

FLITEWAY FIGURE SKATING CLUB

2011/2012 STARSkate Program Guide

FIGURE SKATING



SKATECANADA

WHERE SKATING TAKES FLITE!

NEW (On Line Registration)



CASTLE DOWNS ARENA 11520-153 Ave., Edmonton

Mailing address: Box 31072, Edmonton, AB, T5Z-3P3

Phone Number 472-1810 / hammerclyde@gmail.com

Coaching Director: Clyde Hammer

www.flitewayfigureskating.com

STARSkate (Figure Skating Program)

STARSkate offers opportunities for athletes of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. The Fliteway Figure Skating Club has 2 different STARSkate options 1) Junior STARSkate 2) Senior STARSkate.

NEW THIS SEASON: CompetitiveSkate

The CompetitiveSkate Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites). Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. Skaters will start off in the Junior STARSkate program before deciding to enter into CompetitiveSkate. This option is available to both junior or senior levels skaters. A complete comprehensive training plan will be set-up through your base coach.

IMPORTANT Information To Be Located On Our Website

* Taking Lessons * Long Term Athlete Development Model * FFSC Policies * On Ice Expectations * Equipment Guide and Recommendations * Test Days / Skate Canada Tests* Results * Coaching Profiles * Competition Handbook * Fliteway Board of Directors

News Letters / Memos

All communications will be sent out via email this season. Please make sure to include your email address on your registration form or send your contact information to hammerclyde@gmail.com

Coaching Director

Your feedback and input is always welcome and greatly appreciated. Please don't hesitate to call, email or set up a meeting to discuss club programming.

Grassroots to Champions

Our innovative Grassroots to Champions training system incorporates the latest research in physical literacy, motor skill development, and developing the athlete first. The foundation for our training system is the Skate Canada Long Term Athlete Development Model. Families with young children can register in our Long Term Athlete Development Program.

Coaching Team

Our Fliteway coaching team has a long history of producing top level provincial medalists, champions, and national level competitors. Our staff is dedicated to achieving each skater's goals. Coaching profiles can be located on our website.

Video Analysis

A complete work station and on ice video review system. Fliteway uses DARTFISH (the worlds most advanced video analysis software) Fliteway also has a complete digital recording and music selecting system.

Fitness Assessments

Fliteway offers a complete on and off ice fitness testing and monitoring system. Our goal is to identify each skater's strengths and weakness, design a plan to assist each athlete with their fitness goals, and develop norms for future reference.

Consultants

Developing an athlete takes more than just great coaching. Currently we have several consultants on staff who assist our athletes and coaches to reach their goals. For more details, please refer to our Friends Of Fliteway located on our website.

