

Handbook



www.summerlandskatingclub.com

Welcome

The Summerland Skating Club (SSC) would like to welcome all of our new and old members with a copy of this handbook in an effort to better communicate with our skaters and their parents in all of the programs. Inside our handbook you will find a great deal of valuable information covering the many facets of the sport of skating.

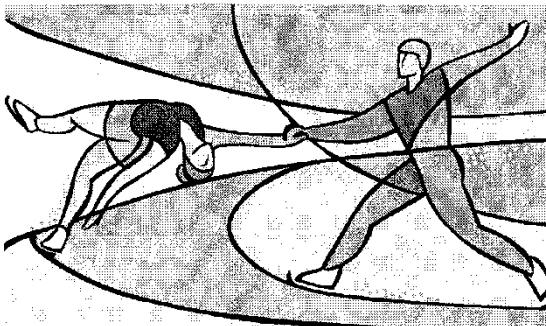
You will be able to obtain information throughout the skating season from the Club bulletin board in the arena lobby, as well as our club website: www.summerlandskatingclub.com. The Club will use these tools to keep you informed of upcoming events, important dates, times and skating news.

If you have any questions or concerns please let us know or bring them to a SSC meeting held every second Monday of the month at the Community Centre at 7:30 pm. Volunteers are always welcome. The Board of Directors of the SSC is here to ensure that your skating experience is as positive as possible. Some of our executive have been involved with skating for many years and are more than happy to pass on their knowledge to you.

The Club is looking forward to having another great season. Together we are sure that we will have lots of fun along the way!!

HAPPY SKATING

Summerland Skating Club Board of Directors.



THE CLUB

The Summerland Skating Club (SSC) came into being February 1956 for a six week session with sixty members. In the fall of that year the Club expanded to 90 members for its first full season with Walter Powell as its first president. We now have an average of 130 members each season.



Since its inception, SSC skaters have achieved many successes. After passing Silver and Gold tests, competing and winning at all levels of competition including BC Sections, some of our skaters have gone on to skate for ice shows or chosen coaching as a career.

This tradition of excellence continues with our young skaters achieving many of their goals on a continuous basis. Through hard work and perseverance these young athletes learn many lessons that will remain with them throughout their lives. Skaters learn to work on their own, pick themselves up when they fall, enjoy the feeling of achievement after a great deal of hard work and some experience the thrill of competition. They also have the opportunity to give back to skating as a volunteer through the Program Assistants program.

Belonging to a skating club may be a little costly, but placing a price tag on the qualities described above seems somewhat unimportant as our children develop into mature, hardworking, responsible individuals with goals.

With this in mind, the Club has worked hard and will continue to do so to keep fees as reasonable as possible. It is our wish to provide skating to all who wish to take part, not just to those who can afford to take part. Only through fund-raising and volunteering can we make this possible. Please contact the executive if you can help.

CLUB FUND-RAISING

Fundraising has become an essential activity for most clubs and organizations today. With the rising costs of ice rental, equipment and coaches' salaries, it is imperative for our club to have fundraisers. Registration fees account for approximately 55% of the Clubs' annual revenues and without fundraising we would have to increase membership fees substantially each year making skating too expensive for many. Fundraising is our only option.

The Club conducts the following fundraisers:

- ★ Pop Concert Door Proceeds and 50/50
- ★ Nesters Cards
- ★ Purdy's
- ★ One other fundraiser (TBA)

The Club encourages every member to participate fully in our fundraising activities. By group participation we can achieve our goals more quickly and keep our registration fees as low as possible -- a benefit to everyone.



We are confident that this year, with your participation and support, the club will be able to keep moving forward and continue to offer quality programs at an affordable price

CLUB PROGRAMS

CANSKATE TINY TOTS

Designed for 4-5 year olds, the Preschool Program is intended for the first time skater. The focus is on fun and learning through play and making that first skating experience a very positive one. Those with previous skating experience are encouraged to register in the CanSkate Program.

CANSKATE

Developed by Skate Canada and taught by certified coaches, CanSkate is Canada's # 1 learn-to-skate program. It is designed for skaters five and over that are ready to receive instruction and begin learning the fundamentals of skating.

Skaters in this program are evaluated continually and receive badges to mark their progress through the program. There are a total of 13 badges that may be earned. Skill badges are Go Forward, Go Backward, Stop, Turn, Spin and Jump. There are also 7 fundamental movement badges that may be earned.



