



Dear Canskate/Kidskate Parents,

Welcome to the 2010-2011 year of skating. I'm looking forward to a great year of skating. My name is Sarah Murkin and I will be the professional coach for the year. Canskate/Kidskate is still evolving and changing to make learning to skate as much fun as we can make it.

My goal is for canskate and kidskate to be an enjoyable experience for all skaters. Please feel free to contact myself before skating or at coach_skating@hotmail.com. I love to hear feedback from parents and just anything you'd like to talk about. I do have one request, if there should arise an issue with any of the Program Assistants please talk to myself or any member of the executive and we will be more than willing to help resolve any issues. Our Program Assistants are volunteer skaters. Many are still young and may not be comfortable when approached by parents.

Please keep an eye open on our club bulletin board and dressing room doors. I will be posting important information regarding the program as well as a calendar with all important dates. Attached you will find some important general guidelines that the Hazelridge Figure Skating Club asks that all skaters adhere to. This is for everyone's safety. As well there is a copy of all important dates for the year.

Please be advised that the first few days of skating may look a little disorganized but please be patient as we insure that all skaters are grouped with other skaters that will most benefit your child's learning style.

Thank you for your time and I look forward to a great year.

Sincerely

Sarah Murkin
Kid/Canskate Coach for HFSC

HAZELRIDGE SKATING CLUB
Program Fees & Schedule 2011 – 2012 Season

KIDSKATE ... an intro to skating for pre-schoolers
Two 30 minute sessions per week for 20 weeks
Fridays 6:30 – 7:00, Sundays 12:45 – 1:15
Session: Oct 7 – Dec 18 / Jan 8 – March 16
Program Cost: \$190 for 20 weeks / \$125 for 10 weeks

CANSKATE ... learn to skate for ages 5 and up
Two 60 minute sessions per week for 20 weeks
Fridays 6:30 – 7:30, Sundays 12:45 – 1:45
Session: Oct 7 – Dec 18 / Jan 8 – Mar 16
Program Cost: \$225 for 20 weeks / \$150 for 10 weeks

PRE-LINK ... for skaters in their last year of Canskate program.
Combines Canskate lessons with an intro to dance/freeskate
Two 60 minute sessions per week for 20 weeks
Fridays 6:30 – 7:30, Sundays 1:15 – 2:30
Session: Oct 15 – Mar 20
Program Cost: \$250 for 20 weeks

POWERSKATING ... 10 – 60 minute sessions
Tuesdays 5:15 – 6:15
Session 1 – September 27 – November 29
Session 2 – January 3 – March 6
Program Cost \$140 for 10 sessions
All registrants must be in full hockey/ringette gear ** Skate
Canada insurance fee will not be charged for Powerskating
Registrants. Registrants must sign an insurance waiver prior to
Program start date.

ADULT SYNCHRO
One 45 minute session per week for 20 weeks
Fridays 7:30 – 8:15
Session: October 7 – March 10
Program Cost \$240

Casual Ice Rental: \$20 per 2 hrs / \$15 per 1 hr / \$10 per 30 min

GROUP STAR ... for skaters who have completed Canskate.
An intro to skating skills, freeskate and dance.
2.25 hrs per week for 22 weeks
Tuesdays 6:30 – 7:45, Sundays 2:00 – 3:15 (stroking included)
Session: October 4 – March 20
Program Cost: \$370 for 22 weeks (coaching fees included)

JUNIOR STAR ... for skaters who have not passed Preliminary Freeskate
3.25 hrs per week for 22 weeks
Tuesdays 6:45– 8:15, Sundays 2:00 – 4:00 (stroking included)
Session: October 4 – March 20
Program Cost: \$490 for 22 weeks (coaching fees not included)

SENIOR STAR ... for skaters who have passed Preliminary Freeskate
4.25 hrs per week for 22 weeks
Tuesday 6:30 – 9:00, Sunday 2:00 – 4:30 (stroking included)
Session: October 4 – March 20
Program Cost: \$530 for 22 weeks (coaching fees not included)

BEGINNER SYNCHRO ... Canskate level 5 or higher
up to 15 years of age
One 60 minute session per week for 20 weeks
Sunday 11:30 – 12:30
Session: October 9 – March 11
Program Cost: \$240

PUBLIC SKATING
Saturdays 5:30 – 7:30
Mid October – Mid March

EXTRA STAR ICE AVAILABLE
Tuesdays 7:15 – 8:45
Sunday 2:30 – 4:30

SKATING WILL BE CANCELLED ON THE FOLLOWING DATES: Dec 23, 25, 30, 2011 & Jan 1, 2012

A \$30 fee will be added to all skating costs (except Powerskating) for SkateCanada's insurance and registration costs.

