and support the ankles
- A helmet for skaters in Stage 5 and under
- Warm, non-restrictive clothing and mitts

Skates are available in a variety of price ranges at most sport stores, or many second hand skates are also available. Before buying skates, check carefully for proper fit and firm ankle support

Helmets

- Helmets are mandatory for all skaters in Pre CanSkate & CanSkate who have not yet passed Stage 5 and for all skaters in the Power skating programs.
- Helmets should fit snugly but not too tightly
- The strap and helmet should be adjustable
- Look for helmets made of hard plastic with a thick layer of sponge
- Helmets must be CSA approved and fit down over the back of the skater's head. For this reason, hockey helmets are preferable to bike helmets. They are designed for head protection on ice.

How to fit skates

- Wear only one pair of socks or tights
- Partially lace boots through instep
- Slide foot forward so toes can touch the front but are not cramped
- Stand with weight equally distributed over both feet, bend knees
- The space at the back of the heel should be no more than a pencil to one finger width

Skates should fit snugly around the ankle and heel with some room for movement of toes. There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place. Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep. **Do not tie long laces by wrapping the laces around the skater's ankle. This is a safety hazard as circulation to the foot may be cut off.** If the laces are too long, cut them off. Walk around in the skates off-ice; they should feel comfortable and they should not be falling in or out at the ankles.

Avoid buying skates in a large size for the skater to "grow into". Comfortable, well-fitting equipment is imperative for skaters to perform the skills they are learning and avoid frustration.

Sharpening Skates

- New skates must be sharpened skates before use
- Use a well-known sharpening company
- Re-sharpen skates after approximately every 3 weeks or 15 hours of on-ice, depending on the skater
- The bottom pick should **NOT** be removed from figure skates – the pick is part of the design and is essential for proper balance.

Care of Skates

- Always wear protective guards when not on the ice
- Dry blades and sole plate completely with cloth after use
- Always remove guards before storing skates
- Unlace skates sufficiently before removing them so that the boot will not break down or rip

Parent Responsibility

- Ensure skaters are wearing proper clothing and equipment.
- Have a parent or designated guardian at the arena at all Pre CanSkate/CanSkate sessions.
- Do not "drop and go"; a responsible adult must be present in the arena at all times.
- Encourage and support your skater.
- Volunteer and become involved in the Hazelridge Skating Club.
- Perform canteen duties and fundraise. By performing these duties, we can keep costs down.

If you have any questions or require more details regarding the information included here, please do not hesitate to ask a member of the Club executive. We will be pleased to help you.

HAZELRIDGE SKATING CLUB GUIDELINES

In order to make skating time as safe as possible for your child, please review the following rules with him/her.

1. Helmets are mandatory for all skaters in Pre CanSkate, CanSkate & Synchro who have not yet passed Stage 5. Helmets are mandatory for all Power Skaters regardless of level.
2. Parents are not allowed on the ice-surface or along the open board area in the rink during lesson times, unless they are acting in an official club capacity, as parents are not insured by Skate Canada. Please move to the viewing areas after delivering your child to the ice.
3. Blades should be sharp and protective guards worn on them when off the ice.
4. Dressing rooms must be used for changing and putting on/taking off skates.
5. Watch out for other skaters, especially little ones. Look behind you before attempting a forward spiral. Look in the direction of travel when skating backwards to perform a backward spiral. Look for an open space before jumping or spinning. Spins are usually done in the middle of the ice.
6. Get up quickly after falling down to show that you are not been injured.
7. No food or drink of any kind is allowed on the ice. Water bottles may be kept at the boards for skaters who are on the ice for long periods of time. No gum or candy on the ice.
8. Starts and stops should be done a safe distance from the boards. No board crashing.
9. Sharp objects should not be carried in pockets
10. Combs or clips in the hair can cause injuries. Long hair must be tied back with soft accessories. Long earrings or chunky jewelry should not be worn on the ice.
11. No blue jeans are to be worn. Wear pants that allow freedom of movement.
12. Do not wear long scarves or items that impair the skaters' vision.
13. No electronic equipment allowed on the ice (e.g. iPods, mp3 players, etc)
14. No bullying in any form, including physical, verbal, social, relational, electronic or cyber.
15. Do not curse, fight or play games of chase, tag, crack-the-whip, etc. that would interfere with other skater's lessons or practice time.
16. Your child will be told to leave the ice if they choose to disregard the rules during any skating session. It is not the responsibility of the Coach/Program Assistants to discipline the skaters.
17. Skating coaches, supervising parents or executive members reserve the right, after one warning, to ask any individual to leave the complex if that individual's behavior continues to be unacceptable.
18. Respect all coaches and program assistants. They are volunteering their time to help you learn to skate.
19. Enjoy yourself!