CanSkate is conducted in a group lesson format by our Skate Canada certified professional coaches with the help of volunteer senior skaters called Program Assistants. The PAs receive training on an ongoing basis from our Club coach to ensure that every skater receives high quality instruction.

JUNIOR ACADEMY

This skating program is offered to those children who have passed stage 4 in the CanSkate program and are interested in taking an extra ice session a week in order to progress in their skating skills even further. These skaters will experience group stroking lessons which will work on strengthening their basic skating skills, optional private lessons from one of our professional coaches (you arrange with the coach), and free time where the skaters can practice skills learned during their lesson. This is a terrific opportunity for those skaters who are not quite ready for intermediates, but would like to experience what it will be like when they are ready.

PRIMARY + INTERMEDIATE TEST

In the Intermediate Test Program, skaters have ice available six days a week for a total of 7.5 hours including three group stroking lessons. During this time they will be able to receive private, semi-private, or group lessons from one of the Club coaches. Please ask a coach or club executive for costs. Typically a skater at this level would receive a minimum of three lessons a week, one in each discipline (skills, dance and free skate). These lessons are arranged between the parent/guardian and the coach. Payment for these lessons is the responsibility of the parent/guardian and is to be paid within 14 days of billing for the skater to remain in good standing.

Skaters at this level begin working towards attaining the various tests in the disciplines. These tests determine at what level the skater would compete if they should decide to do so. It is not mandatory for any skater in a test skating program to compete. There are many skaters that successfully complete all of their Gold Tests and never compete. Most skaters at this level will have a solo that they will practice for tests and competitions in the Okanagan Region.

SENIOR TEST

The Senior Test Program is for the Club's more advanced skaters with ice available six days a week for a total of 9.5 hours. These skaters are working on their Junior Bronze Free Skate and Sr. Bronze Dance tests or higher. This criteria can change as skaters attain higher levels and numbers dictate. Most of the skaters in this program have, or will be, competing in the various competitions in our Region and beyond.

There are various programs and clinics that skaters at this level may participate in. The Okanagan Region has Regional Development Teams that skaters may become eligible for if they meet the test and age requirements. This is the first step in the talent identification process. There are many other great opportunities for skaters at this level to participate in Field Training Clinics, Singles Seminars etc. Skaters at this level are encouraged to volunteer as CanSkate Program Assistants to aid in the development of the Club's younger skaters. Without the dedication and commitment of these skaters our Club would suffer greatly.

SKATERS CODE OF CONDUCT

The Summerland Skating Club strictly adheres to Skate Canada rules. The following is in addition to those rules and it is expected that every skater and their parent(s)/guardian(s) respect and follow the rules as they are written. Failure to do so will result in disciplinary action by the Club and its executive. Please remember these rules are in place only for the betterment of the skaters' learning and training environment.

1. Be punctual for all sessions and lessons. Gate will close.
2. Dress code:
 - a. CanSkaters are required to wear mittens or gloves. CSA approved hockey helmets are mandatory for Canskate and Junior Academy Skaters. Heavy coats are discouraged as they impede movement.
 - b. Test skaters are required to wear proper attire for all sessions. NO jeans. Long hair is to be tied back during the session.
3. Ice stomping, kicking holes, sitting or lying on the ice or sitting/ climbing on the rink boards is strictly prohibited.
4. There is to be NO STANDING in groups anywhere on the ice. Skaters are reminded that ice time is restricted and the skaters who are just wasting time will be given warnings for better ice utilization.
5. Bad manners, profanity, improper behaviour or lack of consideration for others will not be tolerated. No show of temper on the ice or you will be asked to leave.
6. No loitering in dressing rooms or arena. Littering of arena, dressing rooms or misuse of the facility is prohibited.
7. No gum chewing or eating on the ice. Plastic water bottles only are permitted at ice level.

