



Viking Skating Club

Box 928 Viking AB T0B 4N0

WELCOME MESSAGE

Hi Everyone,

Welcome to all new and returning skaters! We have created this information package to help answer any questions you may have regarding our programs, policies, and parent obligations.

The Viking Skating Club (VSC) is run by a Board of Volunteers. We have been working very hard to ensure the Club will run smoothly this year. In order for this to happen we need the support of our families to fulfil volunteer/fundraising obligations which are listed inside.

We are looking forward to a fun and successful season!!

In order to ensure you receive up to date information we strongly encourage you to join our Private Facebook Group: **VSC (Viking Skating Club)**. *This will be the primary way we will be informing skaters of any changes or information.*

Sincerely,

VSC Board of Directors



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2019/2020 Skating Season

Our skating season begins Monday, September 30, 2019 and ends with our Annual Skating Carnival on Feb 29, 2020. Please note the PreCan Session is from October to December once a week, skaters are welcome to continue on with the CanSkate Program in January and participate in the Carnival. Please let your coach or a board member know by December 15th if you will be continuing on to CanSkate.

VSC Mission Statement

To provide comprehensive skill development for all levels of ice skaters. Our goals are to encourage physical, emotional, and social growth and faster achievement through positive learning experiences and teamwork.

Board of Directors

VSC General Enquires email
vikingsk8club@gmail.com

President: Jennifer Morken (2 year Term ends 2019/2020 year)

Vice President: Lindsay Klein (2 year Term ends 2018/2019 year)

Secretary: Shannon Ruzicka (2 year Term ends 2019/2020 year)

Treasurer: Donna Reil (2 year Term ends 2018/2019 year)

Director: Kyla Lawes (1 year Term ends 2018/2019 year)

Director: Karen Brooke (1 year Term ends 2018/2019 year)

Director: Shelley Hakes (1 year Term ends 2018/2019 year)

Director: Tracey Boast Radley (1 year Term ends 2018/2019 year)



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COACHES

LEIGHANN KUHN is returning for her 5th year as our StarSkate coach. She has been coaching for 24 years with Vegreville Skating Club as well.

MARCIA PARR is a former member of the Viking Skating Club & we are excited to have her back as our CanSkate coach this season after taking a year off.

LYNNE SORENSON volunteered with our CanSkate program last year and enjoyed it so much she completed her CanSkate Coaching Certification this summer and is excited to begin her coaching career.

PROGRAM ASSISTANTS

The Program Assistants (often called PAs) are a group of young volunteers who have completed the Skate Canada Program Assistant *Course* and will be assisting the coaches on the ice with the PreCan and CanSkate programs. We appreciate their enthusiasm and dedication to helping our younger skaters and we could not run our programs without them.

SKATING PROGRAMS

PreCanSkate & CanSkate Programs

PreCanSkate Group Program

This program introduces skaters to basic skating movements on the ice. They will learn skating skills such as balance, standing, and forward march. Skaters will progress through specific stations that will teach them ice movements in a fun and friendly environment. During the year, coaches will use their discretion to progress skaters through the appropriate group levels according to their skating ability. Falling is an important skill so do not be discouraged if you see your child spend a lot of time falling and getting up in the first few lessons.

CanSkate Group Program

The CanSkate program teaches skaters aged 4 and up the foundations of ice skating. Skaters will learn key skills that will form the basis of excelling at all ice sports such as figure skating, hockey, ringette, and speed skating. Skaters are immersed in a positive and fun environment where they constantly receive feedback and encouragement from our coaching team.



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Our program is accredited through Skate Canada and is designed to facilitate progress towards Skate Canada's Test and Competitive Programs. Report cards will be given at the conclusion of the season and achievement ribbons are given out throughout the entire season. During the year coaches will use their discretion to progress skaters through appropriate group levels according to their skating ability. CanSkaters who are excited to try out their skills should register for our Fun Meet which happens on Sunday January 19, 2019. Details will go out before Christmas.

WHAT TO EXPECT

CanSkate is Canada's learn-to-skate program for people of all ages. CanSkate introduces basic skills and fundamental movements in a fun, active group lesson format taught by NCCP/Skate Canada Certified Coaches and trained Program Assistants. The session is divided into 4 different parts; a warm up, group lesson time, group activity, and cool down. CanSkate develops balance, control, and agility and is meant to develop basic skating skills for all skating disciplines. Evaluation is ongoing throughout the program with emphasis placed on the second half of each session. Report cards are distributed twice a year in December and March. For more information please speak to one of our CanSkate coaches.

On Skating Days

- Arrive with ample time to get your child ready
- CSA Approved Hockey Helmet with a cage is recommended for PreCan, Stages 1&2
- CSA Approved Hockey Helmet with or without cage for Stages 3&4
- Please DO NOT allow your child to go on the ice/bench until the coach has indicated it is time to enter the ice surface.
- The first couple of sessions are used for grouping and can tend to look quite chaotic. There can be some switching of groups and adjustments to ensure that all skaters are in appropriate groups.

