



2019-2020 STARSkate Where Skating Takes Flite!

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STARSkate General Information

What's New!

Please read through both The Parent Handbook & the Registration Package carefully. We have made several schedule, programming, pricing, and fundraising changes for the 2019-2020 skating season.

STARSkate Fundraising & Registration Dates

Fundraising (Due August 1st, 2019)

- ALL Fundraising vouchers or CASH must be handed into Michelle on or before August 1st
- Please see Michelle if you require assistance

Registration

• All skaters will be required to register online (through Uplifter) on or before August 1st. Your Skate Canada/Fliteway Membership will be due at the time of registration. Monthly payments will be processed the 1st of each month starting September 1st.

September Ice Credits

Additional Fundraising Vouchers or Program Assistant Time Sheets can be handed into Michelle for ice credits.
 To receive credit for your September payment, please make sure to submit prior to Sept. 1st. Alberta Figure Skating Foundation grants will also be applied to your September registration.

Registration Policies and Procedures Overview

- Fundraising vouchers for the 2019-2020 winter season is due on or before August 1st, 2019
- Late registrations (after August 1st) are subject to a \$50.00 administration fee
- Fundraising vouchers are non-refundable and non-transferable
- Selling vouchers to another member is not permitted.
- Additional vouchers can be used towards ice credits and are valued at \$60.00.

Packages / Value

• Contracts (packages) are pay 1 price, skate as many days as you would like. Your contract is for 9 months (September 1st to May 31st. The Fliteway cancelation policy has been revised (see parent package). Please review carefully so you are aware of these changes.

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 Fee. Fliteway also covers all coaching expenses for selected competitions saving parents hundreds or even thousands of dollars a year. Prices include all on ice group time, in-class lectures, off-ice sessions and ice time. Coaching lesson time is an additional charge.

2019-2020 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 interpretive 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.

STAR Academy

Starting point for skaters just out of CanSkate. Description under schedule below

STAR Group

The next level after STAR Academy. Coaches are assigned by the club

STAR Advanced

The next level after STAR Group. Skaters get to pick a base coach. Private lessons are an additional charge.

Junior STARSkate

This is the starting point for skaters just moving up from STAR Group or Advanced. Skaters entering this program require a base coach 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. STAR 1-2-3 level

Intermediate B STARSkate

This is for skaters that have progressed past a Junior STARSkate level and are capable of handling a more challenging training schedule. STAR 3-4-5 level

Intermediate A STARSkate

Intermediate A is for skaters who are advanced enough to handle skating some sessions with Senior STARSkate. **Skaters** must have approval by the director before registering in Intermediate A. STAR 5 or higher

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 inspiring to reach their full potential competitively. **Skaters must have approval by the director before registering into the Senior program**. Junior Silver Freeskate or higher.

Alumni Package

Suitable for retired skaters or skaters going to university who want to continue skating for fun and fitness.

Recreational Figure Skating

Suitable for older skaters who what to learn figure skating on a recreational level.

Pairs Academy

If you are interested in pairs, please contact Clyde to setup an orientation session.

2019-2020 Season Overview

Wednesday Workshops

The last Wednesday of each month we will be offering in-class workshops. Topics will include competition preparation, goal setting, nutrition, yearly planning, video review, maximizing your component mark and guest speakers.

Off-ice Harness

We are hoping that all skaters take advantage of our off-ice harness sessions. Times will be offered on Tuesday, Wednesday, and Thursday from September to March

Off-ice Fitness

Expanding our fitness programming this season, we have personal trainer Keira Barbar from Layers Wellness Keira will be leading our Thursday off-ice classes.

At Home Programs

All skaters will be encouraged to further develop their flexibility and core strength through the at home training guides.

Ballet Classes

We are very pleased to announce that Michelle McBride will be returning again on Tuesdays starting in September.

Off-ice Jump Technique Classes

The primary focus during these classes will be reinforcing proper technique through off-ice jumping exercises. Skate spinners will also be incorporated into the program.

Pole Harness Lessons

Lessons will be available on a weekly or bi-weekly basis. Lessons must be booked through your coach.

Partnering

We have both Tohpie and Al returning for the season. Partnering fees are invoiced after each test day and will be added to your Uplifter Account.

High-Intensity Edge/Turn Class

We are currently in the process of setting up a monthly high intensity edge/turn/stroking workshops which will be offered weekends. We are looking at 6 dates total throughout the Winter. Location/cost will be available at a later date.

