



Stony Plain Skating Club

Where success begins...

Spring 2010 News

WELCOME to all skaters, new and returning, to this year's spring skating session! We hope you had a wonderful Easter holiday and spring break! As our spring programs begin, we are ready to have a fun and productive session!

Our winter session ended with our annual ice show, which was a huge success! A recap of the show, along with pictures of the event, can be seen on our website under the events – ice show tab! Thank you to Border Paving and Lori Sorge, Realty Executives, for their support of the show.

The Stony Plain Skating Club Annual General Meeting will be held on Wednesday, May 5 at 6 pm, in the Spruce Grove Room at the TransAlta Tri Leisure Centre. All club members are encouraged to attend (including CanSkate and Group STARSkate parents!). Come out and become informed on the important process of club organization – and get a free Ice Show DVD! At the club's Annual General Meeting, all positions on the Board of Directors are open for nomination and election. Please see page 2 of this newsletter for additional information.

Good luck to our figure skaters as they compete at the Sunsational Invitational Competition on April 23 – 25.

Don't forget to check our website regularly for updates and changes. All of the information you need to know can be found at www.stonyplainskating.ca. You may also speak to the professional coach teaching your child, or email us at info@stonyplainskating.ca.

REGION AWARDS

Congratulations to two club members who received Skate Canada Edmonton Region Awards at the Region Awards Ceremony on March 23, 2010. These awards are chosen from nominations received from the 22 Skate Canada clubs in the Edmonton Region.

Aleksandar Mrdjenovich received the BMO Financial Group CanSkater of the Year Award. The award recognizes a skater who has shown enthusiasm and dedication to the CanSkate program and has demonstrated the talent and desire needed to find success on and off the ice.

Carlissa Neumann was presented the Skate Canada HomeSense STARSkate Athlete Award. The award recognizes a skater who has demonstrated determination and commitment to the STARSkate program, as well as displaying passion for the sport and achieving success throughout the season through personal skill development and growth.



FUNDRAISING NEWS

BINGO NEWS

We have 5 more bingos to work for the current skating year (April – August). Although no bingos are required for Spring Session, consider working extra bingos for credit towards skating fees in September. Each bingo, over and above your regular required bingos for the Fall and Winter Session, is a \$75.00 credit towards September fees. There are openings for all dates, but we will especially need workers for the summer dates.

Bingo Dates:

Monday, April 19 5:00 pm

Saturday, May 22 5:00 pm

Monday, June 14 5:00 pm

Saturday, July 17 5:00 pm

Thursday, August 19 5:00 pm

SANDY VIEW FARMS FUNDRAISER

Sandy View Farms in Spruce Grove is donating 15% of retail sales during 2 – 6pm on Monday, April 19 to the Stony Plain Skating Club. Please stop by and purchase something to support our club.

*Thank you to the sponsors of this
season's raffle prizes!
Greyhound Canada, Jasper Tramway,
Mountain Park Lodges,
Stony Plain Co-Op, United Cycle*

STONY PLAIN SKATING CLUB BOARD OF DIRECTORS

At the club's Annual General Meeting, all positions on the Board of Directors are open for nomination and election. The Board of Directors consists of:

President: oversees and coordinates all club activities in collaboration with the Board of Directors, Committee Coordinators, and the Professional Coaching Team. With support from Skate Canada, the Alberta Section and the Edmonton Region, ensures club operations are efficient, cost effective, conform to Skate Canada guidelines and provide quality programs benefitting all levels of skaters.

Vice-President: assists and fills in for the President as required, and serves as the Competitive Team Coordinator (i.e., submits competition entry forms).

Secretary: prepares minutes of all meetings and performs any necessary correspondence.

Treasurer: performs all banking functions, maintains detailed financial records, assists with budget preparation and prepares all required reports.

Director (Test Chair): organizes test days, arranges for out-of-tests and maintains test records.

Director (FundRaising): coordinates fund-raisers and seeks sponsorship.

Additional committee positions are also available:

Registration Coordinator: prepares registration packages, in consultation with the President & Coaching Team, takes registrations, prepares membership roster and enters membership into Skate Canada program.

Bingo Coordinator: organizes all bingo staffing, keeps records of bingos worked, ensures members work required number of bingos and attends Parkland Bingo Association meetings.

Special Events Coordinator: coordinates any special events, in collaboration with the Board and Coaching Team.

Marketing / Publicity Coordinator: advertises registration dates, submits newspaper articles and prepares other publicity items.

Recreational Program Liaison: provides liaison between parents of appropriate recreational programs, coaches and executive members, and attends executive meetings.

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. Skate Canada and the Stony Plain SC are committed to the development of personal excellence through participation in skating.

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 receive training seminars and 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 individual 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 in our Junior STARSkate figure skating program. Generally, skaters stay in the Group STARSkate program for 1 – 2 sessions. Of course, skaters may move into the figure skating program at any time.

PowerSkating Program

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that 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. Some skating activities are building blocks that all skaters practice together in larger groups. Games and other fun learning activities are also done in larger groups, while smaller groups are used for specific skill learning and practice. Skaters are placed in groups during the first 2 lessons, and 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 the professional coach teaching the lesson. 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 that 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 the CanSkate program all the way to Stage 7! Getting to Stage 4 may take up to 3-4 sessions, or approximately 1-2 years. Again, all skaters are different and will progress at their own rate!

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 start with a review of skills previously learned followed by new skills.
3. Skaters will move to three different stations each session. Each station focuses on a different 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!

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.
- * 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 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.

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!!

