

# STARSKATE

2024-2025



**Fliteway  
Skating Club**

Register Online or In Person

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Skating Towards Excellence

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# StarSkate General Information

## What's New!

We have made several schedule and programming changes this season.  
We have moved to a 10-month package to align with the school calendar.  
Bingo payouts have increased from \$60 to \$75.  
Bingo requirements have dropped 1 bingo in all levels.

## STARSkate Fundraising & Registration Dates

Fundraising (Tier 1 Skaters Only).

ALL Bingo requirements must be completed by August 30th, 2024.

Christmas Raffle: \$20 will be added to your account on December 1st for the Christmas Raffle (if you wish to donate an item instead of paying the \$20, please let Michelle know before November 28th)

All skaters will be required to register online (through Uplifter) on or before July 21st.

Skate Canada/Fliteway Membership will be due at the time of registration. Monthly payments will be processed on the 1st of each month starting September 1<sup>st</sup>, 2024 and ending June 1<sup>st</sup>, 2025.

To be considered registered, you must have registered online and completed your member information sheet (google form). Make sure to choose the monthly installment option. Payments come out the first of every month starting September 1<sup>st</sup>, 2024

## September Ice Credits

Additional Bingo Credits or Program Assistant Timesheets can be handed to Michelle and used for ice credits. To receive credit for your September payment, please make sure to submit your sheets before the last Thursday of the month.

Alberta Figure Skating Foundation grants will also be applied to your September registration. Note: This is provided we received the cheque from AFSF.

## Registration Policies and Procedures Overview

Late registrations (after July 21st) are subject to a \$50.00 administration fee. If you require an extension, please let Michelle know.

Bingo Credits are non-refundable and non-transferable.

Selling credits to another member is not permitted.

Additional Bingo credits can be used towards ice credits and are valued at \$75.

## Packages / Value

Contracts (packages) are pay 1 price, skate as many days as you would like. Your contract is for 10 months (September 1st to June 31<sup>st</sup>) If a skater quits, retires, or switches clubs, 1 month notice is required. The member is still required to complete all fundraising for their level and Tier.

## Membership Has Its Privileges

One of our mandates is "keeping skating affordable". Fliteway is one of the few clubs in Canada that cover all test day expenses including the Skate Canada Testing Fees. Fliteway also covers all coaching expenses for selected competitions saving parents hundreds or even thousands of dollars a year. Prices include all on-ice and off-ice sessions listed on the winter schedule.

## Recommendations

Make sure you align your training with your goals.

2 days per/week is not recommended for anyone at the STAR 1 level or higher.

3 days per/week will see some progress and is suitable for skaters just starting into the program.

4 days per/week is the target number for most StarSkate level skaters.

5-6 days per/week will maximize progress at all levels.

5-6 days per/week is recommended for Podium Pathway Skaters or higher StarSkate Pathway Skaters

7 days per/week (not recommended).

# 2024-2025 STARSkate Programs

## **STARSkate (Figure Skating)**

STARSkate offers athletes of all ages an opportunity to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate, and artistic skating. Unique in Canada, this program teaches figure skating skills in a group, semi-private, and private lesson format in a progressive and sequential manner. Skaters have the opportunity to try Skate Canada Tests and compete in local, provincial, national, and international level competitions.

## **Junior StarSkate**

This is the starting point for skaters just moving up from STAR Group. Skaters entering this program 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.

## **Intermediate B StarSkate**

This is for skaters who have progressed past a Junior STARSkate level and are capable of handling a more challenging training schedule.

STAR 4-5 Freeskate level for competitions.

## **Intermediate A StarSkate**

Skaters must be able to manage skating on our Senior Sessions.

STAR 5,6 or Podium Pathway skaters.

## **Senior StarSkate**

Senior STARSkate is an advanced program for higher-level skaters. Fliteway provides a comprehensive training schedule suited to meet the needs of both high-level test skaters, and those inspired to reach their full potential competitively. **Skaters not already in Senior StarSkate must have approval from the director before registering in the Senior program.**

## **Alumni Package**

Suitable for retired skaters or skaters going to university who want to continue skating for fun and fitness. **They must have been past Fliteway members to qualify as Alumni. Testing fees are an additional charge (\$15 for STAR 1 to 5 and \$20 for STAR 6-Gold)**

## **Recreational Figure Skating**

Suitable for older skaters who want to learn figure skating on a recreational level. Lesson fees are included in the fees. Testing fees are an additional charge (\$15 for STAR 1 to 5 and \$20 for STAR 6-Gold). This program is subject to ice and coaching availability.

