

# CanSkate



## **2019-2020** Skater Survival Guide



SKATECANADA

## **MISSION STATEMENT**

The Zorra Skating Club's mission is to provide quality training in a fun, safe environment so that each skater can achieve his or her own goals and develop their skills to their maximum potential through excellence in coaching, team spirit and a family atmosphere.

## **GOALS**

To keep the sport as affordable as possible for families.  
To help all of our skaters achieve regardless of their level or ability.  
To provide a friendly, harmonious, family environment.

## **EXECUTIVE & BOARD OF DIRECTORS 2019-2020**

### **PRESIDENT**

Angela Langlois

zscpresident@gmail.com

### **VICE PRESIDENT**

Sarah Pletsch

sarahpletsch@live.ca

### **SECRETARY**

Jacquelynn Hewitt

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### **TREASURER**

Kathy Dodd

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### **DIRECTORS**

Leeanne Hopkins

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Carolyn King

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Teresa Pullen

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Greg Smith

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Alicia Van Ginkel

mavanginkel@hotmail.com

### **COACHING REPRESENTATIVE**

Debbie Roefs

debroefs@gmail.com

## WELCOME

The board of directors of the **Zorra Skating Club Inc.** would like to take this opportunity to welcome you to our skating club. Our club belongs to Skate Ontario which is a section of Skate Canada. We offer CanSkate which is a learn to skate program designed by Skate Canada. It is followed by StarSkate which is another Skate Canada program.

The CanSkate badge program leads skaters through the various skills they require to become competent skaters. There are 6 stages within the Canskate Program. Our program is taught by qualified, paid, professional Skate Canada Coaches with the help of our volunteer program assistants. Our CanSkate program has been evaluated by Skate Canada and received very high praise. Parents enrol their children in CanSkate for a variety of reasons. Some will see their skater choosing to continue advancing their skills in our Star Skate program. Others wish their skaters to develop strong skating skills before moving to a different skating sport such as hockey or ringette. Some parents just want their skaters to be able to skate well enough to truly enjoy skating at the recreational level.

The **Zorra Skating Club Inc.** is a not for profit organization run by volunteers who work very hard to provide excellent programming at a reasonable cost. Some fundraising is required as registration fees do not cover all costs. In this booklet, we have provided not only information about skating, but have also included information about topics such as programs, our professional coaches and testing.

The **Zorra Skating Club** Board hopes that your skater(s) will have lots of fun as they become more competent and confident on their skates. If you have any questions about our program or club, please contact anyone on our board of directors or our coaching staff.

Have a great skating season!

## COMMITTEES

ADVERTISING	Jacquelynn Hewitt
BADGES/AWARDS	Leeanne Hopkins
BOND	Carolyn King
CARNIVAL COMMITTEE	Kathy Dodd/ Leeanne Hopkins, Christa Minler/ Sarah Pletsch/ Alicia Van Ginkel
CARNIVAL PRODUCER	Debbie Roefs
COSTUME CONVENOR	Teresa Pullen
CONSTITUTION	Executive
FINANCE	Executive
FUNDRAISING	Alicia Van Ginkel / Teresa Pullen
MEMBERSHIP CHAIR	Greg Smith
MUSIC COORDINATORS	Teresa Pullen / Christa Minler
NEWSLETTER / EMAIL	Jacquelynn Hewitt
NOMINATING	Whole board + 2 others
POLICE CHECKS	Angela Langlois
PRO CONTRACTS	Angela Langlois
PA COORDINATOR	Leeanne Hopkins
REGISTRATION	Greg Smith / Kathy Dodd
TEST CHAIRS	Kate Belbeck / Debbie Roefs
CANSKATE A & B REP	Leeanne Hopkins
JUNIOR / INTERMEDIATE REP	Angela Langlois
SENIOR REP	Kathy Dodd
WEBSITE	Jim Taylor

## **REGISTRATION**

Registration can be completed Online or In Person

**Online Link is found on our web page: [Zorraskatingclub.ca](http://Zorraskatingclub.ca)**

**In Person: Wednesday, September 11<sup>th</sup>, 2019 from 6:00pm - 8:00 pm  
Embros Arena - Small Hall**

Skaters must register for the program that they are qualified for. Some programs may be combined or deleted at the discretion of the Board of Directors depending on registration numbers.