STARSkate Schedules

Junior STARSkate Schedule

Senior STARSkate Schedule

<p><u>Monday (Grand Trunk Arena)</u> 5:00-5:45pm Junior /Senior Freeskate 5:45-6:00pm Junior /Senior Skills/Dance 6:00-6:30pm Stroking</p> <p><u>Tuesday (Castle Downs Arena)</u> 5:00-5:45pm Junior /Senior Freeskate 5:45-6:15pm Junior Stroking 6:30-7:00pm Junior Off-ice</p> <p><u>Wednesday (Castle Downs Arena)</u> 5:00-5:30pm Senior / Junior Stroking 5:30-6:15pm Junior Freeskate 6:20-6:45pm Junior Off-ice</p> <p><u>Thursday (Castle Downs Arena)</u> 4:15-5:15pm Senior/Junior Freeskate 5:15-5:30pm Senior/Junior Skills/Dance 5:30-5:45pm Senior Junior Stroking</p> <p><u>Friday (Castle Downs Arena)</u> 4:15-4:45pm Senior / Junior Dance/Skills 4:45-5:30pm Senior / Junior Freeskate 5:30-6:00pm Senior / Junior Stroking 6:15-6:45pm Senior / Junior Off-ice Jump Class</p> <p><u>Saturday (Glengarry Arena)</u> 2:30-2:45pm Stroking 2:45-4:00pm Junior / Senior Freeskate</p> <p><u>Saturday (Shared Ice Option)</u> 11:00-1:15pm STARSkate Option (Clareview Arena)</p> <p><u>Sunday (Shared Ice Option)</u> STARSkate Option (Londonderry Arena)</p>	<p><u>Monday (Grand Trunk Arena)</u> 4:00-4:45pm Senior Freeskate 4:45-5:00pm Flood 5:00-5:45pm Senior/Junior Freeskate 5:45-6:00pm Senior/Junior Skills/Dance 6:00-6:30pm Stroking</p> <p><u>Tuesday (Castle Downs Arena)</u> 4:00-4:45pm Senior Freeskate 5:00-5:45pm Senior/Junior Freeskate</p> <p><u>Wednesday (Castle Downs Arena)</u> 3:30-5:00pm Senior Freeskate 5:00-5:30pm Senior / Junior Group 5:45-6:15pm Senior Off-ice training</p> <p><u>Thursday (Castle Downs Arena)</u> 4:15-5:15pm Senior/Junior Freeskate 5:15-5:30pm Senior/Junior Skills/Dance 5:30-5:45pm Senior Junior Group</p> <p><u>Friday (Castle Downs Arena)</u> 3:30-4:15pm Senior Freeskate 4:15-4:45pm Senior / Junior Dance/Skills 4:45-5:30pm Senior / Junior Freeskate 5:30-6:00pm Senior / Junior Group 6:15-6:45pm Senior / Junior Off-ice Jump Class</p> <p><u>Saturday (Glengarry Arena)</u> 2:30-2:45pm Group On-ice warm-up 2:45-4:00pm Junior / Senior Freeskate</p> <p><u>Saturday (Shared Ice Option)</u> 11:00-1:15pm STARSkate Option (Clareview Arena)</p> <p><u>Sunday (Shared Ice Option)</u> STARSkate Option (Londonderry Arena)</p>
---	--

<p style="text-align: center;"><u>No Skating Days / Holidays</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Monday,</td> <td style="width: 33%;">September 5th</td> <td style="width: 33%;">Labour Day</td> </tr> <tr> <td>Monday,</td> <td>October 10th</td> <td>Thanksgiving</td> </tr> <tr> <td>Monday,</td> <td>October 31st</td> <td>Halloween</td> </tr> <tr> <td>Friday,</td> <td>November 11th</td> <td>Remembrance Day</td> </tr> <tr> <td>Saturday,</td> <td>December 24th</td> <td></td> </tr> <tr> <td>to Sunday,</td> <td>January 1st</td> <td>Christmas Holidays</td> </tr> <tr> <td>Saturday,</td> <td>February 4th</td> <td>No Skating</td> </tr> <tr> <td>Monday,</td> <td>February 20th</td> <td>Family Day</td> </tr> </table>	Monday,	September 5th	Labour Day	Monday,	October 10th	Thanksgiving	Monday,	October 31st	Halloween	Friday,	November 11th	Remembrance Day	Saturday,	December 24th		to Sunday,	January 1st	Christmas Holidays	Saturday,	February 4th	No Skating	Monday,	February 20th	Family Day	<p style="text-align: center;"><u>Shared Ice Program</u></p> <p style="text-align: center;">The shared ice program is open to all Fliteway members FREE of charge. Please make arrangements with your base coach prior to attending the shared ice program. Each club has the right to limit the amount of skaters on their ice. A complete schedule of times will be posted on our club bulletin board. Please let Clyde Hammer know if you are interested in using the shared ice program.</p> <p>Saturdays (Clareview Arena) Sundays (Londonderry Arena)</p>
Monday,	September 5th	Labour Day																							
Monday,	October 10th	Thanksgiving																							
Monday,	October 31st	Halloween																							
Friday,	November 11th	Remembrance Day																							
Saturday,	December 24th																								
to Sunday,	January 1st	Christmas Holidays																							
Saturday,	February 4th	No Skating																							
Monday,	February 20th	Family Day																							

Junior STARSkate Packages

This is the starting point for skaters just moving up from the Canskate or the Learn to Figure Skate Program. Skaters entering this program require a base coach(s) and are required to take private/semi private lessons. Lessons are an additional charge and are paid directly to the professional coach. In the Junior STARSkate Program, athletes will continue to develop all the basic skating fundamentals through our grassroots to champions training system. Our goal with our younger skaters is to establish a solid physical literacy foundation giving them the best possible future in our sport. Recommendations regarding your child's development can be located on our website under our Long Term Athlete Development Model and Friends of Fliteway. In conjunction with the overview, a meeting should be set up with your coaching team and the program director to discuss your goals and skating needs.