## **Pairs Academy**

Offering Freeskate and dance pairs at all levels.

## **Podium Pathway**

Customized planning to meet the requirements at each level.

## 2024-2025 Skating Levels, Tiers, And Fundraising

Tier 1 is the most affordable option with members choosing to work bingos, volunteer for events, and participate in additional fundraisers. Tier 2 recognizes busy families and the challenges faced with fundraising commitments.

**Policy:** To register in Tier 1, members must be committed to participating in all the fundraising events. This includes working bingos! The success of each fundraiser will often depend on numbers. If the member is not meeting their fundraising commitments (neglecting to participate or missing bingos without notification), they will automatically be transferred to Tier 2. Back payments to the start of the season will be required.

<b>Junior Tier 1</b> \$155 per/month / 10 Month Package 4 Bingo Requirements Membership Drive Volunteer for test days/club events Spring Charity Run Christmas Raffle Donation	<b>Junior Tier 2</b> \$255 per/month / 10 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> <b>2 additional Bingo Credits required</b> <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Credits <b>Christmas Raffle</b> \$20 CASH or item (new) donation with same approximate value
<b>Intermediate B Tier 1</b> \$220 per/month / 10 Month Package 7 Bingo Requirements Membership Drive Volunteer for test days/club events Spring Charity Run Christmas Raffle Donation	<b>Intermediate B Tier 2</b> \$320 per/month / 10 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> <b>2 additional Bingo Credits required</b> <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Credits <b>Christmas Raffle</b> \$20 CASH or item (new) donation with same approximate value
<b>Intermediate A Tier 1</b> \$225 per/month / 10 Month Package 7 Bingo Requirements Membership Drive Volunteer for test days/club events Spring Charity Run Christmas Raffle Donation	<b>Intermediate A Tier 2</b> \$325 per/month / 10 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> <b>2 additional Bingo Credits required</b> <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Credits <b>Christmas Raffle</b> \$20 CASH or item (new) donation with same approximate value
<b>Senior STAR Tier 1</b> \$230 per/month / 10 Month Package 7 Bingo Requirements Membership Drive Volunteer for test days/club events Spring Charity Run Christmas Raffle Donation	<b>Senior STAR Tier 2</b> \$330 per/month / 10 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> <b>2 additional Bingo Credits required</b> <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Credits <b>Christmas Raffle</b> \$20 CASH or item (new) donation with same approximate value

**Members choosing to buy out all the bingos require 2 additional credits**

PROGRAM	WINTER SEASON	TOTAL FEES	TOTAL FUNDRAISING	MEMBERSHIP
Junior	Sept. to June	\$1,550	\$420	\$80
Intermediate B	Sept. to June	\$2,200	\$645	\$80
Intermediate A	Sept. to June	\$2,250	\$645	\$80
Senior	Sept. to June	\$2,300	\$645	\$80

**NEW: The bingo value has increased from \$60 per/bingo to \$75 per/bingo. The total number of bingos has decreased by 1 bingo.**

