

Port Credit *Skating Club*



2017-2018 SEASON

PORT CREDIT ARENA
40 Stavebank Road

PCFSC Mailing Address:
Shopper's Drug Mart
P.O.Box 59543
321 Lakeshore Road West
Mississauga L5H 4L1
1-905-581-6151

www.portcreditsc.ca

**Open House, Registration
And Skate and Dress Sale 9am – 1pm
Sunday, September 17th, 2017**

PORT CREDIT SKATING CLUB AWARDS 2016 – 2017

WALLY DISTELMEYER SECTIONAL PLAQUE:
Jazmine Desrochers

**BETTE DISTELMEYER STARSKATE
COMPETITION AWARD:**
Lauren Chia

Gold Interpretive Test Medalists:
Bernadette Daley Bronwyn Kuehl Stephanie Lin
Gold Skill Test Medalist:
Bronwyn Kuehl Maia Wells

Gold Dance Test Medalists:
Rebecca Price

MOST IMPROVED SKATERS:
Laurie Davison Tiny Tots Award (Most Improved Pre-CanSkate)
Millicent Higgins Charlie Kretz James Gibbs
Danielle Mah Elliot Ramos Maximilien Legare

Les Hollington CanSkate Award: (Most Improved CanSkate)
Julia Halas Jaiden Ramnath Emma Rosenbauer
Kate Skleryk Penny Jones Gabriella Peralta

Les Hollington CanFigureSkate Award
Junior Development – Fredd Zhang Sophie Gleason Hannah Quinn
Development – Teodora Galic

Most Improved Pre Competitive Skater
Natalie Jorgenson Sarah Cryderman
Elleni Kypriotakis Julia Wallace

Competitive Awards of Merit
Mackenzie More Zoie Wells

MARY ELLIOT CITIZENSHIP AWARD
Sonya Fernandez

ISOBEL J. FEDOSOFF MOST IMPROVED ARTISTIC AWARD
Joanna Misquitta

SIOBHAN CRAWLEY PROGRAM ASSISTANT AWARD
Ekaterina Marenich Katie Carson

SCHEDULE FOR 2017 - 2018

SEPTEMBER

- 5 Skating begins for Junior Development, Dev. and above.
 15 Skate & Dress Sale drop off at Port Credit Arena, 5 - 8 pm
 17 Open House/Skate& Dress Sale/Regn, Port Credit Arena 9-1
 17 **Mandatory** Orientation Sessions for Program Assistants
 24 Pre-CanSkate & CanSkate starts this week

OCTOBER

- 9 Thanksgiving Day – **No Skating as arena closed.**
 24 – 31 Halloween Costumes can be worn. No masks or long costumes.

High/Intermediate/Low Test Day

- 31 Halloween, no PreCanSkate or CanSkate sessions

NOVEMBER

- 5 - 10 Pre-CanSkate & CanSkate **Parent Orientation** during skating sessions
 30 Second payment due

DECEMBER

- 2, 3 **Snowflake Skate Competition, hosted by PCSC at Port Credit Arena – no regular sessions on Dec 3rd**

High/Intermediate/Low Test Day

- 12 Family Party and Santa Skate at Port Credit Arena
 10 Last Regular Skating Day before Christmas
 21 Xmas Ice for JD to Comp, times and cost TBD

JANUARY

- 2 Regular Skating Schedule Resumes

FEBRUARY

- 2 – 4 **No Skating due to hockey tournament**
 19 **Family Day – No skating as arena closed**

MARCH

Low/Intermediate Test Day

1 *March Break – No Skating*

11-17 Regular Skating Resumes

18 Carnival rehearsals begin

APRIL

4 – 7 *Carnival rehearsals only, no reg. sessions*

5 *Carnival Production Run Through*

6 *Carnival Dress Rehearsal*

7 *Carnival – Shows at 2pm and 7pm*

8 *NO SKATING for any sessions.*

TBA *AGM – Annual General Meeting*

22 *Last Day for CanSkate*

MAY

- 17 Last day of skating for Jr. Dev - Competitive

May/June/July Schedule & Arena TBA

COMPETITION SCHEDULE

Competitions are a great way to keep skaters motivated and give them goals to pursue. They can add new excitement and enthusiasm to skating, and can also help develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills in front of a crowd. As well they can give skaters practice in how to manage stress and perform under pressure, all assets to take forward in life. Do you think your skater would like to try a competition in a fun atmosphere? Discuss with your coach the possibilities of trying one of the StarSkate competitions happening through the season. There is an event for everyone – to watch or compete!

