



# Stony Plain Skating Club

Where success begins...

## January 2011 News

**WELCOME** to all returning skaters and families – we are very pleased to see you back on the ice at the Stony Plain Skating Club. And a very special welcome to all new skaters! As we begin Session 2, we look forward to fun and productive classes, and the excitement of ice show preparation!

We want to keep you informed. Every month, your skater will receive a **newsletter**. These newsletters will include skating schedules, important dates and information about special events. If it is misplaced, you can read the newsletter on-line at [www.stonyplainskating.com](http://www.stonyplainskating.com). Any changes or special dates, as well as all other distributed information, will always be published on our **website**, so please visit the site regularly! If you have any questions you may speak to the professional coach teaching your child or email us at [infor@stonyplainskating.ca](mailto:infor@stonyplainskating.ca). If you do not have email access, the club can also be contacted by phone at **780-909-7707**.

In March, we will present our annual Ice Show. See below for ways you could become involved and help with the production of a production that has become a highlight of the season for both club members and the Stony Plain community.

### IMPORTANT DATES

#### No Skating Days:

Saturday, February 19

Saturday, March 12

#### Change of Venue:

Saturday, February 5 – CanSkate and Group StarSkate classes are moved to the Glenn Hall Centennial Arena in Stony Plain

#### Session 2 End Dates:

Tuesday, March 8                      Wednesday, March 9

Thursday, March 10                  Saturday, March 26

#### CanSkate & Group StarSkate Fun Day!:

Tuesday, February 8                  Wednesday February 9

Thursday February 10                  Saturday February 12

#### Alice in Wonderland!

Ice Show Dress Rehearsal – Friday, March 11 @ 5:00pm

Ice Show – Sunday, March 13 @ 1:00pm

More information will be distributed in February

### Ice Show 2011

On Sunday March 13 the Stony Plain Skating Club invites everyone to venture down the rabbit hole and join our club skaters on a tour of Wonderland at our annual Ice Show:

#### “Alice in Wonderland”

We are currently looking for enthusiastic people to help with Ice Show planning and preparation. Volunteers are needed to help with costumes, set (backdrop & props), ice show pictures and dress rehearsal & show day activities. Most volunteer positions will be opened closer to the show date; however, assistance in prop creation, craft work or costume sewing is already welcomed, even though it's still early in the season! If you are interested in these exciting volunteer opportunities, please contact one of the ice show coordinators:

Kristin Padget                      (780) 722-1723

Justine Kummer                      (780) 720-7684

## BOARD OF DIRECTORS

President	Dan Veldhuis
Past President	Cathy Nielsen
Vice President	Corinne Sikora
Treasurer	Ruth Clark
Secretary	Denise Milne
Test Chair	Angela Lubbers
Fundraising	<i>vacant</i>
Coaching Director	Jessica Lovich

## COMMITTEE CHAIRS

Registration	Tracy Baron
Bingo Coordinator	Patti-Jo Sullivan
Special Events	Kristin Padget
Publicity/Marketing	Kristin Padget
Rec. Program Liaison	<i>vacant</i>
Webmaster	Bev Padget

## FUND-RAISING NEWS

**Raffle:** Ticket stubs must be returned by March 13<sup>th</sup>, 2011. A box for return of ticket stubs will be available during program sessions. Additional raffle books will be provided to anyone willing to continue selling more!

**Bingo:** Club volunteers staff at least one bingo a month at the Spruce Grove Bingo Hall, and extra helpers are often needed! CanSkate parents can volunteer to help the club out and work a bingo! Our next Bingo will take place on **Wednesday, January 19th and Sunday, February 13th** and we are still looking for volunteers to fill all of the required positions! Show your SPSC spirit by helping out with one of our biggest club fundraisers! To find out about other dates or sign up for a bingo shift, please contact Patti-Jo at (780) 701-0925 or Patti-Jo.Sullivan@gov.ab.ca.

## SPSC COACHING TEAM

### Club Coaches:

Tracy Baron (PowerSkate Coordinator)  
Jessica Lovich (JumpStart Coordinator)  
Justine Kummer (CanSkate Coordinator)  
Kristin Padget

### Recreational Program Coaches:

Jordan Nielsen  
Alexa Kummer  
Mackenzie Skalski

### Program Assistants:

Jessica Hynes Meghan Milne  
Mia McConnell Sydney Veldhuis  
Rachael Gogowich

### Edmonton Open Competition

On December 3 – 5, members of the Stony Plain Skating Club competed and represented our Club at the Edmonton Region Competition in St. Albert. They are all to be congratulated for representing our club with great skating and exceptional sportsmanship.

Club skaters earning medals at the competition were:

**Gold:** Jessica Hynes (Bronze Interpretive)

**Silver:** Melanie Higgins (Introductory Elements) and Mia McConnell (Pre-Preliminary FreeSkate)



You can now find the Stony Plain Skating Club on Facebook. Like! us today to get club updates on your newsfeed.



You can also follow us on Twitter under @SkateStony. Here you'll not only get important info but also fun facts and skater updates.



Tune in to our YouTube account to find exciting videos of our club skaters and informative educational



## PROGRAM INFORMATION

The Stony Plain Skating Club is a member of Skate Canada – the largest figure skating governing body in the world and a world leader in learn-to-skate programs.