HAZELRIDGE SKATING CLUB 2010 - 2011 SEASON

This handbook provides information for both returning and new members. Please feel free to ask any member of the executive for clarification of anything in this booklet or about the skating programs.

- 1. HSC Membership** – The Hazelridge Skating Club (HSC) is operated by parent volunteers on a non-profit basis and is a member of Skate Canada. As a Skate Canada member, we are obligated to operate our programs by their rules and to contribute to the Manitoba Section and Eastman Region organization and administration of the programs. Information on Skate Canada, their service and policies may be obtained by calling 1-888-747-2372 or on-line at www.skatecanada.ca.
- 2. Executive** – An executive is elected at the HSC Annual meeting in the spring to organize and manage the clubs affairs for the year. All members are encouraged to serve on the executive. The executive for 2010 – 2011 season consist of:

<u>Title</u>	<u>Name</u>	<u>Phone</u>	<u>E-mail</u>
President	Tracy Lamoureux	H - 866-3169 C - 391-3054 W - 789-1023	mattnic@mymet.net
Vice-President	Cheri Jackson	224-9966	cheri.j@mts.net
Treasurer	Shelley Hopkins	444-2375	thopkins@mts.net
Secretary	Andrea Marshall	444-5614	georgie@mts.net
Fundraising	Connie Marques	444-4913	cmsa@mts.net
Hospitality	Teresa Messerli	268-1293	serli@xplornet.com
Public Relations/Bulletin Board/Communications	Lauraine Berard	224-3814	raceut@mts.net
Registrar	Cindy Warkentin	853-7364	cwarkentin@skyweb.ca
Ice Show Chair	Cheri Jackson	224-9966	cheri.j@mts.net
Fun Skate Rep	Venise Riehl	268-3349	chessy.2734@qkstream.com
Grants and Awards	Layna Penner		
Synchro Rep	Karen Dzioba	444-6067	Dziobak@inac-ainc.gc.ca
Test Chair	VACANT		
Long Term Development	VACANT		
Ice Scheduler	Jennifer Driedger	755-2015	robandjenn@prairie.ca
Kid/Canskate Coach/Pre- juv Synchro & Private	Sarah Murkin		coach_skating@hotmail.com

We are always looking for members to join our Skating Executive. Some of the current Executive will be retiring at the end of this season. If you are interested in participating, simply contact any one of the Executive above and we would be happy to discuss what interests you!

Please check our website www.hazelridgesports.ca for the calendar of events and canteen info.

- 3. Meetings** – Skating meetings will be held once a month during the Canskate hour on Sundays. All members are encouraged to attend, as decisions are made at the meetings that affect the skating program. Minutes from each meeting are posted on the Skating Announcement board in the entrance hallway. In addition, information sessions will be held 2 or 3 times during the skating season to keep all membership updated with important and current events.

4. **Committees** – As you noticed at registration, there is a necessity that at least one adult from each family participate on a committee of the skating club, in order to keep the club alive and well. The committees which require participation are: hospitality, Funskate (January 2011), fundraising and communications. Contact any executive for more information regarding these committees. When everyone participates, the work is shared.
5. **Facilities** – The HSC uses the Hazelridge Sports Complex facilities. We follow their ice use policies and we pay them rental charges for our use of the ice. One important fact to be aware of is that the Hazelridge Sports Complex is completely managed and financed by its membership. The complex receives no on-going support of its operations from either municipal or provincial sources. Please see the last page of this handbook for the current HSC executive names and phone numbers.
6. **Coaching** – Our SkateCanada programs are coached by certified coaches. The Canskate program is greatly facilitated by the guidance of our many Program Assistants and our helpers. Sarah Murkin coaches the Kid/Canskate program and the Pre-juv Synchro team. There are also many professional coaches who give private lessons.
7. **Coaching Privileges** – The HSC executive authorizes coaching ice privileges and no coach can offer services at the club without approval. Such approval may be refused or revoked if coaches violate Skate Canada rules and/or their conduct is contrary to club policies or brings into disrepute the image of the club.
8. **Lesson Times** – Please try to have your children ready and on the ice when their ice time begins so that the coach and assistants do not lose valuable time looking for students