### **Methods of Payment: E-Transfer/Cheque/Cash**

**E-Transfer Payment to: [zscpayment@gmail.com](mailto:zscpayment@gmail.com)**

**Cheques are made out to ZSC or Zorra Skating Club**

**Full Payment** - due October 1<sup>st</sup>, 2019      2<sup>nd</sup> Session – due January 7<sup>th</sup>, 2020

### **Payment Plan for full year registrations - 5 payments (post dated cheques)**

October cheque must include Skate Canada fee (\$43.65) & Cheers on Ice tickets (\$60.00) & Equal registration fee. Cheques will be dated October 1<sup>st</sup>, November 1<sup>st</sup>, December 1<sup>st</sup>, 2019, January 1<sup>st</sup>, and February 1<sup>st</sup>, 2020. If skater skates in September, payments will begin September 1<sup>st</sup> 2019. Each registration will include the Program Fee, Skate Canada membership Fee and Cheers on Ice tickets (1 per family). A separate cheque is required for family bond post-dated March 20<sup>th</sup>, 2020 or December 13<sup>th</sup>, 2019 for session one skaters.

**There will be a grace period of one month from the session start date for skaters choosing to withdraw from a session. Session fees will be prorated to reflect the sessions skated. Skate Canada Membership & Cheers on Ice tickets will not be refunded. Bond requirements will be adjusted to our discretion.**

\*Should you require a receipt for registration fees paid, please contact our Treasurer – Kathy Dodd.

\* A \$25.00 service fee will be charged for all NSF cheques.

\* Should a cheque be returned to ZSC due to insufficient funds, the family has 10 days to pay the required fees including NSF fees. If payment is not received, skaters will not be permitted on the ice.

\* Should two cheques be returned due to insufficient funds the family shall be required to make all payments (including fundraising) in CASH for the remainder of the year. If another cheque is returned the following year, the family will be required to pay cash for as long as their child(ren) skate. Extenuating circumstances may be discussed with a board member.

## **FUNDRAISING**

Fundraising is a very important part to subsidize our club's operational expenses which would otherwise be collected through an increase in enrolment fees. Each year, the Zorra Skating Club strives to reach a goal of \$15 000 in fundraising to keep the cost of registration down.

Before your child takes the ice, a post-dated cheque (dated March 20<sup>th</sup>, 2020 or December 13<sup>th</sup> 2019 for Session One skaters) is due. There will be several opportunities for fundraising to choose from as outlined in the section below. At the end of the season, the cheque will be cashed if your requirements are not met. **BOND WILL NOT BE PRORATED.** Fundraising after March 20<sup>th</sup>, 2020 will count toward 2020/2021 skating season's bond.

Additionally, each skating family must purchase one book of Cheers on Ice tickets at the time of registration. This initial booklet does not count towards bond however does go towards meeting the club's fundraising goal.

For convenience, a locked drop box is available in the music room for fundraisers. In addition to cheque and cash, payments for fundraising can also be made via e-transfer to [zscpayment@gmail.com](mailto:zscpayment@gmail.com). Please include the fundraiser and the skater's name in the notes. For more information, contact the fundraising and bond coordinators at [zscfundraisers@gmail.com](mailto:zscfundraisers@gmail.com).

## **BOND**

Bond requirements have remained the same for the 2019-2020 winter season. The rates depend on how many skaters are in a family. The layouts are as follows:

1 skater = \$100.00

2 skaters = \$200.00

Family rate (3 skaters or more) = \$250.00

Canskate A = \$50.00 per session per skater.

Your bond can easily be completed by volunteering for different events or participating in the many fundraisers held throughout the winter season. To receive bond hours at events, you must have graduated grade eight. You may use any combination of these items to complete your fundraising bond. Fundraisers include:

1. Embro Tractor Pull – 1 hour of volunteering equals \$10 of bond.
2. Little Caesars – 1 box equals \$6.00 of bond.
3. McMillans - \$40 of product sales equals \$10 of bond.
4. Elmira Chicken – 1 box equals \$5.00 of bond.
5. Cheers on Ice – Each additional ticket book equals \$50 of bond.
6. Adult Program Assistants – 1 hour equals \$5.00 of bond
7. Volunteering at events – 1 hour equals \$10.00 of bond

*The ZSC Board is always interested in new fundraising ideas. Should you have any ideas or suggestions, please speak to any board member.*



