



KFSC
Parent Guide
to
Skating Choices



Dear Parents,

This booklet is meant as a reference guide. It outlines some basic framework for decisions regarding your child and the wonderful sport of figure skating.

You can also find answers on the Skate Canada Website:
www.skatecanada.ca

Registering your child in a skate Canada Program with our club also registers him or her with Skate Canada. You should have received a membership card. This card allows you access to the "members only" section of the website as well using their skate Canada membership number.

After challenging themselves by pursuing the various levels, and domains of the sport, our skaters, have evolved to confident young adults. Being part of the club builds lasting friendships as well. The skaters share their challenges and successes together. Probably one of the most fun and memorable activities is working toward the year end show. Parents are amazed at the result when they consider their child could not skate when they first joined the club at the start of the season

KFSC has a proven track record of developing skaters in every aspect of the sport, freestyle, dance, skills, under both the recreational and competitive umbrella.

Our skilled coaches guide your children in the direction appropriate to their skill level. They will advance at their pace .

We hope you find this reference helpful in your choices. If we can be of further assistance please drop us a line at:
KirklandFSC@hotmail.com.

Warm regards,
The Executive





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Which Program is best?

In order to accommodate the range of skill levels, experience, interest and ambitions of our skaters, the Club has designed different program categories which reflect the program structure offered by Skate Canada. Below is a summary of the options for your child.

Program	Objective	Participants	Coaching	Tests	Competition
CanSkate	Learn to skate	Beginners of all ages	Group lessons & optional private lessons	Badges for progression of skills	Opportunity to participate in select StarSkate competitions and gatherings
Juniors	Develop skater's technical abilities. Serves as a pre-requisite for StarSkate	Skaters ready for more independent work	Group lessons & optional private lessons	StarSkate test levels in freestyle, skills and dance	May participate in certain StarSkate competitions
StarSkate	Progress to defined skill levels in the different disciplines	Skaters ready to advance through skills, tests, achievement, recognition	Private lessons	StarSkate test levels in freestyle, skills and dance	StarSkate competitions from club through provincial levels
Competitive	Training for competition & for competitive-level tests in the different disciplines	More advanced skaters who want the challenge of competition	Private lessons	More demanding competitive-level tests	Competitions from local through international levels



PRIVATE LESSONS

Private lessons are offered to skaters as early as at the CanSkate level. If your child is registered for at least one CanSkate group session, and has a private coach, then they may enroll for specific private ice sessions (for which they are qualified by test level).

Skaters working at all levels of the StarSkate and Competitive programs develop their skills through private lessons. To register, consult the schedule for the session that corresponds to the skater's level.

ENGAGING A COACH



Choosing a coach is an individual decision. Skaters may select a coach as a result of working with that coach in CanSkate or Junior Group lessons. They may be recommended to the coach by a friend. Skaters can arrange to take a trial lesson from different coaches, to ensure that personalities and teaching/learning styles are compatible.

Parents with no previous contacts with our coaching staff may consult a member of our executive to discuss individual coaching needs or refer to the

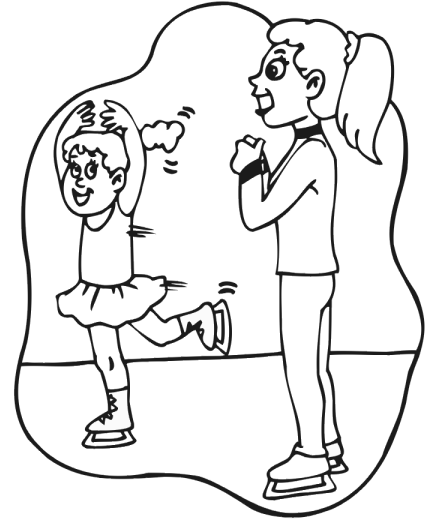
Club's website for the complete list of coaches affiliated with the Club.

Coaches set their own rates, according to their experience and qualifications, and all payments for lessons given during private ice sessions must be settled directly with the coach. It is recommended to discuss expectations in advance. It is the skater's responsibility to be prompt and to attend the scheduled lesson, and to give advance notice to their coach in the event that a lesson will be missed.

Coaches may miss a scheduled lesson in order to attend competitions, tests, or seminars with other skaters. Under these circumstances, the coach will provide advance notice when a lesson must be cancelled or rescheduled.