NEW THIS SEASON

Pay 1 price, skate as much as you want. Payments are based on a 9 month period and include stroking , off-ice classes, and Skate Canada Test fees. Skaters must skate a minimum of 3 days per/week. Please note that lessons are required for each day you skate. We are also giving each member a Fundraising and Non Fundraising Option. As part of Friends of Fliteway, Saturdays now have an additional skating time with the Centennial FSC included in your fees. Sunday skating is available with Extreme Edge and is also included in our fees.

NEW THIS SEASON

Starting August 31st. Members will now have the option to register online using a credit card. Monthly charges will be billed automatically over the 9 month period. This is great for those who collect reward points or air miles.

Junior STARSkate (Fundraising Option)

\$130.00 per month	Unlimited Package	4 Bingos	9 Post Dated Cheques	Register On Line
--------------------	-------------------	----------	----------------------	------------------

Junior STARSkate (NON Fundraising Option)

\$175.00 per month	Unlimited Package	0 Bingos	9 Post Dated Cheques	Register On Line
--------------------	-------------------	----------	----------------------	------------------

*****Skate Canada Membership is \$32.65 and is not included in your fees*****

CLUB POLICIES

All Registered Fliteway members must have a Fliteway Base Coach
All skaters must be registered before stepping on the ice (includes payment)
NSF Cheques are subject to a \$25.00 fee

IMPORTANT INFORMATION

Please refer to our website regarding information on equipment, Long Term Athlete Development Model, on ice etiquette, skater expectations and our calendar of events. All newsletters and information will be sent out via email through RAMP.

OFF-ICE TRAINING

Skaters will need running shoes and a skipping rope

PRIVATE LESSONS

Coaching Profiles can be located on our website. You must have a base coach to before you register.

Additional Fundraising Options

Families have the option to work extra bingos or fundraisers (over and above their mandatory bingos) and will receive vouchers . Vouchers can be used towards your child's skating expenses are redeemable for up to 1 year.

Senior STARSkate Packages

Senior STARSkate is for older, more advanced skaters who require additional training time. Please talk to your base coach to see if you qualify to enter into the Senior Program, All on ice stroking, Skate Canada Test Fees, off-ice classes, and ice time is included in your monthly fees. Private lessons are an additional charge.

NEW THIS SEASON

Starting August 31st. Members will now have the option to register on line using a credit card. Monthly charges will be billed automatically over the 9 month period. This is great for those who collect reward points or air miles.

Senior STARSkate (Fundraising Option)

\$155.00 per month	4 Day Package	7 Bingos	9 Post Dated Cheques	Register On Line
\$165.00 per month	Unlimited Package	7 Bingos	9 Post Dated Cheques	Register On Line

Senior STARSkate (NON Fundraising Option)

\$255.00 per month	4 Day Package	0 Bingos	9 Post Dated Cheques	Register On Line
\$265.00 per month	Unlimited Package	0 Bingos	9 Post Dated Cheques	Register On Line

Associate Memberships

Skaters who are interested in skating at the Fliteway FSC on a regular basis, but are already members of a different club can apply for an associate membership package. Each membership request will be dealt with on an individual basis and subject to the board of director's approval.