2017

October 12 – 15 Octoberfest/ACI Competition - Barrie, Ontario
 October 20 – 22 Skokie Skate, Huntsville (Star 2 and up)

October 26 – 29 Skate Canada International, Regina

November 2 – 5 BMO Skate Canada Sectionals CO, Oakville

November 24 - 26 2016 KIS Invitational – Keswick

Nov 29 – Dec 3 Skate Canada Challenge, Pierrefonds

December 2 - 3 Snowflake Skate – PCSC, Port Credit Arena

2018

January 12 – 14 Charles Dover Invitational, Grimsby

January 8 – 14 2017 Canadian Figure Skating Championship

February 2 – 4 2018 StarSkate Championships, Brampton

March 2 - 4 2018 March Mania, Lefroy

March 16 - 18 Skate Ontario Championship, Kingston

April 6 – 8 2018 Fun Competition, Innisfil

April 20-22 Scarboro Skate, Scarborough, Ontario

TBD Summer Skate 2018, Thornhill

The Port Credit Arena opened in 1959. Ice was rented privately each Saturday and lessons were taught by Ellen Burka. Two years later, Rosemary Forbes and Rosina Peckham formed a skating club. A charter was drawn up in accordance with the Canadian Figure Skating Association guidelines. In 1961 the Port Credit Figure Skating Club became a reality. Today, over four hundred girls and boys enjoy skating at the Port Credit Figure Skating Club. The Club continues to be a non-profit organization sanctioned by Skate Canada and operated solely by parent volunteers.

Board of Directors 2017-2018

President	Anne Bergman
Past President	Karen McNeill
Vice President – Admin, Ice Chair	Siobhan Crawley
Vice President – Technical	Elizabeth Stewart-Molnar
Secretary	Anne Barnes
Treasurer	Melisa Misquitta
Pro-Liaison	Elizabeth Stewart-Molnar
Competition Chair	Amanda Platt
Registration/Membership Chair	Jeannette Adams
Test Chair	Sandra Labrie
Fundraising Chair	Bonnie Kuehl
Hospitality Chair	Miriam Phelps
CanSkate Rep	Esmee Carson
Publicity/Website Chair	Louis Desrochers
Skater Development	Amanda Platt
Skating Sessions Reps	Amanda Platt
	Esmee Carson
Uplifter Chair	Ali Al Rawi
Volunteer Rep	Bonnie Kuehl
Coaches Representative	TBA
Carnival Co-Chairs	Siobhan Crawley
	Elizabeth Stewart-Molnar

**Messages for Board members may be left on the Club line –
1-905-581-6151**

P.C.S.C. Coaching Staff 2017-2018

Please refer to coaching information on our website.

Payment Information and Options

Fees paid by Credit Card on our website may be done in 2 installments. The skating and session fees will be divided into 2 payments with the fundraising fee and the Skate Canada/Insurance/Administration fees added to the first payment.

Skating privileges will be withdrawn for non-payment of fees. **No refund will be considered without a medical certificate** after Sept. 5, 2017 for Junior Development to Competitive/Senior and Advanced. **No refund** will be issued after September 24, 2017 for Pre-CanSkate & CanSkate. Refunds prior to September 5, 2017 and September 24, 2017 are subject to a \$70.00 administration fee.

IMPORTANT INFORMATION

THE PORT CREDIT SKATING CLUB will not be responsible for any injury or loss of property sustained by skaters while participating in Club activities. Young skaters and other children should not be left unattended while at the Arena. Valuables should not be left in the dressing rooms.

THE BOARD reserves the right to change ice times or programs, and to pre-empt ice time for test days and for skater development programs. Safety to the skater is the Club's prime concern, and in order to address this philosophy, the Board reserves the right to assess each skater's qualifications, in order to place him/her in the appropriate program.

SKATE and DRESS SALE and OPEN HOUSE

Port Credit Arena on Sunday, September 17, 2017, 9:00 am - 1:00 pm.

Articles for sale - Skates must be of acceptable quality, tied together and marked with size, make, price, and name. Blades must be taped. Dresses, sweaters, etc, should be clean and marked with size, price, and name. No hockey equipment, except helmets.

Drop off- All articles for sale should be delivered to Port Credit Arena, on Friday, September 15th between 5:00 pm and 8:00 pm.

Pick up - Please pick up your sales receipts and/or unsold items at 1:00 pm on Sunday, Sept 17th.

Handling Charges - \$0.50 per item. 20% of selling price of each item sold will go to PCSC.

ITEMS NOT CLAIMED ON SUNDAY WILL BE DONATED TO CHARITY.

GUEST SKATING

Make-up sessions are not factored into your fees. You cannot skate another day to make-up for a missed session. If your coach wishes you to have an extra practice, you may guest skate any session **for which you are qualified**.