**CANSKATE** **CANSKATE** is Skate Canada's flagship learn to skate program, designed for beginners of all ages. CanSkate has a fresh new look and technical revisions include a renewed focus on teaching and mastering strong basic skills earlier to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating. On-ice delivery focusing on continuous movement emphasizes the use of newer and more dynamic group teaching concepts including the Fast Track, Fun Zone and station rotation all of which has been proven to increase practice opportunities and improve the rate of skill acquisition among skaters. More visual aids and music are used to create a fun, stimulating and welcoming environment. The new look also includes new report cards and an exciting new series of award ribbons to achieve, in addition to the Stage 1 to 6 badges. Groups are led by a NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 10:1. Skaters progress through the levels at their own rate.

Please make the coaching staff aware of your skater's needs. Whether your skater wishes to develop skills for another sport or continue in the StarSkate program, our trained professional staff (NCCP certified) are qualified to help your skater reach his/her goals.

## **CANSKATE**

### **CanSkate A WEDNESDAY 5:50-6:20pm &/or FRIDAY 6:00-6:30 pm**

The CanSkate A program is a positive first learn to skate experience. It is a program for two to five year olds emphasizing participation and FUN.

CanSkate A is divided into two sessions.

Session 1 – October 2, 2019 to December 20, 2019 (12 weeks)

Session 2 – January 3, 2020 to April 22, 2020 (16 weeks including Carnival)

### **CanSkate B WEDNESDAY 5:30-6:20pm &/or FRIDAY 6:00-6:50 pm**

The CanSkate B program is a learn to skate program teaching the basics of skating with participation at the skaters own level of interest. It is based on small number group instruction for skaters working on Stages 1-5.

The CanSkate B session runs from October 2<sup>nd</sup>, 2019 to April 22<sup>nd</sup>, 2020

## **CARNIVAL 2020**

Carnival is a special time for the Zorra Skating Club where our skaters show family and friends what they have learned throughout the skating season.

Carnival is no small undertaking. Costumes and props need to be made from scratch or revamped from our inventory. Volunteers are always needed to sew or mend costumes and create props. Volunteers are also required to supervise dressing rooms and help with make-up, hair and admissions.

All parents are asked to volunteer in some capacity. Strong ticket sales provide money to put on our carnival. Carnival practices begin in January.

Watch the bulletin board in January for more Carnival information... BOND HOURS ARE NOT AWARDED FOR CARNIVAL VOLUNTEERING.

Once practice starts for Carnival, it is extremely important that skaters attend every practice

### **Carnival Date**

**Saturday, March 14<sup>th</sup>, 2020**

**Two performances at 2:00 pm and 7:00 pm.**

### **Inclement Weather**

If skating is cancelled due to inclement weather, an email and a Facebook posting will be sent out by 4:00pm.



## **PROFESSIONAL COACHES**

Our coaching staff is certified which means that they have completed components of the National Coaching Program (NCP) from Level 1 to Level 5. The NCP is a 5 level educational program for coaches in over 60 sports. Levels 1-3 cover three components of coaching: Theory, Technical and Practical. Levels 4 and 5 prepare coaches for roles in national and international sport with high performance athletes.

### **DEBBIE ROEFS**

**debroefs@gmail.com**

Monday & Thursday Group & Freelance

- ❖ NCP Level 2 Certified in all disciplines including Dance, Freeskate, Pairs and Singles.
- ❖ Level 3 Theory and Technical

### **BETH LOCHHEAD**

**tbg\_lochhead@rogers.com**

Wednesday & Friday CanSkate, Monday Group & Freelance

- ❖ NCP Level 2 Certified
- ❖ Level 3 Theory and Technical
- ❖ Gold Medallist Dance, Skills

### **JACLYNNE McINTYRE**

**j\_shanes@hotmail.com**

Wednesday & Friday CanSkate, Thursday Group, Sr. Harness Training, Freelance

- ❖ NCP Level 2 Certified
- ❖ Level 3 Theory and Technical
- ❖ Gold Skills, Freeskate, Dance and Interpretive
- ❖ Novice Competitive

### **MELISSA WILDE**

**melissawilde@live.ca**

Monday & Thursday

- ❖ Canskate Coach Certified
- ❖ Gold Skills, Dance and Interpretive

## **WHY PRIVATE LESSONS?**

All skaters in the CanSkate and Junior programs are entitled to group lessons. These are included in your registration fee. In addition to these lessons, you can arrange private or semi-private lessons with a coach. You may consider looking into extra lessons if...