Guest Skating Fee

Less than 2 sessions per month \$15.00 per day
More than 2 sessions per month \$14.00 per hour

Shared Ice Program

Saturdays Centennial FSC (Clareview Arena)
Sunday Mornings at Extreme Edge (Londonderry Arena)



(780) 472-1810 www.flitewayfigureskating.com
 Mailing Address: Box 31072, Edmonton, AB, T5Z 3P3
 Office Location: CastleDowns Arena, 11520-153 Ave. Edmonton

Date received: _____
 Initial: _____

STARSkate 2011-2012 Registration Form

Skater Name: _____ AGE: _____ GENDER: M/F

Parents Name(s) or Guardian(s): _____

Address: _____

Street City Postal Code
 Phone #: _____ Emergency Phone #: _____ Birth Date(d/m/y) _____

Email: _____ Skate Canada #: _____

Skating Package: Junior STARSkate Senior 4 Day Package Senior Unlimited

Fundraising Option Non-fundraising Option

Skating Days: Monday Tuesday Wednesday Thursday Friday Saturday

Shared Ice Program: Saturdays (Centennial) Sundays (Extreme Edge)

Competitive Program: Yes No LTAD Program Yes No

Base Coach: _____ Skate Canada Membership \$32.65 Yes No

Junior STARSkate (Fundraising Option)

\$130.00 per month	Unlimited Package	4 Bingos	9 Post Dated Cheques	
--------------------	-------------------	----------	----------------------	--

Junior STARSkate (NON Fundraising Option)

\$175.00 per month	Unlimited Package	0 Bingos	9 Post Dated Cheques	
--------------------	-------------------	----------	----------------------	--

Senior STARSkate (Fundraising Option)

\$155.00 per month	4 Day Package	7 Bingos	9 Post Dated Cheques	
\$165.00 per month	Unlimited Package	7 Bingos	9 Post Dated Cheques	

Senior STARSkate (NON Fundraising Option)

\$255.00 per month	4 Day Package	0 Bingos	9 Post Dated Cheques	
\$265.00 per month	Unlimited Package	0 Bingos	9 Post Dated Cheques	

Registration Check List

- 1) Cheque for Skate Canada Membership \$32.65 (can be added to first months fees)
- 2) Registered On Line /In Person
- 3) Bingo Sign up Sheet (available in club office or on line)
- 4) Bingo Deposit Cheques \$100.00 each (4 for Junior / 7 for Senior)
- 5) Monthly registration cheques (dated 1st of each month)



Phone: (780) 472-1810 www.flitewayfigureskating.com
 Mailing Address: Box 31072, Edmonton, AB, T5Z 3P3
 Office Location: CastleDowns Arena, 11520-153 Ave. Edmonton

LIABILITY WAIVER AND RELEASE

I give permission for my child _____ to participate in the Fliteway Figure Skating Club Skating programs and/or additional activities. This includes all on-ice and off-ice sessions and any other programs offered by Fliteway Figure Skating Club. It is understood and agreed, as a condition of participation in skating programs offered by the Fliteway Figure Skating Club and Skate Canada, that neither the Club nor Skate Canada shall be liable for any injury, loss or damage suffered by the above-noted member while traveling to or from or while participating in skating practices, competitions or other activities, however caused. It is further agreed that neither the Club nor Skate Canada is responsible for any injury, loss or damage caused by the member while traveling to or from or while participating in the said practices, competitions or other activities.

The member, or his/her parent/legal guardian who has signed this form, shall indemnify the Club and Skate Canada and hold them harmless from any claims, demands or actions arising from or in respect of such injury, loss or damage.

The Fliteway Figure Skating Club has my permission to publish my child's name, picture and / or results for advertising, publicity, any displays and or any written acknowledgement.

_____ Yes _____ No

 PARENT/LEGAL GUARDIAN SIGNATURE/ DATE

 WITNESS SIGNATURE /DATE

For Office Use ONLY

Registration Form: ___ in person ___ mailed ___ under the door
 Called Back Yes No Initial: _____ Date: _____
 Client Received Receipt: # _____ Yes No Initial: _____ Date: _____
 ___ Current Member ___ New Member
 Program: _____ Payment: Cash Amount \$ _____ Cheque # _____ Amount\$ _____
 KS Applicant ___ Fees paid by member ___ Fees paid by KS _____
 Paid Skate Canada Membership Yes No Initial: _____ Date: _____
 Registration Form incomplete Need to contact person Yes No Initial: _____ Date: _____
 ___ missing information
 ___ waiver form not signed
 ___ session chosen is full
 ___ payment not included with registration form
 other: _____
 Client Contacted: ___ phone conversation ___ message left ___ in person Date: _____
 Initial: _____
 Confirmation Received Yes No Initial: _____ Date: _____