Choreography

We are excited to have Jadene Ferrira available mornings again throughout the season.

Fall Camp 2019

August 26th to 30th / Castle Downs Arena

Senior Intermediate A		Intermediate B	Junior
Mon./Wed./Thurs./Fri 5:45-7:15pm Freeskate	Mon./Wed./Thurs./Fri 3:00-4:15pm Freeskate	Mon./Wed./Thurs./Fri 3:00-4:15pm Freeskate	Mon./Wed./Thurs./Fri 4:45-5:30pm Freeskate
7:15-7:30pm Group	4:15-4:30pm Group	4:15-4:30pm Group	4.43 3.30pm Teeskate
Tuesday	Tuesday	Tuesday	Tuesday
5:45-7:15pm Freeskate	5:45-7:15pm Freeskate	3:00-4:15pm Freeskate	3:00-4:15pm Freeskate
7:15-7:30pm Group	7:15-7:30pm Group	4:15-4:30pm Group	4:15-4:30pm Group

Mandatory Parent Meeting

Tuesday, August 27th / Castle Downs Arena Meeting Room 4:45-5:30pm (Junior/Intermediate B) -only 1 parent please 5:45-6:45pm (Intermediate A/Senior)

Program Assistant Training

Thursday, August 29th 4:15-4:45pm Off-ice 4:45-5:45pm On-ice

If you are interested in coaching this season, please make every effort to attend

STAR Advanced STAR Group STAR Academy

Mon./Tues./Wed./Thurs./Fri	Mon./Tues./Wed./Thurs./Fri	Tuesday Only
4:45-5:30pm Freeskate	4:45-5:30pm Freeskate	4:45-5:30pm

Mandatory Parent Meeting

Tuesday, August 27th / Castle Downs Arena Meeting Room 4:45-5:30pm (STAR Advanced/Group/Academy) -only 1 parent please

2019-2020 STARSkate Schedule

INTERMEDIATE B

JUNIOR

INTERMEDIATE A

SENIOR

ERMEDIATE A	INTERMEDIATE B	JUNIOR
onday (GTA)	Monday (GTA)	Monday (GTA)
)pm Freeskate	4:15-5:15pm Freeskate	4:15-5:15pm Freeskate
5pm Off-ice	5:30-6:00pm Group	5:30-6:00pm Group
)pm Group	1 1	
pm Freeskate		
iesday (CDA)	Tuesday (CDA)	Tuesday (CDA)
Oam Freeskate	6:30-7:30am Freeskate	6:10-6:55pm Ballet
5pm Freeskate	6:10-6:55pm Ballet	7:00-7:45pm Freeskate
)pm Flood	7:00-7:45pm Freeskate	
Opm Freeskate		
5pm Group		
pm (Boys/Pairs Ballet)		
Opm Ballet		
lnesday (CDA)	Wednesday (CDA)	Wednesday CDA)
Dam Freeskate	6:30-7:30am Freeskate	4;45-5:15pm Off-ice Jumps
)pm Freeskate	4;45-5:15pm Off-ice Jumps	5:30-6:15pm Freeskate
5pm Group	5:30-6:15pm Freeskate	•
Opm Off-ice Jumps	•	
ursday (CDA)	Thursday (CDA)	Thursday (CDA)
Opm Freeskate	4:45-5:30pm Freeskate	4:45-5:30pm Freeskate
Opm Skills/Dance	5:30-5:45pm Group	5:30-5:45pm Group
5pm Fitness	6:00-6:45pm Fitness	6:00-6:45pm Fitness
1		
Friday	Friday	Friday
Dam Freeskate (CDA)	6:30-7:30am Freeskate (CDA)	Tituuj
vani i reeskate (CD11)	0.30 7.30am Freeskate (CDF)	
turday (GGA)	Saturday (GGA)	Saturday (GGA)
5pm Group	1:00-1:15pm Group	12:15-1:00pm Freeskate
Opm Freeskate	1:15-2:00pm Freeskate	1:00-1:15pm Group
	1.13 2.00pm 1 reeskate	1.00 1.13pm Group
ınday (GTA)	Sunday (GTA)	Sunday (GTA)
00am Freeskate	10:15-10:45am Fitness	10:15-10:45am Fitness
:00am Freeskate	11:00-11:15am Group	11:00-11:15am Group
:15am Group	11:15-12:00pm Freeskate	11:15-12:00pm Freeskate
:00pm Fitness		
	-	00pm Fitness =Grand Trunk Arena / GGA=Glengarry