Dress your child comfortably

- Sweats, track pants, splash pants, yoga pants, leggings are all good bottoms;
- Layers consisting of long sleeve shirts, sweatshirts, and vests allow for easy movement and warmth;
- Try to avoid bulky snowsuits as they limit the child's mobility
- Be sure to have a few pairs of mittens and gloves on hand
- Items such as long drawstrings, scarves, dangling coat belts etc. can be a hazard on the ice and should be avoided.
- Ponytails and barrettes ARE NOT comfortable under a helmet use thin cloth or elastic headbands to keep hair out of eyes.
- Don't forget to sharpen skates periodically



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STARSkate

- Minimum one Skate Canada professional coach teaching on the ice (may be assisted by experienced/trained Program Assistants)
- Provide stroking, free skating, skating skills and dance instruction (synchronized skating is optional) on a regular basis
- Skaters are encouraged to choose group lessons, private lessons or both formats to enhance their skill development
- 90% continuous movement - limited waiting to take turns to practice skills
- Use entire ice surface throughout session to promote speed • Evidence of sufficient progress of skaters from one level to the next (skaters should not be held back)

Group Lesson Format

- Skaters receive lessons in small group format from a professional coach who may be assisted by qualified program assistants
- Group lesson format for Primary, Intermediate and Senior levels, based on a 60-minute session, consists of:
 - 30-minute lesson with professional coach (10 min. free skate, 10 min. of skating skills alternated with or in addition to stroking, 10 min. dance)
 - 30-minute individual practice time

Private Lesson Format

Skaters receive individual private lessons from a professional coach during sessions based on the following test levels*:

STAR 1-5 level please refer to the STAR 1-5 Resource Toolkit

Senior Bronze - Gold

- 15 min Stroking
- 45 min Freesate (X2)
- 30 min Dance
- 30 min Edge/Turn (Skills)
- 2 ¾ hours Total Time
- 3-4 times/week



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FAQs

If I pay a registration fee why do I have to fundraise?

We fundraise to pay for coaching and ice rental fees. The cost for Ice Rental and Coaches in 2019/2020 were \$28000 and our registration fees were \$12000. Without fundraising we would need to double if not triple our registration fees to cover these costs.

Why do you need to have Skate Canada Certified Coaches instead of volunteers?

According to Skate Canada Bylaws we are required to have Skate Canada Certified Coaches. Skate Canada also sets the hourly wage for the coaches based on their training levels.

Why is Viking Skating Club affiliated with Skate Canada?

Skate Canada is the best learn to skate program and we feel strongly that every child deserves the best start to their skating career whether it be in Hockey, Figure Skating, or Recreational Skating.

What is a FunMeet?

A Fun Meet is a friendly competition where the skaters are given the chance to show off their newly learned skills. Skaters will be grouped according to skill level, complete a circuit and are scored individually on their performance. Afterwards they will be awarded a medal (gold, silver, bronze). Skaters enjoy these events and strongly encourage you to register in at least one Fun Meet throughout the season. Each skater is responsible to pay the individual registration fee and the coach fee & mileage (divided among the number of skaters from our club that attend)

Why do I have to pay Coach fees in addition to registration fees for STARSKATE when I didn't in CANSKATE?

When your child moves onto the StarSkate program the registration fee is for the ice rental cost and Skate Canada insurance and registration fees. As a StarSkater they are encouraged to practice on their own as well as their lesson for the duration of the ice time as opposed to in the CanSkate program where it is set 45min lesson. We have found that is less expensive to offer group lessons and divide the total coach cost by the number of StarSkaters rather than paying \$12.50 per 15 min sessions (an average skater would have three 15 min sessions for skills, dance, and disciplines each session for total of \$45 per day). Coach fees for this season will be \$65/month or \$390/year per skater. Please pay coach fees by the 15th of each month.



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What can I do to help?

Volunteer!

Join the Board (meetings once a month in the Louis Sutter Meeting room held during skating sessions)

President

Vice President

Secretary

Treasurer

Director - CanSkate – be the liaison between board, coach and families, make monthly bench parent schedule & newsletter,

Director - StarSkate – be the liaison between board, coach and families, inform families of upcoming test days and test fees that will be due, enter test results on Skate Canada website

Director - Fundraising/Fun Meet – be the liaison between board and Fundraising & Fun Meet Committees, organize fundraisers and volunteers for fundraising opportunities

Director – Carnival – be the liaison between board and Carnival Committee, decide on theme, costumes, decorations, raffles etc.

Be on a committee

Carnival Committee – Group of 4 (Including Director) decide on theme, costumes, decorations, raffles etc.

Fun Meet Committee – Group of 4 (Including Director) organize the meet, invite other clubs, prizes, arrange judges, make schedule for the day etc,

Fundraising – Group of 3 (Including Director) be responsible for distributing fundraising information to families, collect orders & money, sort & arrange pick up of product for families, find volunteers to help with fundraising opportunities such as Brettzky Hockey Challenge & Viking Celebrity Golf Tournament

Picture/Video Coordinator – book photographer & hand out information to families, book videographer for Carnival

Advertising & Promotions – work with Vice President to advertise for upcoming club events in newspapers & Facebook, make programs & posters, work with carnival committee and fun meet committee

Donations & Grants – work with Treasurer mail out letters requesting for donations, fill out online applications for donations and grants that are available. Work with Carnival Committee to collect donations for the Carnival.

Please note all families will be expected to help on day of carnival and fun meet



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Skater's Code of Conduct/ Ice Etiquette

Participants will respect other skaters and their rights while on the ice.

Participants will wear appropriate attire while on ice

All parents, skaters and coaches will respect one another at all times

Participants will ask for permission from their coach to leave the ice

Ice etiquette will be obeyed: First right of way goes to skaters in lesson, second right of way goes to the skater having their music played, third right of way goes to skaters practicing the scheduled discipline (skaters may practice different disciplines only if all tests have been past.

Participants will be on time for the session. This means being ready to go on the ice on time. Coaches must receive notification from skater's parent or guardian if the skater is going to be late or absent.

Participants will not stand around and socialize while on the ice.

All parents, skaters and coaches will be supportive of each other.

Skaters and Parents will represent Viking Skating Club in an honourable manner.

Coaches have the right to ask skater to leave the ice due to poor conduct.

Participant's Name/Signature

Date

Parent or Guardian's Name/Signature

Date