8. No more than 2 persons are allowed in the music room. Children are not allowed to handle any of the music equipment.
9. Only a coach may request music. If you miss your solo, you will have to wait until your turn comes up again.
10. Walkmans, portable tape players, etc. are not permitted on ice.
11. Skates must be worn at all times. NO shoes allowed on ice.
12. Be aware of every skater on the ice. Intimidation or disrespect for others will not be tolerated. Yield right of way to skaters as follows
 - a. Skater in a lesson
 - b. Skater performing a solo
 - c. Skater in a spin
13. Coaches are not to be interrupted UNLESS a skater needs permission to leave the ice before a session ends. Skaters should make every effort to speak with the coaches prior to the session beginning if they must leave early. Skater should also make every effort to remain on the ice for the entire session.
14. No parent or unauthorized person may teach, aid, or instruct on the ice or from the stands. Viewing privileges may be revoked if this rule is not adhered to.
15. There is to be NO free skating on dance sessions.
16. There must be at least one Club coach, parent or adult supervisor in attendance during each session. For CanSkate there must be at least one CanSkate coach in attendance before any skaters are permitted on the ice.
17. All skaters are required to take stroking lessons unless they are having a private lesson.
18. All professional coaches, board members, session supervisors and arena staff have the authority to enforce the above rules.

GENERAL POLICIES AND PROCEDURES

1. Can Skate registration fee pays for:
 - a. Skate Canada and BC Section fees
 - b. Ice fees during regular season
 - c. 2 group lessons per week
 - d. Pop Concert fees

Additional lessons or ice will be at the skater's expense

2. All complaints must be submitted in writing to the Board of Directors of the Summerland Skating Club, Box167.
3. The SSC reserves the right to alter the schedule as needed during the season. The Club will make every effort to keep to the schedule set out at the beginning of the season.
4. All registration fees must be paid in full by December 1 of the current season year. Other billings such as dance partnering are due immediately. If at any time a member's fees are deemed to be in arrears, that member will be suspended from all Club activities until such time as all fees are brought up to date.
5. No receipts will be issued for Competition and Test Fees, the members cancelled cheque shall be the member's proof of payment.
 6. Lesson fees must be paid within 14 days of billing. Lessons will be stopped if fees are not paid after 30 days.

Club coaches must be fully booked on any session before a freelance coach is hired to coach on that session.



PARENT RESPONSIBILITIES

1. To ensure that your child or children are on time for all sessions and appropriately dressed.
2. To ensure that your child or children know and understand the rules of the Club and realize that they must observe them.
3. To observe from the bleachers during lessons and not engage in conversation with your child during session.
4. To direct any suggestions or inquiries to the respective executive as indicated on the board by the concession.
5. To direct matters pertaining to the coach to the Club president.
6. To arrange for private appointments for discussions with the club coach and not interrupt during lesson times.
7. To give the coach adequate notice if your child will not be able to attend a private lesson otherwise the coach is entitled to charge you.
8. To pay all bills in a timely manner.

COACH RESPONSIBILITIES

The coach has full responsibility for the development of the skater within the season in which they have been hired- this includes

- a. Setting goals
- b. Determining equipment needs
- c. Suggesting lessons needed and give the skater and parent a schedule
- d. Ensuring test and competition requirements are met
- e. Ensure that each skater has forms for tests, competitions, clinics, and seminars.
- f. Produce for solos and/or pairs
- g. Ensure programs are choreographed with all level requirements included
- h. Inform parents of progress throughout the season

BOOKING LESSONS

It is recommended that parents/guardians book a minimum of one private or semi-private lesson per week in each of the disciplines (skills, dance, free skate) with our club coaches, Stephanie Marcinkoski or Dale Wood.

Please make arrangements with the coach outside of the skating scheduled times.

Shawna Cowling 494-9050

Dale Wood 493-0559



Co

SKATE CANADA STARSkate PROGRAM

Skills	Free Skate	Compulsory Dance	Rhythm/ Interpretive Dance	Artistic
Preliminary	Preliminary	Preliminary		Bronze
Junior Bronze	Junior Bronze	Junior Bronze		Silver
Senior Bronze	Senior Bronze	Senior Bronze	Dance Variation	Gold
Junior Silver	Junior Silver	Junior Silver	Bronze Rhythm	Adult
Senior Silver	Senior Silver	Senior Silver	Silver Interpretive	
Gold	Gold	Gold	Gold Interpretive	
		Diamond		

STARSkate stands for Skills, Tests, Achievement, Recognition and was formerly known at the Skate Canada Test Program.

SKATE CANADA COMPETITIVE PROGRAM

The competitive stream events are for skaters that have passed qualifying tests and wish to compete at competitions such as Regionals, Sections, Divisionals and Canadians.