### Instruction

The Stony Plain SC uses only certified Professional Coaches to instruct all of our programs. You will also see Program Assistants helping out our coaches. These assistants are skaters currently registered with our club who are interested in learning how to work with children in sport. They've all attended training seminars and receive on-going instruction from the professional coaches on how to work with young skaters. They are helpers only, not coaches.

### The CanSkate Badge Program

The 7-stage badge program we follow is Skate Canada's CanSkate program. Skaters progress through the program at their own rate. On average, a skater will receive 1 badge per 10 week session, but it is not uncommon for a skater to remain on the same stage for more than 1 session, or for a skater to receive more than 1 badge per session.

### The Group STARSkate Program

In the Group STARSkate program, skaters learn the basic skills for progression into our figure skating program. Generally, skaters stay in the Group STARSkate program for 1 – 2 sessions. However, skaters may move into the figure skating program at any time.

### PowerSkating Program

CanPowerSkate is an action-packed, high energy power skating program geared to hockey and ringette skaters. It focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. This session, our PowerSkating program is geared to Initiation and Novice age players. We recommend that hockey and ringette players supplement their weekly practices with a 1-day per week CanSkate or Power Skating program where the focus is on improving skating technique.

### Grouping of Skaters

Skaters are grouped according to ability, age and personality. Skaters progress the most when they are comfortable, challenged, and having fun; usually this occurs with others of the same age and ability. As all lessons are taught with progressive teaching methods, (from easiest to hardest), 1 or 2 badge levels (sometimes even 3!) will be covered by all skaters. Games and other fun learning activities are often done in larger groups, while smaller groups are used for learning and practicing specific skills. Skaters will usually remain in the same group for the entire session.

### Evaluation of Skaters / Progress Reports

Each skater's progress is evaluated on a daily basis by their professional coach. Badges will be awarded on the day the stage is passed. If at any time during the session, you have questions about your child's progress, please speak with the coach teaching your child's group. Report cards will be given to skaters on the last day of classes.

### What if Your Skater Doesn't Like it?

Some young skaters that enrol in CanSkate are not ready for group-based programs. If, after the first skating class, your skater does not want to continue, and the coaching staff agrees the skater is not quite ready, you may receive a credit towards future fees. No refunds are given after the second class, with the exception of a medical note. All refunds will be less the \$30 insurance and registration fee, a \$15 refund administration fee, and \$10 per class attended after the 2nd class. All refunds are given at the discretion of the Stony Plain Skating Club Executive.

### Time Needed in the CanSkate Program

We recommend that skaters remain in the CanSkate or Group STARSkate program until they receive the Stage 3 or 4 badge. We believe that once a skater has attained Stage 3 or 4, they have acquired enough skating skills to be successful in hockey, ringette, or figure skating. Some skaters may be recommended by the coaching staff to the Group STARSkate program before the Stage 3 or 4 badges are awarded. Other skaters choose to remain in CanSkate all the way to Stage 7!

## GROUP LESSONS AT A GLANCE

1. Lessons usually start with a warm-up skate and then stretching and balance exercises.

2. After the warm-up, skaters will proceed to their assigned group's home base for active instruction/lessons. Lessons progress from previously learned to new skills.

3. Skaters will move to different stations each session. Each station focuses on a different



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section of fundamental skating skills. Teaching aids and fun learning exercises are used throughout a lesson to get skaters moving and practicing skills in fun and creative ways.

4. The end of the lesson is used for cool-down, which may mean joining another group for a game or moving around the entire rink.
5. After the lesson is the best time to get to know your professional coach. The coaches are always happy to speak to you about your child following the lesson!

### HELMETS

Remember to wear a CSA approved hockey helmet. A hockey helmet is made to withstand multiple impacts and also block sharp objects that may hit the head. A bike helmet is not appropriate for use on the ice as it does not protect a skater well for falls onto the ice, when they can hit the back of the head hard. Bicycle helmets also only protect the head for one impact and should be replaced once they have received any strong impact.

#### What is a CSA Helmet?

A CSA helmet is one that has been approved by the Canadian Standards Association for use as head protection for ice sports. They can be obtained from any major sporting goods store.

**BE SAFE – PROTECT YOUR CHILD!!**

**How you can help your child enjoy Skating Lessons?**

- \* Ensure your child wears warm clothing and proper equipment. Clothing should allow for

movement and also provide some protection from falls and the cold ice.

- \* Ensure skates fit well and are tied up properly.
- \* Arrive on-time for all sessions.
- \* Provide your child with positive feedback.
- \* Practice skating outside of lessons – take advantage of local public skate sessions.
- \* If your child does not pass their badge and move on to the next level, emphasize the skills that they have improved on.

### Parental Supervision

Due to safety considerations, we strongly recommend that parents remain in the building for the entire duration of their child's lesson. Parents may watch their children from the stands. We appreciate your cooperation in keeping the area in front of the gates and players benches clear, allowing skaters to get on and off the ice safely.



**SKATECANADA**  
STONY PLAIN SKATING CLUB

### CONTACT US

President	
Dan Veldhuis	(780) 968-9237
Bingo	
Patti-Jo Sullivan	(780) 701-0925
Fundraising	
Cathy Nielsen	(780) 963-8880
Special Events	
Kristin Padget	(780) 722-1723

Club Inquiries (Tracy) (780) 909-7707

[www.stonyplainskating.ca](http://www.stonyplainskating.ca)

Email: [info@stonyplainskating.ca](mailto:info@stonyplainskating.ca)



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