STAR Programs (STAR Advanced / STAR Group / STAR Academy)

ADVANCED GROUP ACADEMY

Monday (Grand Trunk Arena)	Monday (Grand Trunk Arena)	Monday (Grand Trunk Arena)
4:45-5:15pm Off-ice	4:45-5:15pm Off-ice	4:45-5:15pm Off-ice
5:30-6:15pm On-ice	5:30-6:15pm On-ice	5:30-6:15pm On-ice
Tuesday (Castle Downs Arena)	Tuesday (Castle Downs Arena)	Tuesday (Castle Downs Arena)
4:30-5:00pm Ballet	4:30-5:00pm Ballet	4:30-5:00pm Ballet
5:15-6:00pm On-ice	5:15-6:00pm On-ice	5:15-6:00pm On-ice
Wednesday (Castle Downs Arena)		
4:45-5:15pm Off-ice Jumps		
5:30-6:15pm On-ice		
Thursday (Castle Downs Arena)	Thursday (Castle Downs Arena)	Thursday (Castle Downs Arena)
4:45-5:30pm On-ice	4:45-5:30pm On-ice	5:00-5:30pm Off-ice
5:30-5:45pm Group	5:30-5:45pm Group	5:45-6:30pm On-ice
6:00-6:45pm Off-ice Fitness	6:00-6:45pm Off-ice Fitness	
Saturday (Grand Trunk Arena)	Saturday (Grand Trunk Arena)	
• ` `		
12:15-1:00pm On-ice	12:15-1:00pm On-ice	
· ·	· ·	
12:15-1:00pm On-ice	12:15-1:00pm On-ice	Sundays (Glengarry Arena)

Castle Downs Arena / Grand Trunk Arena / Glengarry Arena

STAR Academy

STAR Academy is an accelerated Learn to Figure Skate Program for children under the age of 12. This is the starting point for skaters just out of CanSkate and are interested in Figure Skating. Skaters are required to skate a minimum of 2 day-per-week with 3 to 4 being recommended. Fees include all off, on-ice sessions and small group lessons as outlined in the schedule.

STAR Group

This is the next step after STAR Academy. STAR Group includes small-group, semi-private and 1 private lesson a week signed by the club. Skaters are required to skate a minimum of 4 days a week.

STAR Advanced

STAR Advanced is the next step after STAR Group. Fees include some semi-private lessons and all on and off-ice sessions. Entering this level, skaters will pick a private lesson coach (base coach). Please contact Clyde for complete details and procedures.

STARSkate Payment/Fundraising Tiers

3 Tiered Structure: Tier 1 being the most affordable with members choosing to work bingos, volunteer, and participate in additional fundraisers. Tier 2 recognizes busy families and the challenges faced with bingo commitments but are still willing to volunteer and participate in other club fundraisers. Tier 3 is for extremely busy families.

Junior Tier 1

\$148 per/month / 9 Month Package
5 Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation
Fundraising vouchers required at the

Junior Tier 2

\$148 per/month / 9 Month Package
NO Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation
\$300 CASH required for bingos at the

Junior Tier 3

\$248 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers

Not required to volunteer for test days and other club events

Intermediate B Tier 1

start of the season

\$195 per/month / 9 Month Package
8 Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation
Fundraising youthers required at the

Fundraising vouchers required at the start of the season

Intermediate B Tier 2

start of the season

\$195 per/month / 9 Month Package
NO Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation

\$480 CASH required for bingos at the start of the season

Intermediate B Tier 3

\$295 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers

Not required to volunteer for test days and other club events

Intermediate A Tier 1

\$205 per/month / 9 Month Package 8 Bingo Requirements Fall Bottle Drive WEM Galaxy Land Tickets Volunteer for test days / club events & Spring Charity Run Christmas Raffle Donation

Fundraising vouchers required at the start of the season

Intermediate A Tier 2

\$205 per/month / 9 Month Package
NO Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation

\$480 CASH required for bingos at the start of the season

Intermediate A Tier 3

\$305 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers

Not required to volunteer for test days and other club events

Senior STAR Tier 1

\$215 per/month / 9 Month Package
8 Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation
Fundraising vouchers required at the

start of the season

Senior STAR Tier 2

\$215 per/month / 9 Month Package
NO Bingo Requirements
Fall Bottle Drive
WEM Galaxy Land Tickets
Volunteer for test days / club events &
Spring Charity Run
Christmas Raffle Donation
6480 CASH required for bingos at the

\$480 CASH required for bingos at the start of the season

Senior STAR Tier 3

\$315 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers

Not Required to volunteer for test days or other club events

Note: Tier 2 (you are using cash to buy fundraising vouchers instead of working bingos)

STAR Academy

STAR Academy is an accelerated Learn to Figure Skate Program for children under the age of 12. This is the starting point for skaters just out of CanSkate and are interested in Figure Skating. Skaters are required to skate a minimum of 2 day-per-week with 3 being recommended. Fees include all off and on-ice sessions as outlined in the schedule. This program is perfect for skaters interested in pursuing competitive skating in the future.

