



**2018 - 2019  
Information  
Booklet**

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**Annual General  
Meeting/Registration Evening**

Wednesday, September 19, 2018  
7:00 PM @ Lacombe Memorial Centre  
Upstairs Servus Credit Union Room  
Skate & Dress Swap

A \$50.00 discount voucher, *per family*, will be given to those present for the duration of the AGM.

The discount will be available immediately following the AGM, on Registration night only, with the presentation of your voucher.

*All It Takes Is A Pair Of Skates*



Please visit us at:  
[www.skatelacombe.ca](http://www.skatelacombe.ca)

# *W*elcome to the 2018—2019 Season!

*The Lacombe Skating Club is an organization with a volunteer parent executive dedicated to enhancing and promoting skating in our community. Our programs are taught by certified Professional Club Coaches. As well, trained volunteer Program Assistants help our Professional Coaches on-ice with the Preschool CanSkate, CanSkate, and CanPowerSkate programs*

*A community-based organization, the Lacombe Skating Club is a proud member of Skate Canada (our national governing body). All programs are taught following Skate Canada guidelines. This booklet is designed as a quick reference guide for skaters and their families. Please contact us if you have any questions.*

## **Mission Statement**

With an emphasis on club teamwork, the purpose of the Lacombe Skating Club is to improve, encourage, and enhance skating in our community. If you wish to become more involved with our club, please contact us at: [www.skatelacombe.ca](http://www.skatelacombe.ca)

## **Schedule Exceptions**

Skating takes place as scheduled on school closures (due to inclement weather) and on PD days. Please check the calendar on our website.

## **Refunds**

Requests for refunds must be submitted in writing within 2 weeks of the start of the session. Any requests for refunds due to medical conditions will require a doctor's certificate and will be pro-rated. An administration fee of \$50 will apply to all refunds.



## STARSKATE SPECIAL EVENTS

### Program Assistant (PA) Training:

Saturday October 13, 2018

Off Ice Training: Location TBA, 11:00 AM - 1:00 PM

On Ice Training: 1:30 PM - 2:30 PM

Cost: Free

### Fall Conditioning Camp for STARSkate:

September 24, 26, October 1, 3

Time: 5:15 PM - 7:00 PM

Home Club Cost: \$70

Affiliated Club Cost: \$90

## Lacombe Skating Club

Box 5087

Lacombe AB T4L 1W7

For more information, visit:

[www.skatelacombe.ca](http://www.skatelacombe.ca)

## Club Safety Rules, Code of Conduct

The Lacombe Skating Club is proud of our strong, vibrant, and supportive community amongst the Skaters, Coaches, Executive, and Membership. The following Code of Conduct, and Club Safety Rules have been outlined by the LSC Executive and Coaches to promote safety, good behaviour, and productive use of ice time, at all Club-sponsored activity, and when representing the Club. Any person not adhering to these rules may be asked to leave the ice.

### Code of Conduct

- ✘ Skaters are to use designated dressing rooms. For security reasons, friends are asked to wait outside.
- ✘ Skaters are required to act in a courteous and polite manner in all parts of the arena (lobby, dressing rooms, on ice, etc.) and toward the Executive, Coaches, music player, supervising parents, other skaters and arena staff.
- ✘ Coaches are in charge while on the ice. This may involve asking skaters to behave appropriately or issuing time outs.

### Safety Rules

- ✘ Members of Pre-School CanSkate must wear CSA ICE approved helmets, with face mask. No exceptions.
- ✘ Members of CanSkate must wear CSA ICE approved helmets. No exceptions.
- ✘ Members of Pre-STAR up to CanSkate Level 6 must wear CSA ICE approved helmets. No exceptions.
- ✘ Members of CanPowerSkate must wear full hockey/ringette equipment, including CSA ICE approved helmets, with face mask. No exceptions.
- ✘ No eating food or chewing gum while on the ice.
- ✘ Get up immediately after a fall. Lying on the ice is dangerous for everyone.
- ✘ Appropriate skating attire is required for all skating sessions. Avoid scarves and overly long pants that can become safety hazards.
- ✘ Hair must not interfere with vision while skating. If not short, hair must be pinned or tied back from face.

### Freelance Coaching

- ✘ The best interests of our Club's skaters and coaches are paramount. Requests for any external coach to enter the ice must be submitted in writing to our Pro-Liaison, 30 days in advance, along with documentation to support the coach's good standing with Skate Canada. The request will be subject to explicit approval by the Executive, and all members of the LSC coaching staff.