A fee of \$25 is required and payment must be made before the session starts.

If you are not registered for the session and if you have not paid the guest fee, you will be asked to leave the ice. Go onto your account on upflifer and pay for the guest skate. Email

President@portcreditfsc.ca with the date and session and a confirming email will be sent to you.

If asked, by a coach, attendance volunteer or Board member, you must be able to present a printout or show the confirming email on your phone.

ICE COURTESY

- **Proper skating attire must be worn at all times.** ABSOLUTELY NO JEANS! Proper attire includes skating dresses, skirts, tights and leggings, properly fitting tops/sweaters, which cover the abdomen and show no cleavage. Clothing must be in good repair, and long hair tied back. Skaters not wearing proper attire will be asked to leave the ice and return when they are dressed properly. Refer to the Skaters' Code of Conduct.
- Skaters must yield right of way to those skating a solo program and those skaters in lessons.
- Skaters and parents should not interrupt coaches while they are teaching a lesson.
- **Questions and concerns should be taken to the Session Representative or other board member present.** Do not approach the coaches while they are on the ice.
- Skaters are required to comply with the rules and regulations of the City of Mississauga Recreation and Parks Department as posted in the arenas.
- Club group lessons take priority over any private lesson taking place on the ice

TEST DAYS

Test days are an important part of skating. Skaters must pass certain tests in order to move levels. Please see the next page for more detailed information and/or speak with your child's coach.

SKATE CANADA TEST/STARSKATE PROGRAMS

These programs are designed for skaters who wish to progress through the Skate Canada test levels in Skills, Freeskate, Dance, and Interpretive. Private, semi-private, or group lessons can be arranged through a member of the Professional Coaching Staff.

MEMBERSHIP

Families of skaters participate in the operation of the club. There are many volunteer positions that cover all aspects of the Club's operation. Any help you can provide is welcome and appreciated. For more information, or to sign up contact the Club Line.

- Qualifications for sessions are as of August 30, 2017. You may be asked to submit a copy of your test sheet to verify qualifications for tests passed during the summer and off season tests.
- Skate Canada registration date is from September 1, 2017 to August 31, 2018.
- All Skate Canada programs require a \$70.00 Skate Canada/Administration/insurance fee paid with the application. Non-home club members add \$35.00 to fees and fundraising fees, but omit administration fees.
- Affiliate memberships are available to skaters wishing to retain PCSC as their home club at \$70.00.
- Non-residents of Mississauga must pay a fee of \$62.00 which is remitted by PCSC to the City.

TEST DAYS

- Test days are listed on the schedule in this brochure.
- Test fees are due before the day of the test. Please ensure that your coach provides you with a test envelope. Return it to the PCSC room on the dressing room level.
- Test days are scheduled based on the guidelines published by Skate Canada, however, each evaluator works at his/her own pace. **Please arrive at the arena 60 minutes ahead of scheduled test time. Test days can run 30 minutes ahead of schedule. Skaters must be prepared to skate 45 minutes earlier than the scheduled time.**
- It is the skater's responsibility to keep all his/her test sheets.
- Coaches submit skater's names and tests to be tried to the Test Chair. Please verify tests with your coach. The test schedule will be posted soon after the final submission date.
- Skaters may only test if their account is in good standing and they do not have outstanding fees.

- If a test is missed due to illness, a doctor's certificate must be submitted (within 1 week) to the Test Chair. Should a skater fail to try a test, the test fee is still payable and the test will be submitted as a Retry.
- **Please note that the Evaluators and Judges are volunteers** who give freely of their time with no monetary compensation. PCSC provides Evaluators with a meal, mileage and any babysitting costs.

MUSIC

- All skaters are expected to provide an equipment compatible version of their program music for sessions and test days.
- Music must be handed in promptly upon arriving at the arena on test days. The volunteer playing the music will not search it out.
- If a skater is using a dance selection other than the Skate Canada or ISU dance music, it must be provided to the Test Chair prior to test day.
- All skaters and coaches are responsible for ensuring the Test Chair and the music volunteer on test day are aware, in advance, which selections are to be played for each dance.

ICE USAGE

- Skaters should be aware of other skaters' positions and must yield right of way to those skating a solo program and those skaters in lessons.
- Skaters must follow the ice usage directions of the professional staff, ie: Lutz jump corners, spins practiced in the centre of the ice, stay out of dance patterns, recognize when the harness is in use, getting up quickly after a fall, etc.
- All skaters need to be respectful and polite with each other and be courteous so that all may enjoy their time on the ice.