STAR Academy	Fundraising Requirements
*2 Day Minimum Requirement	*WEM Galaxy Land Tickets
*Accelerated 3 to 4 days a week	*Bottle Drive
*Monthly Payment Structure	*Christmas raffle
*Fliteway/Skate Canada Membership Fee \$50.00	*1 Bingo
	*Charity Run
	Fundraising buyout option: \$170 Cash

STAR Academy Schedule

Mondays (GTA)	Tuesdays (CDA)	Thursdays (CDA)	Saturdays (GGA)	Sundays (GGA)
4:45-5:15pm Off-ice	4:30-5:00pm Ballet	5:00-5:30pm Off-ice	12:15-1:00pm On-ice	1:30-2:15pm On-ice
5:30-6:15pm On-ice	5:15-6:00pm On-ice	5:45-6:30pm On-ice	1:15-1:45pm Off-ice	2:30-3:00pm Off-ice

GTA=Grand Trunk Arena GG=Glengarry Arena CDA=Castle Downs Arena

Session #1 (Sep to Dec 2019)

STAR Academy	Mondays	4:45-6:15pm	Sept. 9,16,23,30 Oct. 7,21,28 Nov. 4,18,25 Dec. 2,9,16	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Sept. 3,10,17,24 Oct. 1,8,15,22,29 Nov. 5,12,19,26 Dec. 3,10,17	Castle Down
STAR Academy	Thursdays	5:00-6:30pm	Sept. 5,12,19,26 Oct. 3,10,17,24 Nov. 7,14,21,28 Dec. 5,12,19	Castle Down
STAR Academy	Saturdays	12:15-1:45pm	Sept. 14,21,28 Oct. 5,19,26 Nov. 2,9,16,23,30 Dec. 7,21	Glengarry
STAR Academy	Sundays	1:30 - 3:00pm	Sept. 8,15,22,29 Oct. 6,20,27 Nov. 3,10,17,24 Dec. 1,8,15,22	Glengarry

\$135 per/month (4 payments Sept. to Dec. 2019) -pick any 2 days \$193.50 per/month (4 payments Sept. to Dec. 2019)-pick any 3 days \$252 per/month (4 payments Sept. to Dec. 2019)-pick any 4 days

Session #2 (Jan to Mar 2020)

STAR Academy	Mondays	4:45-6:15pm	Jan. 6,13,20,27 Feb. 3 10,24 Mar. 2,9,16,23	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Jan. 7,14,21,28 Feb. 4,11,18,25, Mar. 3,10,17,24	Castle Down
STAR Academy	Thursdays	5:00-6:30pm	Jan. 9,16,23,30 Feb. 6,13,20,27 Mar. 5,12,19,26	Castle Down
STAR Academy	Saturdays	12:15-1:45pm	Jan. 4,11,18,25 Feb. 1,8,15,22,29 Mar. 7,14	Glengarry
STAR Academy	Sundays	1:30 - 3:00pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 1,8,15	Glengarry

\$144 per/month (3 payments Jan. to Mar. 2020) -pick any 2 days \$204 per/month (3 payments Jan. to Mar. 2020)-pick any 3 days \$264 per/month (3 payments Jan. to Mar. 2020)-pick any 4 days

Payment Options

Online Registration ONLY for this program. If you need assistance please see our office manager Michelle.