**NEW: All members will be required to participate in the membership drive.**

# 2024-2025 STARSKATE SCHEDULE

SENIOR	INTERMEDIATE A	INTERMEDIATE B	JUNIOR
<b>MONDAY (GTA)</b> 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking	<b>MONDAY (GTA)</b> 2:45-3:45pm On-ice 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:30pm On-ice	<b>MONDAY (GTA)</b> 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:30pm On-ice	<b>MONDAY (GTA)</b> 5:45-6:15pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking
<b>TUESDAY (CDA)</b> 6:30-7:30AM Stroking 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:15-6:00pm Off-ice	<b>TUESDAY (CDA)</b> 6:30-7:30AM Stroking 2:45-3:45pm On-ice 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	<b>TUESDAY (CDA)</b> 6:30-7:30AM Stroking 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	<b>TUESDAY (CDA)</b> 6:30-7:30AM Stroking 5:00-5:15pm Stroking 5:15-6:00pm On-ice 6:05-6:45pm Off-ice
<b>WEDNESDAY (CDA)</b> 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-4:45pm On-ice 4:45-5:00pm Stroking 5:15-6:00pm Off-ice	<b>WEDNESDAY (CDA)</b> 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:15-5:00pm Off-ice 5:15-6:15pm On-ice	<b>WEDNESDAY (CDA)</b> 6:30-7:30AM On-ice 4:15-5:00pm Off-ice 5:15-6:15pm On-ice	<b>WEDNESDAY (CDA)</b> 6:30-7:30AM On-ice
<b>THURSDAY (CDA)</b> 1:30-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:45pm On-ice 5:00-5:45pm Off-ice	<b>THURSDAY (CDA)</b> 1:30-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:45pm On-ice 5:00-5:45pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking	<b>THURSDAY (CDA)</b> 5:00-5:45pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking  Note CanSkate 5:45-6:30pm	<b>THURSDAY (CDA)</b> 4:45-5:30pm On-ice 5:45-6:30pm Off-ice
<b>FRIDAY (CDA)</b> 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	<b>FRIDAY (CDA)</b> 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	<b>FRIDAY (CDA)</b> 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	<b>FRIDAY (CDA)</b> 6:30-7:30AM On-ice
<b>SATURDAY (GGA)</b> 10:45-11:45pm On-ice	<b>SATURDAY (GGA)</b> 10:45-11:45pm On-ice	<b>SATURDAY (GGA)</b> 12:00-1:00pm On-ice 1:00-1:15pm Stroking	<b>SATURDAY (GGA)</b> 12:00-1:00pm On-ice 1:00-1:15pm Stroking
<b>SUNDAY (GTA)</b> 10:30-11:00am Stroking 11:00-12:00pm On-ice 12:15-1:00pm Off-ice	<b>SUNDAY (GTA)</b> 10:30-11:00am Stroking 11:00-12:00pm On-ice 12:15-1:00pm Off-ice	<b>SUNDAY (GTA)</b> 9:15-10:00am On-ice 10:15-10:30am Spins 10:30-11:00pm Stroking 11:15-12:00pm Off-ice	<b>SUNDAY (GTA)</b> 9:15-10:00am On-ice 10:15-10:30am Spins 10:30-11:00pm Stroking 11:15-12:00pm Off-ice

**GTA=Grand Trunk Arena / GGA=Glengarry Arena / CDA=Castle Downs Arena**

Off-ice Training	Off-ice Equipment	CanSkate Times
Mondays (Fitness) Tuesdays (Dance Enrichment) Wednesdays (Off-ice Jumps) Thursdays (Fitness) Sunday (Off-ice Jumps)	*Running shoes *Water bottle *Skipping rope *Yoga mat	Mondays 5:45-6:30pm Tuesdays 6:15-7:00pm Thursdays 5:45-6:30pm Sundays 12:00-1:15pm (2 sessions)

## **Fliteway Consulting Staff**

Dave Howe: World & Olympic Level Pair Coach / Off-ice jump specialist

Ekaterina Gordeeva: 2-time Olympic Pair Champion

Annika Krizan: Nutritionist

Julia Chua (Choreographer)

Alexa Arrotta (Choreographer)

## **Administration**

Office Manager: Michelle McBrydie

Coaching Director: Clyde Hammer

Program Director: Tracey Hammer

## **Fliteway Board Of Directors**

Danita L, President

Gita B. Vice President

Amanda M. Treasurer

Cindy W. Secretary

Linda Coaching Representative

## **Program Assistants**

We have a very successful Pre-CanSkate & CanSkate program.

<b>Mondays 5:45-6:30pm</b>	<b>Tuesdays 6:15-7:00pm</b>	<b>Thursdays 5:45-6:30pm</b>	<b>Sundays 12:15-1:00pm</b>
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Program Assistant Training: Tuesday, August 27<sup>th</sup>, Castle Downs Arena

## **Tuesday Morning Ice (6:30-7:30AM)**

We are very pleased to announce we are continuing with our Tuesday Morning stroking sessions. This session is open to all skaters. The focus of the class will be edges/turns and rotational development. 6:30-7:30AM (Castle Downs Arena)

## **AM Skating**

Aside from Tuesdays, we will be offering Wednesdays and Fridays again this season. Morning ice is a great time to work on skills, dance, choreography, and spins.

## **Membership Drive / Team Building Event**

Saturday, September 7<sup>th</sup> / 2:00-4:30 pm / Castle Downs Arena / Tier 1 and Tier 2

Skaters will be placed into small groups and required to hand out door-hanger advertisements throughout North Edmonton. This is a team-building event. For Tier 1 members, this is part of your required volunteer hours (NEW this season).

## **Social Events**

We will be continuing with our team-building events throughout the winter.

## **Professional Coaching Staff**

Please see the website for details.