REGISTRATION INFORMATION

In order to maintain the quality of each of our programs, a maximum number of skaters per session has been determined. Priority will be given to returning members until September 5. After this date, all registrations will be processed on a first come, first served basis.

Advanced Registration: May be done online through
www.portcreditfsc.ca

In-Person Registration: Port Credit Arena, Sun. September 17, 2017, 9:00 am - 1:00 pm.

FEES

Please see session description for session rates.

MULTI SESSION DISCOUNTS ARE NOT APPLICABLE TO ANY OFF-ICE PROGRAMS, FUNDRAISING OR SKATE CANADA FEES.

Skate Canada registration, administration and insurance fee of \$70.00 is required for all skaters.

Payments can be made on our website as follows:

September 1, 2017 (or date of registration) 50% of session fees plus the \$70.00 fee listed above.

November 30, 2017 final payment of remaining 50% of session fees.

Skating privileges will be withdrawn for non-payment of fees. No refund will be considered without a medical certificate after Sept. 5, 2017 for Junior Development to Competitive. No refund will be issued after September 24, 2017 for Pre-CanSkate & CanSkate. Refunds prior to September 6, 2017 and September 24, 2017 are subject to a \$70.00 administration fee.

Registration Dates:

Skate and Dress Sale Sunday, September 17th 9 am – 1 pm

Registrations will be accepted on an ongoing basis through the Port Credit site – www.portcreditfsc.ca

Registration Assistance Sessions:

September 1 – October 31 Every Wednesday 6 pm – 7 pm

Nov 1 – April 1 Every other Wednesday 6 pm - 7 pm **Beginning Wed Nov 1** (other times, please seek out a Board member for assistance)

Bring your smart phone or laptop and we will assist you with the registration process.

Fundraising

Fundraising is an essential function of our club. The fees do not cover the full cost of the programs. Without fundraising, the cost to each skater would more than double. Fundraising allows us to keep the programs affordable for everyone. Each skater is required to purchase \$90.00 worth of chocolates or select a buyout to a maximum of 2 skaters per family. Simply sell your chocolates and you will recoup your fundraising fees. The buy out is \$60.00. Chocolates may be picked up at a date to be announced.

You must pick up your fundraising prior to December 22 or you will forfeit. NO refunds will be given on fundraising.

INFORMATION RESOURCES

- ensure you receive all email notifications about changes in schedule by agreeing to emails when you register online
- "like" us on Facebook – Port Credit Skating Club
- Online Registration portcreditfsc.ca
- Club Website www.portcreditfsc.ca
- Club's Bulletin Boards – please check these on a regular basis
- Skate Canada web site www.skatecanada.ca
- Skate Ontario web site: www.skateontario.org

PRIVATE LESSONS

Private lessons are usually arranged for 10-15 minutes at a time. Arrangements are made directly with any of the coaches. Fees vary by coach and all payments are made directly to the coach. When you have selected a coach contact them to discuss fees, expectations, and date and length of the lessons. Once these areas have been discussed and an agreement reached, you have chosen your base coach.

As with all professional relationships, there are some matters of etiquette to observe:

1. You should discuss your needs and interests with several coaches before choosing one. Coaches' fees vary and it is proper to discuss fees beforehand.
2. If you cannot attend a scheduled lesson, you should advise the coach at least 24 hours in advance. Coaches may charge for lessons not cancelled in advance.
3. If you wish to change coaches, you must advise the coach of your intent and ensure that all outstanding bills have been paid.
4. In the event that you wish to add a coach, to concentrate on a specialized area, this is done in conjunction with the base coach and both coaches need to be part of the discussion.

You and your skater should discuss expectations with your coach at the beginning of the season and have a written plan from the coach to refer to re: tests, competitions, etc.