- Your skater would like to progress through the badges and test program at a faster rate because they love the sport.
- Your skater is having difficulty accomplishing an element on their badge and could benefit from the extra one on one instruction.
- Your skater would like to participate in competitions.
- Your skater is having difficulty working in a group setting.

## **PICKING A PROFESSIONAL COACH**

### **How do I arrange for private lessons?**

All of ZSC Professional coaches are well qualified to teach your skater. You must contact the coach of your choice and all scheduling of lessons and costs are between you and the coach.

### **What to consider when choosing a Professional Coach.**

Talk to the Coaches! Introduce yourself and advise them that you considering private lessons for your skater and ask if the coach is accepting students. Talk to other skating parents for added information if desired.

1. Watch the Professional Coaches. Check out how they conduct themselves and how they interact with the skaters.
2. Fees! Fees for lessons vary, so feel free to ask the coach what they charge. For the younger skater, you may wish to ask whether the coach is offering small group lessons.

## **PROGRAM ASSISTANTS**

### **WHO ARE THEY?**

Program Assistants, are volunteers who play a very important part in the CanSkate Program, and contribute greatly to the success of a club's program.

### **WHAT IS THEIR ROLE?**

- \* Assist the Skate Canada Coach in on-ice program delivery
- \* Demonstrate skills and teaching progressions
- \* Supervise practice time
- \* Lead warm-ups and cool-downs under the direction of the Skate Canada Coach
- \* Reinforce learned skills (follow up on coach's instruction)
- \* Lead exercises, drills, learning activities and creative expression
- \* Hand out awards & incentives
- \* Assist with On-ice circuits
- \* Provide individual and group assistance
- \* Be trained on an annual basis

### **HOW ARE PROGRAM ASSISTANTS SELECTED?**

Program Assistants must:

- \* Must be 12 years of age or older and passed the Star 2 Freeskate assessment.
- \* Have a patient helping nature
- \* Be able to communicate ideas clearly
- \* Shadow PAs must be at least 10 years of age or older. They will assist the Skate Canada coach and the program assistants as they learn the role of a PA.

**Applications will be available and can be filled out at registration**

### **ADULT PROGRAM ASSISTANTS**

We welcome adults with skating experience to volunteer as Program Assistants. All adult PA's are required to have a police check on file before they help out on the ice.

**PA Clinic Date:    September 26<sup>th</sup>, 2019  
7:20pm - 8:20pm at the Thamesford Arena**

## **COACHES CORNER**

**By Debbie Roefs**

The coaching staff would like to welcome everyone back for another successful and fun filled season of skating. We have many exciting skating activities planned in the months ahead and can't wait to begin implementing them. We will continue to strive for excellence in all levels of skating from our CanSkate A & B to our senior level competitors. As always, we are available after skating to answer any questions you might have. Feel free to give us a call at home. There isn't anything we like more than talking about skating!

### **FYI**

Did you know that properly fitted skates and sharpened blades are essential for advancement in skating? Never let a skater walk on any surface without guards. Even one step off the protective rubber matting can lose an edge. On the other hand, never leave plastic guards on blades between skating sessions. Always take them off and dry blades.

The coaching staff will be watching for skate problems in the first few days of skating. If we find any problems, we will send a notice off the ice with your skater. We'd be happy to explain what we have concerns about and how it might be fixed.

Breaking in new skates is NEVER fun. Skaters should have bandages and sponge pads with them the first day of skating! If their skates begin to rub make sure they cover that spot with a bandage and sponge pad to stop blisters before they start. They may find that their new skates can't be tied all the way to the top the first skate or two. This will allow them to bend their ankles while slowly breaking in their skates. If possible your child should wear their skates (with guards) around the house a few times before they take to the ice.

Wearing skates for the first time is a challenge. If a skater has never been on skates, we highly recommend that they try and walk in them first. Put guards on and let them walk around at home. It will help them get the feeling of walking on blades before they have to deal with walking on a slippery surface as well.

Along with passing skating badges and tests, your skater could enter competitions in the area. These competitions are for recreational skaters, but there is an entry fee and a solo to music needed. If you think that your child might be interested in entering a competition ask any coach, we would be happy to explain what is needed and the cost involved. Entry forms need to be filled out at the end of December for competitions in February and March.