Single Skating	Pair Skating
Pre-Novice	Juvenile
Novice	Pre-Novice
Junior	Novice
Senior	Junior/Senior

TEST AND COMPETITIVE

SKATING

The Skate Canada Test Program (STARSkate) consists of six tests of skating skills, six free skating tests, seven levels of compulsory dance tests, four rhythm/interpretive dance tests and four artistic tests. A skater can work towards becoming a 'gold medalist' in each of these disciplines. It can take years of dedication and hard work to become a gold medalist, but it is both challenging and satisfying for skaters.

Skating Skills

This discipline replaces figures. Six tests with three parts to each test. Preliminary is the lowest and Gold is the highest.

Compulsory Dance

There are seven compulsory dance tests, each consisting of three or more dance.

Preliminary:	Dutch Waltz, Canasta Tango, Baby Blues
Jr. Bronze:	Swing, Fiesta, Willow Waltz
Sr. Bronze:	Ten Fox, Fourteen Step, European Waltz
Jr. Silver:	Keats Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot
Sr. Silver:	Paso Doble, Starlight Waltz, Blues, Killian, Chacha, Congelado
Gold:	Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango, Silver Samba
Diamond:	Ravensburger Waltz, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz

TEST AND COMPETITION

POLICIES

Competitions

1. All competition forms are distributed through your Coach.
2. Any form requiring the signature of the Club Official must be signed by the Club Test or Chairperson.
3. Forms are to be filled in completely and signed by parent/guardian with cheque for competition fees attached. Cheques are made payable to Summerland SC.
4. Forms with payment are to be placed in the posted envelope on the dressing room bulletin board by the deadline date.
5. Parents will pay for coaching time at competitions.

Test Days

1. All test forms are distributed through your Coach.
2. Any form requiring the signature of the Club Official must be signed by the Club Test Chairperson.
3. Forms are to be filled in completely and signed by parent/guardian. Include skater Skate Canada number from the Skate Canada Registration Card. Test fees are on the form. There is a \$3.00 surcharge per skater, per test to offset ice fees and judges expenses. All forms must have cheque for fees attached made payable to Summerland SC.
4. Forms with payment are to be placed in the test envelope posted on the dressing room bulletin board no later than 5 pm on the closing date.
5. Dance partnering preparation and testing at the junior bronze level or higher requires an additional fee as an outside skater is hired.

COMPETITION AND TEST

DAY CHECKLIST

- * Clean laces, polished skates
- * Hair neatly tied back off the face
- * Black or white zipper/button sweater
- * Skating pants, suitable shirt and sweater (boys)
- * Competition dress and beige tights (girls)
Test day dark dance dress or skirt
- * Extra pair of laces and tights

SMILE You are a proud member of the Summerland Skating Club and our team is here to have FUN! Bring your manners and a positive attitude. Let's look sharp, we are representing our club and community.

DO NOT sharpen your blades immediately before a competition or test day.

Carry a screwdriver that fits the screws on your boots in case the blade needs tightening while you are away from home.

Be at the arena 1 hour before the scheduled event time.

SKATES

Skates are your most important piece of equipment, and it is important to get a suitable pair to help you perform your best. Not all skates are created equally. As in most things, you get what you pay for. Just because a skate is new, does not mean it is good.

Beginning skaters should look for a skate that has good ankle support and that, most importantly, fits the skater properly. Stay away from skates that appear flimsy or that the heel can be squeezed together.

For skaters entering the test program it is very important that you start your Test skating experience on a good pair of skates. Please ask your coach to assist you. Often there are good used skates available at this level. As skaters progress they will need better boots and blades in order to skate to their full potential and complete the more difficult jumps.

Some of the better skate company names to look for: Donald Jackson, Gam, Harlick, Klingbeil, Riedell, Risport, SP-Teri, Wifa, Graff.

Problems

If you have any problems with your skates there most likely is a simple solution to correct it. For example if your ankles are sore, a boot may be molded out so that your ankles are not sore any more. Please mention any problems to your coach.