Code of Conduct

1. All skaters must not go on the ice until the zamboni doors have closed.
2. Skaters shall always be aware of all other skaters on the ice and shall maintain a safe distance from all other skaters.
3. Please do not stand still in the middle of the ice. If you do take a break, make sure to stand against the boards.
4. A private lesson should never be interrupted or interfered with, by another skater or any other person. **Parents must wait until the end of a session to speak to coaches unless it is an emergency.**
5. No FREESKATING is allowed during the dance portion of the session unless a skater is in a lesson with a coach.
6. Manners are always important. Yelling across the ice is not appropriate. Members must be respectful of all skaters and coaches at all times.
7. All skaters shall use appropriate language at all times. Swearing or the use of abusive language while on the ice, in one of our off-ice classes or any other part of the arena is not appropriate. The rink is a training centre for all ages.
8. The first coach hired by the skater's parents for private lessons is known as the base or primary coach. In accordance with Skate Canada guidelines, any other coach wishing to teach the skater in any discipline must first get approval from the Primary Coach. Please be aware it is against Skate Canada guidelines for any coach to "solicit" a skater away from another coach. If a change is desired, the proper steps must be followed. If in doubt as to the steps, please speak to a Board Member.
9. Be aware of a skater's self esteem. Bragging, boasting, and put downs are neither acceptable nor tolerated in any way.
All members, coaches, skaters and parents shall always demonstrate good sportsmanship, courtesy, consideration and respect towards others.
10. No food, drinks, gum or candy are allowed on the ice surface. Water bottles may be left on the boards and used there.
11. Appropriate skating clothing must be worn at all times. Skirts, dresses or pants will be worn over bodysuits. Tops will not be revealing in any way. Tights and gloves will be in good repair. Coaches and Board Members have the right to ask a skater to leave the ice if they feel a skater is not dressed properly. If they do not have an alternate, they will be asked to leave that session until they are dressed properly.
12. No cell phones are allowed to be used on the ice by anyone. If absolutely necessary, the user must be completely off the ice surface. Cell phones and purses should be left at the boards, not the dressing room, for safety.
13. PCSC will not tolerate bullying in any form and will follow the Skate Canada policy to deal with any such infraction.

Violations against PCSC code of conduct will not be tolerated. Members/Parents will be contacted if skaters act contrary to the code of conduct and in severe and/or repeat cases a suspension of membership (short or long term) is possible.

JUNIOR DEVELOPMENT (Invitation only)

This program is for CanSkaters between the ages of 6 and 10 with the skill and drive to train to be Figure Skaters. This is an invitation only program. These skaters are entering the Train to Figure Skate phase. The program is a two day a week session (Monday and Wednesday) plus a mandatory Off Ice session following Wednesday's ice time.

Off Ice training offers dynamic warm ups, stretching and flexibility, co-ordination and jump techniques all done on dry land in running shoes. It is highly important at all levels of training and should be started at an early age.

The JD session offers skaters an environment that is fully coached in small group lessons. The lessons focus on jumps, spins, edges and power. This program will focus on developing skills and techniques at a faster, more focused rate. The skaters will train and learn to understand the techniques being taught to them and demonstrate their understanding on and off the ice.

All skaters must have proper Figure skates and must wear helmets until CanSkate Badge 5 is achieved.

Fundraising - Required for all skaters	\$90.00 or \$60.00
Skate Canada/Insurance/Administration Fee	\$70.00

Monday 60 minutes of group lessons
Wednesday 45 minutes of group lessons and 1 hour off ice

Both sessions	\$995.00
(may add an Open or Development session, if qualified, for \$340.00)	

DEVELOPMENT

This program is for skaters who have completed the CanSkate program. Group lessons are provided in freeskate, dance, and stroking. Skaters may choose to have private or semi-private lessons from their own coach during the scheduled group lessons. All skaters pay the same fees, so skaters are encouraged to participate in the group lessons. Please ensure that you and your coach understand when private lessons will be taught to prevent any misunderstandings. Skaters may also register for some of the specialized sessions outlined on Page 13. **Please Note** Stage 6 group lessons are still offered in the CanSkate program for younger skaters. **It is strongly recommended that skaters sign up for at least 2 days to maximize their progress.**

Fundraising – Required for all skaters	\$ 90.00 or \$60.00
Skate Canada/Admin/Insurance Fee – Required for all skaters	\$ 70.00

1 session per week	\$500.00
2 sessions per week	\$890.00
3 sessions per week	\$1,435.00
4 sessions per week	\$1,635.00

Premium: after registered for 4 sessions, unlimited skating subject to ice capacity. Must check with the session representative. \$1,805.00

Ice sessions only. DISCOUNTS ARE NOT APPLICABLE TO ANY OFF-ICE PROGRAMS, FUNDRAISING OR SKATE CANADA FEES.

Payments:	First due:	Sept. 1, 2017	1/2 of Program Fees plus Skate
	Canada/Admin/Insurance Fee		
Second due:		Nov 30, 2017	1/2 of Program Fees

PRE-COMPETITIVE

Qualifications as of August 30, 2017:

Any 2 of the following:

Preliminary Freeskate Part 1	Preliminary Freeskate Part 2
Preliminary Dance (complete)	Preliminary Skills

Skaters/parents can make their own arrangements with one of our Professional Coaches for private or semi-private lessons. Skaters may register for the sessions listed below, and for the specialized sessions listed later in the brochure, for which they qualify

Fundraising – Required for all skaters	\$90.00 or \$60.00
Skate Canada/Admin/Insurance Fee – Required for all skaters	\$70.00

1 session per week	\$500.00
2 sessions per week	\$890.00
3 sessions per week	\$1,245.00
4 sessions per week	\$1,635.00

Premium: after registered for 4 sessions, unlimited skating subject to ice capacity. Must check with session representative. \$1,805.00

Ice Sessions only. DISCOUNTS ARE NOT APPLICABLE TO ANY OFF-ICE PROGRAMS, FUNDRAISING OR SKATE CANADA FEES.