## **Fundraising**

### **Casino**

We will have our next Casino in 2019! Volunteers will be needed. We appreciate your support.

### **Annual Christmas Wreath Campaign**

Once again this season, our club fundraiser will be the beautiful, fresh, all-natural wreaths, made of pine and spruce. The cost is \$30.00 per wreath and order forms will be available at registration. The fundraiser also offers a variety of other products. Each family will be asked to sell a minimum of \$90.00 in product (3 wreaths).

### **STARSkate Associate / Drop-In Membership**

**Day/Time:** During regular STARSkate sessions

**Cost:** \$17.00 per hour

Single, or multiple hour drop-in cards are offered by the Club, based on a drop-in fee of \$17.00 per hour. Drop-in cards are available on a year-by-year basis, depending upon current enrollment.

Administration fees apply to the purchase of multiple hour drop-in requests. There is a \$50 administration fee for those whose home club is Lacombe; a \$25 administration fee for skaters registered with Skate Canada through an alternate club.

Punch cards are available from the Registrar in blocks of \$85.00, valid for 5 skating hours.

The punch card grants access to ice only. Coaching time must be arranged, and paid, separately.

Upon special request, a punch pass for 20 discounted skating hours may be available. The 20-punch pass is subject to specific Club approval, issued only on a pre-paid basis, non-refundable, non-transferrable, and may not be carried-over to a subsequent skating season.

Note: The Lacombe Skating Club is not responsible for lost or stolen cards.

## **Volunteer Support**

The Lacombe Skating Club is a friendly, volunteer-run organization. For more than forty years, our skating club has proudly offered learn-to-skate, and advanced skating opportunities for youth, in and around the Lacombe area.

Our programs have endured and grown thanks to the generosity of volunteers from our skating community.

Thank you to the skating families, Program Assistants, and parent Executive, for your ongoing commitment to volunteering!

## **Carnival**

To showcase our skaters, we hold a year-end Ice Carnival. This annual event includes skaters from all programs enrolled in Session B. It is an excellent way to finish the season, and a real hit with participants and spectators alike! The Carnival is scheduled for Sunday, March 3<sup>rd</sup>, 2019. Carnival practice begins February 11<sup>th</sup>, during regular lessons.

Each family participating in our Carnival will be responsible for the purchase of one booklet of 6 tickets for \$30.00, and a \$50.00 deposit for Carnival costumes. The costume deposit is refundable upon costume return. You can look forward to receiving more information about the Carnival as the season progresses. A newsletter outlining Carnival groups, schedule, picture, and costume details, will be available in early 2019.



**Pre-STAR and**

**STARSkaters**

**DRESSING ROOM ETIQUETTE**

Pre-STAR and STARSkaters have specific dressing room assignments. Please check the dressing room board in the lobby for room numbers.

Dressing rooms are for skaters only; friends are asked to wait outside.

Dressing rooms are to be kept clean. Please ensure that garbage is put away after each session.



**LSC Schedule 2018 - 2019**

Times	Monday	Wednesday	Friday	Saturday
3:45-4:00 pm	Preschool CanSkate 3:45-4:15 pm	Preschool CanSkate 3:45-4:15 pm		
4:00-4:15 pm				
4:15-4:30 pm	CanSkate 4:15-5:00 pm	CanSkate 4:15-5:00 pm	Pre-STAR 4:00-5:00 pm STARSkate 4:00-5:00 pm	Pre-STAR/STARSkate 4:15-5:45 pm
4:30-4:45 pm				
4:45-5:00 pm				
5:00-5:15 pm	Flood	Flood	Flood	
5:15-5:30 pm	**Pre-STAR 5:15-6:00 pm  STARSkate 5:15-7:15 pm	**Pre-STAR 5:15-6:00 pm (30 min lesson)  STARSkate 5:15-7:00 pm	STARSkate 5:15-6:30 pm	
5:30-5:45 pm				
5:45-6:00 pm				
6:00-6:15 pm				
6:15-6:30 pm				
6:30-6:45 pm				
6:45-7:00 pm				
7:00-7:15 pm				

**Schedule is subject to change**

**Reminders**

- ✦ Skating will take place as scheduled on school closures (due to inclement weather) and PD days.
- ✦ See page 1 for information on Cancellation/Refund policies.
- ✦ The Carnival is scheduled for Sunday, March 3, 2019. Performance begins at 1:00 PM.