Kidskate	Friday 6:30 - 7:00	Sunday 12:45 - 1:15
Canskate	Friday 6:30 - 7:30	Sunday 12:45 - 1:45
Pre-link	Friday 6:30 – 7:30	Sunday 12:45 - 1:45
Group Star	Tuesday 6:30 - 7:45	Sunday 2:00 - 3:15
Junior Star	Tuesday 6:45 - 8:15	Sunday 2:00 - 4:00
Senior Star	Tuesday 6:30 - 8:30	Sunday 2:00 - 4:00
Powerskating		
Session 1	Tuesday 5:15 - 6:15	
Session 2	Tuesday 5:15 - 6:15	
Synchronized Skating		
Beginner	Sunday 11:30 - 12:30	
Learn to Skate	Friday 5:45 - 6:45	
Fitness Ice	Friday 5:45 - 6:45	
Public Skating	Saturday 5:30 - 7:30	

9. **Insurance** – Members participate in all club activities at their own risk. Hazelridge Skating Club assumes no responsibility for any damages and/or injuries received or loss of property to any member, guest or visitor. We recommend that all skaters carry school Blue Cross or other insurance that covers them 24 hours a day. No parents should be on the ice during lesson time unless they are registered in a skating program.
10. **Fundraising** – In order to keep our program fees as low as possible, the Skating Club is required to do a minimum fundraising profit margin of \$50 over and above what is required by the Hazelridge Sports Complex. The executive welcomes any suggestions or ideas on fundraising, as it success impacts on the program fees charged in subsequent seasons. Again, we rely completely on funding from our members, as no on-going support is provided by municipal or provincial bodies.

11. **Kidsport Fund** – Sport Manitoba has a grant available to assist in paying registration fees for various sports programs. The grant enables athletes to continue in their chosen sports by offsetting some of the registration fees for qualified families. It is subject to acceptance of application by Sport Manitoba. If interested, please speak to the HSC registrar for an application.
12. **Cancellations** – Occasionally through the season, skating will be cancelled due to hockey tournaments. This is accounted for when the start and end dates for the season are set. Watch the Skating Announcement Board or your email for notice of any cancellations. Please note the dates for which skating will be cancelled identified on the inside cover page. In the unfortunate event that skating classes must be cancelled due to inclement weather, we cannot guarantee the replacement of missed classes.
13. **Ice Show** – Near the end of every skating season, the skaters and their coaches perform in the Club's Ice Show. Costumes for the skaters are prepared by the parents in consultation with other parents in their child's skating groups. Our Ice Show Chairs are also available to consult with parents on costume preparations.
14. **First Aid Attendant** – It is our hope and intention to have a least one person in attendance at all skating functions, practices and classes, who is trained in some first aid skills, If you are a parent who frequently attends the skating rink for such events, please let a member of the skating executive know of your skills. In the event of an emergency at the rink, it will be helpful to be aware of an adult with such abilities.
15. **Tax Credit** – Effective January 1, 2007, the Federal Government implemented the Children's Fitness Tax Credit. This is a non-refundable tax credit on eligible amounts up to \$500 per child (applies to children under 16) paid by parents to register a child in an eligible program of physical activity. The Hazelridge Skating programs meet the requirements for an eligible program. In order to be able to include the program fees in your 2010 Income Tax Return, the receipts issued by organizations must contain the following:
 - a) Organization's name and address
 - b) Name of the eligible program or activity
 - c) Total amount received, date received, and the amount that is eligible for the children's fitness tax credit
 - d) Name of the payer
 - e) Name of the child and the child's year of birth
 - f) Authorized signature

A receipt containing this information will be issued for each child registered in the Hazelridge Skating Programs. The receipt will contain the full amount of the registration fees paid for the 2010 – 2011 skating season. These receipts will be distributed either by mail or in person, prior to December 21, 2010.