Payments:	First due:	Sept. 1, 2017	1/2 of Program Fees plus Skate
	Canada/Admin/Insurance Fee		
Second due:		Nov 30, 2017	1/2 of Program Fees

OPEN SESSIONS

These are sessions open to Development, Pre-Competitive and Competitive level skaters. Junior Development skaters may register for Open Sessions only with the permission of their Coach.

Open Sessions are NOT open to Pre-CanSkate and CanSkate skaters.

COMPETITIVE

Qualifications as of August 30, 2017:

Any 4 of the following:

Jr. Bronze Freeskate Part 1 Jr. Bronze Freeskate Part 2
Jr. Bronze Skills Sr. Bronze Dance (complete)
 Bronze Interpretive

Fundraising – Required for all skaters \$ 90.00 or \$60.00
Skate Canada/Admin/Insurance Fee – Required for all skaters \$ 70.00

1 session per week	\$525.00
2 sessions per week	\$1000.00
3 sessions per week	\$1,470.00
4 sessions per week	\$1,915.00
5 sessions per week	\$2,060.00

Premium: after registered for 5 sessions, unlimited skating subject to ice capacity. Must check with session representative. \$2,215.00

DISCOUNTS ARE NOT APPLICABLE TO ANY OFF-ICE PROGRAMS, FUNDRAISING OR SKATE CANADA FEES.

Payments: First due: Sept. 1, 2017 1/2 of Program Fees plus Skate
Canada/Admin/Insurance Fee
Second due: Nov 30, 2017 1/2 of Program Fees

Advanced Registration: May be done online through www.portcreditfsc.ca

In-Person Registration: Port Credit Arena, Sun., September 17, 2017, 9:00 am - 1:00 pm.

ARE YOU LOOKING TO FULFILL HIGH SCHOOL VOLUNTEER HOURS OR EARN A CREDIT TOWARDS YOUR SKATING FEES?

Become a Program Assistant and help with the CanSkate programs. See our CanSkate Program Administrators, for more details. Check the bulletin boards for notices regarding sign up and meeting/training dates.

SPECIALIZED SESSIONS

OFF ICE SESSIONS

Wednesday	Sept 6 – April 22	5:45 - 6:45 pm	\$275.00
Sunday	Sept 17 – April 22	1:30 – 2:30 pm	\$275.00
Register for 2 sessions:			\$475.00

Register before Sept. 10th for a Premium Package & get 1 or 2 Off Ice Sessions for the special price of \$150.00

This Program introduces specific off-ice classes that are designed to safely and effectively warm-up a skater prior to on-ice skating and teach jump technique that complements on-ice instruction. The Skate Canada “Long Term Athlete Development Model” recommends Off-Ice Conditioning for all levels of skating as an integral part of a skater’s development. It will be taught by qualified coaching staff from the Port Credit Figure Skating Club.

JUMPSTART SESSION (Invitation only)

Sunday	Off Ice - 10:00 am – 10:30 am –begins Sept 24 th	\$720.00
	On Ice - 10:45 am – 11:15 am –begins Sept 24 th	
Plus one other CanSkate Session of your choice		
Fundraising – Required for all skaters		\$ 90.00 or \$60.00
Skate Canada/Admin/Insurance Fee – Required for all skaters		\$ 70.00

This program is for PreCanSkate and CanSkate skaters between the ages of 3 and 6. This is an invitation only session for those who surpass the recreational CanSkate skating standards. These skaters are entering the learn to Figure Skate phase. The program is a total of 1.5 hours. The skater must skate on the Sunday morning **Jumpstart** session and one other CanSkate session of choice.

Jumpstart skaters must also participate in the Off Ice session on Sunday mornings.

Off Ice training is important for all ages. Off Ice training offers warm ups, stretching, working on flexibility and also an introduction to Jump Technique. There will be a 15 min break before ice time begins for putting on skates.