# **SKATING TIPS**

## **WHAT SHOULD MY SKATER WEAR?**

CanSkate children should wear warm comfortable clothing that will not interfere with their skating ie. bulky snowsuits. **It is the policy of Skate Canada that all skaters working on badge levels 1 up to and including level 5 must wear a CSA approved helmet.** Skaters should wear mitts or gloves. No long scarves or hats should be worn on the ice as they can be dangerous. Skating costumes for girls consist of a one piece dress or skirt and lycra tights or leotards and a warm sweater. (This is optional for the CanSkate/Junior skater). A warm pair of pants and a sweater is suitable for boys. For a skater who may try a Skate Canada test the above outfit is desirable. Parents will have sufficient notice if the skater is ready for a test and will have a choice if you wish the skater to try it.

## **CHOOSING BOOTS AND BLADES**

1. To properly perform basic skating moves the boots must provide firm support. The support around the heel should be strong and extend well down towards the front of the boot.
2. The heel should be pocketed to conform to the natural heel.
3. All skaters require strong, well supported boots. Beginners needs are not the same as those of a competitive or test skater.
4. Leather boots are the best choice, providing durability, strength and "breathe-ability". Boots with blades that are "screwed" on rather than "riveted" are preferable.

## **HOW SHOULD BOOTS FIT?**

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

## **CARE OF BOOTS AND BLADES**

1. 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.
2. When not in use, boots should be allowed to dry in an open area (not in closed skate bag). This should stop premature deterioration of the leather.
3. DO NOT remove toe picks from the skates, even for a beginner.

## **HOW BLADES SHOULD FIT BOOTS**

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

## **HOW LONG SHOULD A SHARPENING LAST?**

This is mainly a case of how sharp a skater wishes his/her skates to be. A rule of thumb, which seems to satisfy most skaters is 25 to 30 hours of ice time. Skates should be sharpened approximately two weeks prior to Carnival. Skaters should skate on newly sharpened skates at least once or twice before trying a test.

## **DATES TO REMEMBER**

Sept 26, 2019	ZSC P.A. Clinic (7:20pm - 8:20pm: Thamesford Arena)
Oct. 2, 2019	ZSC First Day of CanSkate
Oct. 3, 2019	ZSC First Day of StarSkate
Oct. 14, 2019	NO SKATING – Thanksgiving
Oct. 18, 2019	Elmira Chicken Orders Due
Oct. 30, 2019	CanSkate Halloween Party (Wed. & Fri. Skaters) Times: 5:30 CanB / 5:50: CanA
Oct. 31, 2019	NO SKATING
Nov. 1, 2019	MacMillans Fundraiser Orders Due
Nov. 28, 2019	Fun Competition (Junior, Intermediate, Senior Skaters)
Dec. 1, 2019	Elmira Chicken Orders Due
Dec. 20, 2019	Santa Skate & P.A. Christmas Party (Wed. & Fri. Skaters) 6:00pm start time.
Dec. 23, 2019	NO SKATING
Dec. 25, 2019	NO SKATING
Dec. 26, 2019	NO SKATING
Jan. 1, 2020	NO SKATING
Jan. 2, 2020	Holiday Ice Show
Jan. 3, 2020	Canskate 2 <sup>nd</sup> Session Begins
Jan. 10, 2020	Elmira Chicken Orders Due
Feb. 1, 2020	Elmira Chicken Orders Due
Feb. 28, 2020	Little Caesars Orders Due
Mar. 2, 2020	Carnival Technical Rehearsal & Pictures (All Skaters)
Mar. 11, 2020	CanSkate – Wednesday & Friday Skaters (Times: 5:30pm CanB / 5:50pm: CanA)
Mar. 12, 2020	Carnival Dress Rehearsal (All Skaters)
Mar. 13, 2020	No CanSkate, Skating for Junior, Intermediate, Senior Skaters
Mar. 14, 2020	ZSC Carnival
Mar. 16, 2020	NO SKATING
Apr. 22, 2020	CanSkate Fun Night, Wed & Fri Skaters (Times: 5:30pm CanB / 5:50pm: CanA)
Apr. 24, 2020	Awards Night & AGM
Apr. 27, 2020	Last Day of StarSkate

**\*\* Dates subject to change. \*\***

**\*\*\*Please watch the bulletin board for more information. \*\*\***