SKATE CARE

1. Guards should be worn off ice at all times
2. After you have finished skating always thoroughly dry your blades and boots with a cloth or a chamois and put on cloth blade covers. **NEVER STORE YOUR SKATES WITH SKATE GUARDS ON.** Your skates will rust because moisture will be trapped inside the guards.
3. Never leave your skates in a locker or a bag. This will not allow the skates to dry properly and will cause the boot to become moldy and/or break down very quickly.
4. Always bring your skates home and take them out of the bag to dry at room temperature. Never put your skates on or near a furnace or heat source. This will cause the leather to become brittle and crack.
5. Clean your skate guards regularly. If you look inside and you see black dirt, this is probably damaging your blades.
6. Regularly check the screws holding the blade to your boot. Tighten only when soles are dry to help prevent stripping.
7. Skates should be kept in good appearance and polished with a good quality waterproofing product. SnoSeal works well.
8. Blades should be sharpened approximately after 20 hours of skating. Ask your coach to check your skates if you need help.

Call Mark Patterson 250-493-8858 for skate sharpening.

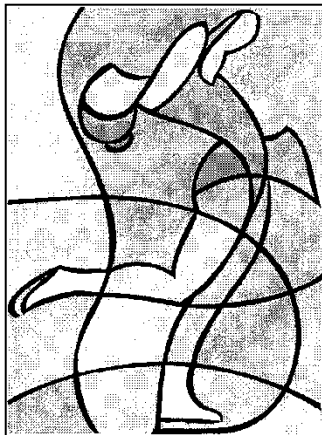
SKATE CANADA

The Summerland Skating Club is a proud member of Skate Canada, the governing body of figure skating in Canada and the largest volunteer organization in the world. Nearly all of the people involved with Skate Canada contribute their time and energy for the good of the sport. The many officials that have come to Summerland over the years for test days have all been volunteers, many of who have devoted over 20 years to the sport.

Skate Canada is comprised of 13 sections, one for each province with Ontario having 4 sections. Each section is divided into regions. The BC Section consists of 5 regions: BC Coast, Cariboo, North Central, Kootenays, Okanagan and Vancouver Island.

Summerland SC belongs to the Okanagan Region along with 22 other clubs. The region is broken into north, central and south.

When you become a member of our Club, you also become an associate member of Skate Canada; \$30.00 of your registration fee goes to Skate Canada each year. Each skater is issued a registration number and card.



SECTION

Our BC Section is located at the Burnaby 8 Rinks Complex.

BC Section-Skate Canada
Suite 2, 6501 Sprout St.
Burnaby, BC
V5B 3B8
1-888-752-8322
(604) 205-6960

In 1996 the BC Section received the 'National Centre of Excellence' designation from Skate Canada. This is a centre for all skaters in the province. There are clinics, schools and events that all skaters are welcome to attend. If you are in Vancouver you can call the Section office and buy on for skating time at the Centre. Buy on sessions are available with or without a coach and are subject to ice availability.

OKANAGAN REGION

Our Club is located in the BC South area of the Okanagan Region of the BC Section of Skate Canada. The Okanagan Region covers an area up to Valemont in the north, Golden to the east, Lillooet to the west and Osoyoos to the south.

The Region Executive board of Directors consists of Chairman, Past Chairman, 1st Vice Chairman, 2nd Vice-Chairman, Secretary, Treasurer, and two Directors. There are also numerous appointed positions within the region.

The region chairperson is Diana Thomas 250-498-7016

For more information click onto

www.skatecanada.ca OR

www.okregion.com



COACHES AND EXECUTIVE

The coaches of the SSC are members of the National Coaching Certification Program (NCCP) and have a valid first aid certificate and criminal clearance check.

Our Club coaches are under contract for the season and are responsible for all group instruction offered by the Club.

For individual coaching instruction, contact our Club Coaches. The Club coaches must be fully booked before a freelance coach will be hired by the Club for any sessions.

COACHES:

Dale Wood	493-0559
Shawna Cowling	494-9050

Executive

President	Dene Smith	494-3223
Vice-President	Peter Westra	494-4644
Secretary	Corene Thompson	494-7656
Treasurer	Alyson Lindsay	494-0926
Test Chairperson	Jane Theilmann	494-5377

Club Directors

Crystal Gove	494-7164	
Pam Cormillot	494-1625	Cathy Brickenden 494-1747
Lidia Kotulska	778-516-0220	

These people have donated many hours of their time so that we have a successful skating club. Over the winter, you will see them working hard to ensure that things run smoothly and your children have a great time. From time to time they may ask for your help; please give it when you can.