## 2024-2025 Calendar Of Events

### NO SKATING DAYS

Aug. 30 <sup>th</sup> to Sept. 2 <sup>nd</sup>	Friday to Monday	NO SKATING		
Oct. 12 <sup>th</sup> to 14 <sup>th</sup>	Friday to Monday	NO SKATING	Thanksgiving	
Nov. 1 <sup>st</sup>	Friday	NO SKATING		
Nov. 11 <sup>th</sup>	Monday	NO SKATING	Remembrance Day	
Dec. 13 <sup>th</sup> & 14 <sup>th</sup>	Friday & Saturday	NO SKATING		
Dec. 23 <sup>rd</sup> to 26 <sup>th</sup>	Monday to Thursday	NO SKATING	Christmas Break	
Dec. 31 <sup>st</sup> , Jan. 1 <sup>st</sup>	Tuesday & Wednesday	NO SKATING	Happy New Year	
Jan. 17 <sup>th</sup>	Friday	NO SKATING		
Feb. 14 <sup>th</sup> to 16 <sup>th</sup>	Friday to Sunday	NO SKATING	Family Day	
Mar. 24 <sup>th</sup> & 29 <sup>th</sup>	Saturday(s)	NO SKATING	Glengarry Closed	

### COMPETITIONS

Sept. 18 <sup>th</sup>	ISU Adult International	Adult	Calgary	AB
Sept. 27 <sup>th</sup> to 29 <sup>th</sup>	FALL Invitational	Podium Pathway	Airdrie	AB
Oct. 4 <sup>th</sup> to 6 <sup>th</sup>	SASK Skate	Podium Pathway	Regina	SK
Oct. 31 <sup>st</sup> to Nov. 3 <sup>rd</sup>	Sectional Championships	Podium Pathway	Edmonton	AB
Nov. 28 <sup>th</sup> to Dec. 1 <sup>st</sup>	Skate Canada Challenge	Podium Pathway	Manitoba	MB
Dec. 6 <sup>th</sup> to 8 <sup>th</sup>	Zone 2 Competition	StarSkate Pathway	Camrose	AB
Jan. 14 <sup>th</sup> to 19 <sup>th</sup>	Canadian Championships	Podium Pathway	Quebec	QC
Jan. 24 <sup>th</sup> to 26 <sup>th</sup>	Zone 3 Competition	StarSkate Pathway	Grand Prairie	AB
Feb. 6 <sup>th</sup> to 9 <sup>th</sup>	Skate Canada Cup	Podium Pathway	Edmonton	AB
Feb. 14 <sup>th</sup> to 16 <sup>th</sup>	Zone 4 Competition	StarSkate Pathway	Lethbridge	AB
Feb. 21 <sup>st</sup> to 23 <sup>rd</sup>	CWI Competition	STAR/Podium Path	Calgary	AB
Feb. 28 <sup>th</sup> to Mar. 2 <sup>nd</sup>	Winter Classic	STAR/Podium Path	Regina	SK
Mar. 21 <sup>st</sup> to 23 <sup>rd</sup>	STAR Championships	StarSkate Pathway	Calgary	AB

### CLUB EVENTS / FUNDRAISERS / PERFORMANCE DAYS

Aug. 26 <sup>th</sup> to 29 <sup>th</sup>	Mon.-Thurs.	FALL Camp	Castle Downs	
Aug. 26 <sup>th</sup>	Monday	Parent Meeting	Castle Downs	
Aug. 27 <sup>th</sup>	Tuesday	Program Assistant Training	Castle Downs	
Oct. 11 <sup>th</sup>	Monday	Sectionals Simulation	Twelligar	
Nov. 11 <sup>th</sup>	Monday	Performance Day #1	Meadows	STAR 1-3
Nov. 12 <sup>th</sup>	Tuesday	Zone 2 Simulations	Meadows	
Dec. 17 <sup>th</sup>	Tuesday	Fliteway Christmas Gala	Castle Downs	
Dec. 27 <sup>th</sup> to 29 <sup>th</sup>	Fri-Mon	Christmas Skating Camp	Castle Downs	
Jan. 25 <sup>th</sup>	Saturday	Performance Day #2	Grand Trunk	STAR 1-3
Mar. 27 <sup>th</sup>	Thursday	STAR 2-3 Workshop	TBA	
Mar. 30 <sup>th</sup>	Sunday	STAR 4-Gold O13 Workshop	TBA	

**FLITEWAY AGM (October 24<sup>th</sup> (6:30-7:30pm / Castle Downs Arena)**