Omit Days: Oct. 12,13,31 Nov. 11 Dec. 14 Feb. 16,17

Note; Bingo must be worked between July 1st, 2019 to May 1st, 2020. For the following season, fundraising vouchers will be required at the time of registration. Vouchers can also be purchased for \$60.00 CASH

STAR GROUP / STAR ADVANCED

STAR Group

STAR 1 Group

*next step after STAR Academy

*4 days a week commitment /

*includes three 30 minute semi-private & 1 private lesson per/week

*pay 1 price/lessons are included/assigned by the club

*includes group time and off-ice classes

Fundraising Requirements

*Fall Bottle Drive

*Christmas raffle table

*3 bingo requirements

*Charity Run (pledges and volunteer)

*WEM Galaxy Land Tickets

*Fliteway/Skate Canada Membership \$50.00

Fundraising buyout option: \$380 Cash

Skating Day Options (pick any 4 days)

Mondays (GTA)	Tuesdays (CDA)	Thursdays (CDA)	Saturdays (GGA)	Sundays (GGA)
4:45-5:15pm Off-ice	4:30- 5:00pm Ballet	4:45-5:30pm On-ice	12:15-1:00pm On-ice	1:30-2:15pm On-ice
5:30-6:15pm On-ice	5:15-6:00pm On-Ice	5:30–5:45pm Group	1:00-1:15pm Group	
		6:00-6:30pm Fitness		

\$245.00 per/month (September to March) -3 fundraising vouchers due on or before January 1st

STAR Advanced

STAR Advanced

- *next step after STAR Group
- *4 days a week commitment
- *full access to all ice time (Junior STARSkate)
- *includes 1 hour of semi-private lessons
- *private lessons not included / additional charge
- *recommended: <u>minimum</u>. 2 private lessons

per/week

Fundraising Structure

- *Fall Bottle Drive
- *Christmas raffle table
- *5 bingo requirements
- *WEM Galaxy Land Tickets
- *Charity Run (pledges and volunteer)
- *Fliteway/Skate Canada membership \$75.00

Fundraising buyout option: \$500 Cash

Skating Day Options (pick 4 to 6 days)

Mondays (GTA)	Tuesdays (CDA)	Wednesdays (CDA)	Thursdays (CDA)	Saturdays (GGA)	Sundays (GGA)
4:45-5:15pm Off-ice	4:30-5:00pm Ballet	4:45-5:15pm Off-ice	4:45-5:30pm On-ice	12:15-1:00pm On-ice	1:30-2:30 On-ice
5:30-6:15pm On-ice	5:15-6:00pm On-Ice	5:30-6:15pm On-ice	5:30–5:45pm Group	1:00-1:15pm Group	
			6:00-6:45pm Fitness		

\$210.00 per/month (September to March) -5 fundraising vouchers due September 1st

*Skaters require a base coach -private lessons additional charge

Private Lessons

All private lesson requests must go through our coaching director Clyde Hammer. Members can request a base coach or one will be assigned to you based on who the staff feels would be a good match.

Recreational Figure Skating Packages

Alumni Package

Alumni Package

*suitable for retired skaters or skaters going to university who what to keep up with their skating for fun and fitness.

*2 days a week (skater can choose their days)

Fundraising Requirements

*WEM Galaxy Land Tickets

*75.00 Skate Canada/Safe Sport Membership

\$75 per/month

Recreational Figure Skating

Recreational Figure Skating

*suitable for retired skaters who want to learn figure skating at a recreational level.

*skaters will receive some private lesson time, group time, and some practice time.

Fundraising Structure

*WEM Galaxy Land Tickets

*75.00 Skate Canada/Safe Sport Membership

Session #1 (Sep to Dec 2019)

Rec. FS	Sundays	2:00- 3:00pm	Sept. 8,15,22,29 Oct. 6,20,27 Nov. 3,10,17,24 Dec. 1,8,15,22	15 Classes	\$270	GGA
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Additional private lessons and skating days available as an add on

Session #2 (Jan to Mar 2020)

Rec. FS	Sundays	2:00- 3:00pm	Jan. 5,12,19,26 Feb. 2,9,23 Mar. 1,8,15	10 Classes	\$180	GGA
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Additional private lessons and skating days available as an add on



SKATER INFORMATION SHEET

2019-2020

Skaters Name:
Skating Level: (circle) STAR Group / STAR Advanced / Junior / Intermediate B / Intermediate A / Senior STAR Academy / Alumni / Recreational Figure skating
Skating Days: (circle) Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday
AM Times: Tuesday / Wednesday / Friday
Edge/Turn Class: YES I am interested Derrick/Fliteway Edge Turn Class
Zage, Tam Class. TES Tam Interested Berriers Title way Eage Tam Class
Are there any medical issues or allergies we should be aware of? Do you carry an EPI-pen?
What are your child's goals? (Compete at Nationals in the future, pass gold tests, etc)
In the event of an accident or emergency:
1 st Contact name phone number:
2 nd Contact name phone number:
Please hand into Michelle in the club office