The **Jumpstart** session will offer skaters a fun environment while focusing on skill and technique in a group lesson. This lesson will focus on posture and lines, turns and edges, stroking and power at the appropriate level.
(**note:** no skating Sunday, Dec. 3 and Sun. April 8 – these days have been accounted for in fees)

Monday Afternoon Sessions

Adult Session: 1:45 pm – 2:30 pm	Sept 25 to Dec 18	\$170.00
	January 8 to April 16	\$185.00
Pre CanSkate: 1:45 pm to 2:30 pm	Sept 25 to Dec 18	\$170.00
	January 8 to April 16	\$185.00
Skate Canada/Admin/Insurance Fee – Required for all skaters		\$ 70.00
Full Year Registration		\$320.00
(note: no skating Monday, Oct. 9 – arena closed for Thanksgiving)		

Payments: First due: Sept. 1, 2017 1/2 of Program Fees plus \$70.00 fee
Second due: November 30, 2017 1/2 of Program Fees
(Fundraising participation required for adult full year registrations.)

PORT CREDIT SKATING CLUB
SEPTEMBER 5, 2017 – May 17, 2018
(see special September schedule)

SUNDAY AM	9:45 - 10:45	Development and Pre-Competitive
	10:45 – 11:15	Pre-CanSkate/Jumpstart; starts September 24, 2017
	11:10 – 12:10	CanSkate: starts September 24, 2017
	12:10 - 12:20	Flood
	12:20 - 1:20	Pre-Competitive (second yr only) /Competitive
	1:30 – 2:30	Off Ice Training Starts September 10, 2017
MONDAY AM	6:30 – 8:00	Open Session
MONDAY PM	1:45 – 2:30	Adult Session; Starts September 25, 2017
	1:45 – 2:30	Pre-CanSkate; Starts September 25, 2017
	3:15 - 4:20	Open Session
	4:20 – 5:25	Open Session
	5:25 - 5:35	Flood
	5:35 –6:35	Junior Development 60 min coached session
TUESDAY PM	4:00 – 5:00	Open Session
	5:00 – 6:00	Development and Pre-Competitive
	6:00 - 6:10	Flood
	6:10 – 6:40	Pre-CanSkate A; starts Sept 26, 2017
	6:40 – 7:10	Pre-CanSkate B: starts Sept 26, 2017
	6:10 – 7:10	CanSkate; starts Sept 26, 2017
	7:10 – 7:20	Flood
	7:20 - 8:20	Open Session
	8:20 – 8:30	Flood
	8:30 – 9:50	Competitive
TUES PM Iceland 1 TRI-CLUB Session	4:15 - 5:30	Competitive Freeskate (Pre-Juvenile, Juvenile, Pre-Novice, Novice, and Junior)

Please note that regular skating is pre-empted by Test Days. This has been taken into account in the fees.

PORT CREDIT SKATING CLUB
SEPTEMBER 5, 2017 – MAY 17, 2018
(see special September schedule)

WEDNESDAY PM	4:30 – 5:50	Open Session
	5:50 – 6:35	Junior Development 45 min coached session
	6:45 – 7:45	Off Ice Training Starts September 6, 2017
THURSDAY PM	4:00 – 5:00	Pre-Competitive
	5:00 – 6:00	Development
	6:00 – 6:10	Flood
	6:10 - 6:40	Pre-CanSkate A; starts Sept 28, 2017
	6:40 – 7:10	Pre-CanSkate B; starts Sept 28, 2017
	6:10 – 7:10	CanSkate; starts Sept 28, 2017
	7:10 – 7:20	Flood
	7:20 – 8:20	Open Session
	8:20 – 9:35	Competitive
FRIDAY PM	3:30 – 4:20	Competitive
	4:20 – 5:05	Open Session
	5:05 – 5:55	Development and Pre-Competitive
	5:55 – 6:05	Flood
	6:05 – 6:35	Pre-CanSkate A; starts Sept 29, 2017
	6:35 – 7:05	Pre-CanSkate B; starts Sept 29, 2017
	6:05 – 7:05	Canskate ; starts Sept 29, 2017
FRIDAY PM Iceland #1 TRI-CLUB Session	4:00 – 5:15 5:15 – 5:30 5:30 – 6:45	Session 1 – Competitive Freeskate Flood Session 2 – Competitive Freeskate

Please note that regular skating is pre-empted by Test Days. This has been taken into account in the fees.

PRE-CANSKATE

Pre-CanSkate is a learn-to-skate program for non-skating beginners. It offers 30 minute sessions with group lessons. Each group is instructed by a Skate Canada Professional Coach and a program assistant. Skaters should be 3 years old as of September 25, 2017. Skaters must wear a CSA Approved helmet and mitts. **YOUR CHILD WILL BE ASKED TO LEAVE THE ICE IF HE/SHE IS NOT WEARING A CSA APPROVED HELMET – NO STICKERS ALLOWED.** Please ensure that each skater has a responsible person present in the arena during all sessions. Each session is ½ hour in length and each day has 25 sessions for the season.