## Preschool CanSkate

**\*\*CSA approved ice helmets, with face mask, are required for all skaters\*\***

Preschool CanSkate is a learn-to-skate program that emphasizes positive learning through fun and play. Continual assessment is done, and incentives are awarded frequently to recognize participation and improvement. This program is taught in a group lesson format by our team of Professional Club Coaches and trained volunteer Program Assistants. Our goal is to ensure that skaters have fun and achieve success on the ice.

*Please dress children in warm, ice-friendly clothing. No scarves. Molded, or plastic skates, are not recommended. Skaters must be 3 years of age by December 31, 2018.*

<b>Day/Time:</b>	Mondays and Wednesdays 3:45 pm-4:15 pm
<b>Cost:</b>	\$275.00 (both sessions, two days/week) \$165.00 (both sessions, one day/week) \$165.00 (one session - either "A" or "B", two days/week) \$100.00 (one session - either "A" or "B", one day/week) Maximum of 20 skaters per session

Pre-School CanSkate 2018-2019 Special Dates		
October 15	First Day of Lessons - Session A	Session "A"
October 31	Halloween Theme Day	
November 12	<b>No Skating</b>	
November 14	Red Theme Day	
December 19	Christmas Theme Day - <b>Last Day of Session A</b>	
January 7	First Day of Session B	Session "B"
February 18	Family Day - <b>No Skating</b>	
February 11, 13, 20, 25	Carnival Practices	
February 27	Carnival Dress Rehearsal	
<b>CARNIVAL - MARCH 3, 2019</b>		
March 4	Carnival Costume Return	

## STARSkate Test Competitive Program

**Skills, Tests, Achievement, Recognition** - this is what STARSkate is all about. STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in a private/semi-private lesson format. With individualized lessons and more ice time, skaters work independently to practice the techniques learned during their lessons.

Skaters enrolled in this program will achieve personal growth and development by participating in a high quality figure skating program. As well, they may compete in Interclub events and participate in Skate Canada test sessions – achieving recognition through a nationally standardized test system.

STARSkaters divide their time between four disciplines:

- ✦ Free skate
- ✦ Skating Skills
- ✦ Dance
- ✦ Interpretive

Fee-based lessons are booked directly with one of our Professional Club Coaches. See our website for contact information.

**Day/Time:** See Schedule on page 4  
**Cost \$650.00**  
*First day of lessons is October 10, 2018*

**Volunteer Commitment:** \$250.00 per family

Each STARSkate family is asked to volunteer 4 hours of time. The Club will circulate a list of volunteer positions needed throughout the season. A deposit of \$250.00 will be taken from each family at the time of registration, refundable upon completion of the volunteer commitment. The deposit becomes non-refundable effective March 1, 2019 if the volunteer requirement is not fulfilled.

### Skater and Parent Information Session

Please come meet our coaches and some Executive Members at the start of the season.

When: Wednesday, October 10, 2018  
Time: 5:00 pm  
Where: Pre-STAR/STARSkate Dressing Room

Attendance for all skaters and parents is requested.

## Pre-STAR Test Program

The Pre-STAR Test Program introduces skaters to all disciplines of figure skating – free skate, dance, and skating skills. It is an excellent opportunity for skaters to achieve personal growth and development in a group atmosphere.

Our goal is to ensure that skaters gain skill and confidence and prepare to take Preliminary level Skate Canada tests.

Sessions are comprised of lesson and practice time. Skaters will be informed of the exact breakdown once the season begins.

Lessons are taught by Professional Coaches in a group lesson format. Skaters are given free time to practice on their own.

**Day/Time:** Monday and Wednesday\*

5:15 pm - 6:00 pm

Friday

To Be Determined

Saturday

To Be Determined

**Cost:** \$460.00

*First day of lessons is October 10, 2018*

*\*We currently offer group lessons to all Pre-STAR skaters Mondays AND Wednesdays. At the club's discretion, if registrations into the Pre-STAR program exceed capacity, we will create two groups, based on coach assessment. One group will have Monday lessons; one group will have Wednesday lessons. Friday and Saturday ice times will remain available to both groups. This decision will be carefully considered, to ensure the quality of instruction, and safety of all skaters. A registration refund of \$100 will be returned to affected participants, should this arise.*

**Volunteer Commitment:** \$250.00 per family

Each Pre-STAR family is asked to volunteer 4 hours of time. The Club will circulate a list of volunteer positions needed throughout the season. A deposit of \$250.00 will be taken from each family at the time of registration, refundable upon completion of the volunteer commitment. The deposit becomes non-refundable effective March 1, 2019 if the volunteer requirement is not fulfilled.