If you have any questions about the children's Fitness Tax Credit, please contact Shelley Hopkins, Treasurer at 444-2375.

HAZELRIDGE SPORTS COMPLEX INC. EXECUTIVE LIST 2010 - 2011

<u>Title</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
President	VACANT		
Vice-President	VACANT		
Past President	Vivian Jacob	755-2837	vlj78@mts.net
Treasurer	Phyllis Chapko	866-3116	Phyllis.chapko@mtsallstream.com
Secretary	Cindy Koltalo	755-2290	bckoltalo@highspeedcrow.ca
Arena Manager	Derek King	866-4137	dking@truenorth.mb.ca
Canteen	Maureen Nault	755-2982	hotsycen@ms.net
Fundraising	Cindy Koltalo	755-2290	bckoltalo@highspeedcrow.ca
Public Relations	Kevin Jackson	444-3955	1jackson@mts.net
Registrar	Jennifer Driedger	755-2015	robandjen@prairie.ca
Summer Sports	Rob Corden	866-3035	schouph@prairie.ca
President Skating Club	Tracy Lamoureux	866-3169	mattnic@mts.net
Hockey Liaison	Jeff Post	444-4748	post@agr.gc.ca

HAZELRIDGE FIGURE SKATING CLUB KIDSKATE/CANSKATE INFORMATION

What is Kidskate/Canskate ?

They are “learn to skate” programs. The fundamentals of skating are taught to prepare skaters for various sports including: Skate Canada’s StarSkate program, CanPowerSkate, Hockey, Ringette or for a lifetime of recreational skating.

Kidskate/Canskate Objectives

- To provide basic skating instruction in a group situation
- To introduce skaters to the fundamental movement of skating in a safe, fun environment
- To develop balance, coordination and rhythm through the use of music
- To enable skaters to move through the Skate Canada system smoothly
- To encourage and identify “talented skaters”
- To promote physical fitness and encourage lifelong participation in skating

Is your child ready for Canskate ?

There is no minimum age requirement and each child is different. However, the Hazelridge Skating Club has criteria to help you decide if your child is ready.

- The ability to understand simple instructions and follow directions from a person other than a parent
- Able to “separate” from a parent and remain on the ice for the Canskate session
- Skates that fit properly and support the ankles
- The ability to walk on the floor with reasonably straight ankles while wearing skates

** The Hazelridge Skating Club offers a one week trial period to decide if your child is ready for the Kidskate/Canskate program.

What’s happening on the ice ?

Professional coaches provide instruction with support from program assistants who will reinforce instruction, lead activities and perform various tasks as needed by the coach. Each session consists of the following portions:

- Warm up
- Lesson time (skill review, new skills, practice time)
- Group activities (creative expression/skill development, games/action songs)
- Cool down

Skaters are grouped according to previous badges earned, general skating ability, or their age, as appropriate. Evaluation will be the responsibility of the coach and will be ongoing. Skaters will receive badges at the end of the season for their accomplishments.

If you have any questions regarding a skater or the program, please contact the Kidskate/Canskate coordinator or professional coach. They will gladly discuss your concerns.

Rules and Regulations on the Ice

1. Helmets are compulsory for all skaters 5 years and younger
2. Only registered skaters and Coaches/Program Assistants are allowed on the ice during lesson and practice time
3. No blue jeans are to be worn. Wear pants that allow freedom of movement
4. Wear warm gloves or mittens and a warm jacket. Our rink tends to get very cold
5. Do not wear long scarves or items that impair the skaters' vision
6. Get up quickly after falling down
7. Look in the direction you are traveling when skating backwards
8. No clunky jewelry is to be worn and no sharp objects in pockets
9. Make sure starts and stops are completed a safe distance from the boards. No board crashing
10. Long hair must be tied back with soft accessories (to avoid head injuries in case of a fall)
11. No gum or candy on the ice
12. Dressing rooms must be used for changing and putting on/taking off skates
13. No TAG, PUSHING, FIGHTING or CURSING on or off the ice
14. No electronic equipment allowed on the ice (eg: ipods, mp3 players, etc)
15. Your child will be told to leave the ice if they choose to disregard the rules during a Kidskate/Canskate session. It is not the responsibility of the Coach/Program Assistants to discipline the skaters.