Fundraising - Required for all skaters \$90.00 or \$60.00
Skate Canada/Admin/Insurance Fee \$70.00

Monday 1:45pm – 2:30 pm see Specialized Sessions page.
Tuesday 6:10 pm – 6:40 pm OR 6:40 pm – 7:10 pm \$285.00 (Oct 31, Dec 12, Apr 3 no skating)
Thursday 6:10 pm – 6:40 pm OR 6:40 pm – 7:10 pm \$285.00 (Oct 26, Mar 1, Apr 5 no skating)
Friday 6:05 pm – 6:35 pm OR 6:35 pm – 7:05 pm \$285.00 (Feb 2, Apr 6 no skating)
Sunday 10:45 - 11:15 am \$285.00 (Dec 3, Feb 4, Apr 8 no skating)

Additional Sessions \$200.00 per session
(must register for specific sessions and only skate those sessions)

Payments: First due: Sept. 1, 2017 1/2 of Program Fees plus Skate Canada/Admin/Insurance Fee
Second due: Nov 30, 2017 1/2 of Program Fees

CANSKATE

This program for skaters, who have completed the Pre CanSkate program or have been assessed by the CanSkate Co-Ordinator, offers 1 hour sessions with group lessons. Skaters must wear mitts. All skaters in the CanSkate program must wear a CSA Approved helmet, regardless of age. **YOUR CHILD WILL BE ASKED TO LEAVE THE ICE IF HE/SHE IS NOT WEARING A CSA APPROVED HELMET – NO STICKERS ALLOWED.** Please ensure that each skater has a responsible person present in the arena during all sessions. Each session is 1 hour in length and each day has 25 sessions for the season.

Fundraising - Required for all skaters \$90.00 or \$60.00
Skate Canada/Admin/Insurance Fee \$70.00

Tuesday 6:10 - 7:10 pm \$415.00 (Oct 31, Dec 12, Apr 3 no skating)
Thursday 6:10 – 7:10 pm \$415.00 (Oct 26, Mar 1, Apr 5 no skating)
Friday 6:05 – 7:05 pm \$415.00 (Feb 2, Apr 6 no skating)
Sunday 11:10 - 12:10 pm \$415.00 (Dec 3, Feb 4, Apr 8 no skating)

For those who wish to progress quickly add extra CanSkate sessions for \$300.00 per session.
(must register for specific days and only skate those days)

Payments: First due: Sept. 1, 2017 1/2 of Program Fees plus Skate Canada/Admin/Insurance Fee
Second due: Nov 30, 2017 1/2 of Program Fees

GENERAL INFORMATION

CLOTHING: Must be warm and comfortable, but not binding. NO JEANS PLEASE. Mittens or gloves must be worn. **CSA Approved skating helmets are required, not bike helmets- NO STICKERS ALLOWED.**

SKATES: Skates should be properly sharpened, including new skates. Skate guards are necessary for the off-ice areas, for safety and to protect the blades. Skates must fit properly. There should be enough room to move the toes, but not enough room to allow movement in the heel or arch area. Only one pair of socks should be worn. Skates must provide good support for the ankle. If the boot is too flexible the skater's ankles will "cave-in", making skating more difficult than necessary. Skates should be tied properly. When the boot is properly laced, the laces will be loose at the toe and loose enough at the top to insert one finger. However, the area over the arch should be laced firmly. When purchasing new skates, it is a good idea to check that the entire blade lines up with the centre of the boot, especially if the blade is riveted on and cannot be removed.

ON ICE CONDUCT: Gum, candy, or other food is not permitted on the ice. Pushing, shoving, or games of tag will not be permitted. The skating area is very busy, and injuries could result from such conduct.

WHAT TO DO ON THE FIRST DAY OF SKATING FOR PRE-CANSKATE & CANSKATE

- Come 20 minutes early and enter the arena by the parking lot doors.
- Check the video display screen to see which dressing room your group has been assigned to.
- Dressing rooms are located in downstairs hallways.
- Check in and pick up your skater's identification badge from the CanSkate Representative. Please return your skater's ID badge when you leave, we use them to keep attendance and distribute report cards.

PARENTS: Please stay in the arena (NO DROP OFFS PLEASE) watching from the seating areas, not from the rink side, the penalty/ team boxes or the ramps leading to the ice. The Canskate coordinator, the skating professionals or the Canskate Instructors will solve any on ice problems.

A parent or guardian must remain in the arena during the session. Parents who find it necessary to leave the arena must designate another responsible person we may call upon if the need arises.

Mark your calendar to attend our Orientation meetings which will be held during your child's skating session from November 5 - 10, 2017.