## Skater and Parent Information Session

Please come meet our coaches and some Executive Members at the start of the season.

**When:** Wednesday, October 10, 2018

**Time:** 5:00 pm

**Where:** Pre-STAR/STARSkate Dressing Room

Attendance for all skaters and parents is requested.

## CanSkate Program

**\*\*CSA approved ice helmets are required for all skaters\*\***

The CanSkate Program focuses on fun, fitness, and participation.

The program stresses progressive learning through fundamental movements explored in 6 stages of learning: forwards/backwards skating, stopping, turning, spinning, jumping, and gliding. Each of the 6 stages has a primary focus; once a skater masters the skills at a stage, they are awarded a badge. The stages that may be achieved are:

\*Balance \*Glide Forward

\*Glide Backward \*Edges \*Power

\*Speed \*Pre-Preliminary (Optional)

This program is taught in a group lesson format by Professional Club Coaches helped by trained volunteer Program Assistants. Our Coaches and Program Assistants work as a team to ensure that skaters have fun and achieve success on the ice. Continual assessment will be done by our Professional Coaches throughout the season.

Theme days, awards, and incentives, are used to motivate skaters to achieve and develop their skills as well as to keep interest high. Badges and Progress Report Cards will be used to update you on your child's continuing progress.

CanSkate is a feeder program for the Pre-STAR and STARSkate programs. As well, it will help skaters develop basic skating techniques necessary for ringette and hockey.

*Please dress children in warm, ice-friendly clothing. No scarves. Molded, or plastic skates, are not recommended. Skaters must be 5 years of age by December 31, 2018.*

**Day/Time:** Mondays and Wednesdays  
4:15 pm-5:00 pm

**Cost:** \$335.00 (both sessions, two days/week)  
\$220.00 (both sessions, one day/week)  
\$220.00 (one session - either "A" or "B", two days/week)  
\$135.00 (one session - either "A" or "B", one day/week)  
Maximum of 40 skaters per session

Refer to page 7 for Special Dates, Carnival Information, and Bring-A-Buddy Day.

CanSkate 2018-2019 Special Dates		
October 15	First Day of Lessons - Session A	Session "A"
October 31	Halloween Theme Day	
November 12	<b>No Skating</b>	
November 14	Red Theme Day	
December 19	Christmas Theme Day - Last Day of Session A	
January 7	First Day of Session B	Session "B"
February 18	Family Day - No Skating	
February 11, 13, 20, 25	Carnival Practices	
February 27	Carnival Dress Rehearsal	
<b>CARNIVAL - MARCH 3, 2019</b>		
March 4	Carnival Costume Return	
March 13	Bring-a-Buddy Day - Last Day of Session B	

### **SPECIAL: Bring A Buddy Day**

**Wednesday, March 13, 2019**  
**CanSkate 4:15 PM - 5:00 PM**

**Bring a buddy and join us for a final skate**  
**\*For CanSkate only**

(CSA approved ice helmet required for all "buddies" joining the CanSkate)

### **CanPowerSkate Program**

**\*\*Full hockey/ringette equipment, including CSA approved ice helmets, with face mask, are required for all skaters\*\***

The CanPowerSkate program consists of ten, 1-hour lessons. This power skating course is an excellent complement to hockey and ringette skills. Designed for skaters between age 6 and 10 who can skate the length of the ice, forward and backward, with alternating stride, and stop on command. The focus is on the development of 15 basic skill sets within three fundamental areas: Balance, Control, and Agility.

CanPowerSkate 2018-2019 Lesson Schedule		
October 12	First Day of Lessons - Front Ice	1:00 PM-2:00 PM
October 26	Front Ice	1:00 PM-2:00 PM
November 9	<b>Back Ice</b>	1:00 PM-2:00 PM
November 30	Front Ice	1:00 PM-2:00 PM
December 21	Front Ice	1:00 PM-2:00 PM
January 18	Front Ice	<b>10:30 AM-11:30 AM</b>
February 1	Front Ice	1:00 PM-2:00 PM
February 15	Front Ice	1:00 PM-2:00 PM
March 8	<b>Back Ice</b>	1:00 PM-2:00 PM
March 22	<b>Back Ice</b>	1:00 PM-2:00 PM
<b>CARNIVAL - MARCH 3, 2019</b>		
March 8	Carnival Costume Return	