SKATER-COACH RELATIONS

Skaters experiencing conflict with a coach are encouraged to discuss the situation with the coach. Should a skater decide to change coaches, it is ethically correct to advise the coach of the decision, in person or in writing, and outstanding coaching fees should be paid in full. Maintaining a cordial relationship contributes to a productive, positive and cooperative atmosphere in the club, amongst the coaches and skaters.



ICE ETIQUETTE

Skater's Code of Conduct

Skating is a sport that requires safe and courteous behavior from all participants, both on and off the ice, in order to ensure their own and others' safety. It is the skater's responsibility to be aware of and practice the rules of safety and etiquette below:

- ☺ Only registered Skate Canada members are permitted on the ice, except in a medical emergency.
- ☺ Food, drink, and gum are not permitted on the ice. Plastic water bottles only are permitted if left at the boards.
- ☺ Cell phones are prohibited on the ice.
- ☺ Skaters must clear the ice in a prompt manner at the end of each session.
- ☺ Behavior on the Ice
- ☺ Skaters must check for other skaters when leaving the boards.
- ☺ Skaters are expected to be skating at all times while on the ice.
- ☺ After a fall, skaters must get up immediately in order to keep the pathway clear for other skaters.
- ☺ Refrain from conversation on the ice.
- ☺ Skaters performing a solo must learn to maneuver around other skaters. The skater whose music is playing has the right of way.
- ☺ Skaters should use the centre of the ice for practicing spins.
- ☺ Ends of the rink and corners should be used for preparations of jumps.
- ☺ Abusive or aggressive behavior will not be tolerated.

INFORMATION FOR OUR CANSKATE PARENTS

What is the format of a CanSkate session at KFSC?



The session begins with a group warm-up of skating and stretching. The balance of the session is then divided into groups of approximately 10-12 skaters, whose abilities are at similar levels. Group instruction is taught by a professional coach and often assisted by a program assistant.

How is my child's progress evaluated?

The CanSkate program is divided into 7 stages (badges). Skaters progress at their own rate and are awarded badges according to their achievements throughout the year. There are no formal test dates for CanSkate and coaches regularly evaluate the skaters in accordance with Skate Canada guidelines.

For further details on the CanSkate program, go to: www.skatecanada.ca/en/skate_for_life/programs/canskate

What type of skates should I buy for my child?

When purchasing skates, always look for a boot that keeps the foot securely in place and offers proper support to the ankle. Your child must feel comfortable and be able to stand and walk in the skates without having their ankles turn inwards. It is not recommended to purchase molded boots with either a buckle or velcro fastener as well as vinyl figure skates.

Figure skates can be purchased at certain specialized stores. Consult a member of our executive or one of our coaches for the names of suggested retailers. You may be able to purchase quality skates from another member of the club.

Proper maintenance of your skates

It is suggested to sharpen skates after approximately 24 hours of use, or if the blade is dull or rough to the touch. Always ensure to have the skates sharpened by a specialist in figure skates. **Do not have the toe picks removed.** Avoid walking with your skates on cement surfaces unless your blades are covered with plastic skates guards. Always ensure your blades are dry after each session. Do not cover blades with plastic skating guards when storing skates to avoid rust on blades.

Important Reminders for our CanSkate parents

Uniforms

☺ Helmets are mandatory, for safety reasons, **bicycle helmets may not be worn.**

☺ Clothing should be comfortable (sweatshirt) but not too bulky. snow pants ARE NOT recommended. Coaches need to be able to see the movements of the skater.



☺ Long hair must be neatly tied back.

☺ Jewelry should not be worn.

☺ No food, drink or gum permitted.

☺ A parent or guardian must accompany each skater to each session

It is important that parents refrain from standing by the boards or offering directions to the skaters during the sessions, this is distracting to the student.

Should you have any questions, concerns or comments during the session, please address them to the coach after the lesson. Members of the executive may not always be available during the sessions to assist you, please email any questions, at KirklandFSC@hotmail.com

Words from the Wise!

A Zamboni is not a type of pasta...unknown

Figure skaters are naturally cool.

Live life on the edge.

Figure skaters have the edge.

In the USA they go ice skating.

In Canada we go skating; we just assume it will be on ice!

I took group lessons at a rink near my home. We first had to learn how to stand on the ice wearing skates. Eventually we learned to move forward, but soon found out that it was not that easy to stop! So that was our next important lesson. Nancy Kerrigan

My sport taught me what I could do with my talents, whether in the rink or in the rest of my life. "
Peggy Fleming

" Adversity, and perseverance and all these things can shape you. They can give you a value and a self-esteem that is priceless. " Scott Hamilton