Equipment for Kidskate/Canskate

- Skates that fit properly
- A helmet for skaters 5 and under
- Warm, non-restrictive clothing and mitts

Skates are available in a variety of price ranges at most sport stores or many second hand skates are also available. Before buying skates, check carefully for proper fit and firm ankle support

How to fit skates

- Wear only one pair of socks or tights
- Partially lace boots through instep
- Slide foot forward so toes can touch the front but are not cramped
- Stand with weight equally distributed over both feet, bend knees
- The space at the back of the heel should be no more than a pencil to one finger width

Skates should fit snugly around the ankle and heel with some room for movement of toes. There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place. Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep. **Do not tie long laces by wrapping the laces around the skater's ankle. This is a safety hazard and circulation to the foot may be cut off.** If the laces are too long, cut them off. Walk around in the skates off-ice; they should feel comfortable and they should not be falling in or out at the ankles.

Tips

Avoid buying skates in a large size for the skater to “grow into”. Comfortable, well-fitting equipment is imperative for skaters to perform the skills they are learning and avoid frustration.

Sharpening Skates

- Sharpen skates as soon as they are purchased
- Use a well known sharpening company
- Re-sharpen skates after approximately every 3 weeks or 15 hours of on-ice, depending on the skater
- The bottom pick should **NOT** be removed – the pick is part of the design and is essential for proper balance

Care of Skates

- Always wear protective guards when not on the ice
- Dry blades and sole plate completely with cloth after use
- Always remove guards before storing skates
- Unlace skates sufficiently before removing them so that the boot will not break down or rip

Helmets

Helmets are mandatory for skaters 5 years and younger and for all beginning skaters (regardless of age)

- Helmets should fit snugly but not too tightly
- The strap and helmet should be adjustable
- Look for helmets made of hard plastic with a thick layer of sponge
- Helmets must be CSA approved and fit down over the back of the skater's head. For this reason, hockey helmets are preferable to bike helmets. They are designed for head protection on ice.

Parent Responsibility

- Ensure skaters are wearing proper clothing and equipment
- Have a parent or designated guardian at the arena at all Kidskate/Canskate sessions
- Do not “drop and go”; a responsible adult must be present in the arena at all times
- Encourage and support your skater
- Volunteer and become involved in the Hazelridge Skating club
- Perform canteen duties and fundraise. By performing these duties, we can keep costs down

If you have any questions or require more details regarding the information included here, please don't hesitate to ask a member of the Club executive. We will be pleased to help you.

RULES OF CONDUCT

In order to make skating time as safe as possible for your child, please review The following rules with him/her. Even if you are veteran skaters, another look at these rules is always a good idea.

- Children in Kidskate and the first level of Canskate are required to wear helmets
- Parents are not allowed on the ice during lesson time unless registered in their own skating program. They are not covered by Skate Canada insurance
- Blades should be sharp and protective guards worn on them when off the ice
- Boots should be laced correctly to support the ankles. Laces should be tucked in the top of the boot. Untied laces should be fixed immediately
- Watch out for other skaters, especially little ones. Look behind you before attempting a forward spiral. Look in the direction of travel when skating backwards to perform a backward spiral. Look for an open space before jumping or spinning. Spins are usually done in the middle of the ice
- Get up quickly after falling down
- No food or drink of any kind is allowed on the ice. Skaters should never be chewing gum
- Starts and stops should be done a safe distance from the boards
- Sharp objects should not be carried in pockets
- Combs or clips in the hair can cause injuries. Use soft accessories in hair. Long earrings or chunky jewelry should not be worn on the ice
- Keep balls, nets and other loose objects off the ice
- No electronic equipment allowed on the ice (eg. Ipods, mp3 players, etc)
- Figure skating time is for figure skating practice only. Please do not play games of chase, tag, crack-the-whip, etc. that would interfere with other skater's lessons or practice time
- Figure skating coaches or supervising parents reserve the right, after one warning, to ask a skater to leave the ice if continued unacceptable behavior interferes with a lesson
- Respect all coaches and program assistants. They are volunteering their time to help you learn to skate
- Enjoy yourself