

STAR SERIES

2022-2023 STAR Academy/Group/Advanced Guide



Register On-Line!



Skating Towards Excellence

Mailing Address: P.O Box 31072, Edmonton, AB, T5Z-3P3
780-472-1810 / infofliteway@gmail.com www.fliteway.ca

Welcome To Fliteway

Fliteway is a not-for-profit organization dedicated to providing skating opportunities to children of all ages, levels, and abilities.

Recreational Programs

- Pre-CanSkate
- CanSkate
- STAR Academy
- Recreational Figure Skating
- Adult Learn To Skate
- Active for Life (Adult Learn to Skate and Figure Skating)

Other Services

- Programming available for skaters with special needs or disabilities

Figure Skating Programs

- STAR Academy / STAR Group / STAR Advanced
- Junior STARSkate
- Intermediate STARSkate
- Senior STARSkate

Accelerated Programming

- STAR Academy
 - STAR Group
 - STAR Advanced
 - Pre-Competitive Program
 - Competitive Program
 - High Performance Program
- Please see STARSkate Registration Package

Skate Canada Membership Fee \$44.00

- The Skate Canada registration year begins September 1 and runs until August 31. Skate Canada sanctioned clubs are required to register all participants annually by September 1 or within two weeks of their start date. For more information regarding the Skate Canada Member and membership benefits, please visit www.skatecanada.ca

Equipment

United Cycle located in Old Strathcona, 4 Blocks South of Whyte Avenue at 7620 Gateway Boulevard NW, Edmonton
780.433.1181 / 1.800.361.8776 Toll Free /
sports@unitedcycle.com

How to Register

- **Online**
Please register online through our website. This ensures all information is correct, and up to date.
Step 1 Visit our website at www.fliteway.ca
Step 2 Determine the classes you want
Step 3 Proceed to Registration
Step 4 Input your information / add participant(s)
Step 5 Select your classes
- **In-person during office hours**

Payment Options

- Fliteway accepts credit cards (Visa or MasterCard) and cash (no cheques please)

Financial Assistance

- KidSport and JumpStart
-

Arena Locations (Edmonton, AB)

- **GTA** Grand Trunk Arena 13025 – 112 Street
- **GGA** Glengarry Arena 13340 – 85 Street
- **CDA** Castle Downs Arena 11520 153 Ave NW

Club Policies

Registration is on a first come first serve basis and must be accompanied by full payment with a registration form.
 Payments can be made by *credit card* or *cash*
 Schedules are subject to change. Please check your newsletters and notices.

Refund Policies

Refer to club 2022-2023 club policies and procedures

2022-2023 Fundraising Breakdown

Program	Fundraising Value	Details
STAR Academy	Fall Bottle Drive (\$35) Christmas Raffle (\$10) 1 Bingo-throughout the season (\$60) Charity Run (\$45) Spring Bottle Drive (\$45)	Bingo: Must be worked between August 2022 and May 2023 Full Season Fundraising \$195 Skate Canada / Fliteway Membership Fee \$44
STAR Group	Fall Bottle Drive (\$35) Christmas Raffle (\$10) 1 Bingo-throughout season (\$60) Charity Run (\$45) Spring Bottle Drive (\$45)	Bingo: Must be worked between August 2022 and May 2023 Full Season Fundraising \$195 Skate Canada / Fliteway Membership Fee \$44
STAR Advanced	Fall Bottle Drive (\$35) Christmas Raffle (\$10) 3 bingo requirements (\$180) Charity Run (\$45) Spring Bottle Drive (\$45)	Bingo(s): Must be worked between August 2022 and May 2023 Full Season Fundraising \$315 Skate Canada / Fliteway Membership Fee \$44

Bingos (Important Information)

Bingos are one of our club's primary fundraisers and help subsidize all our programming. Please read through the bingo policies and procedures before signing up. Not showing up or cancelling at the last minute can result in Fliteway receiving a fine for not having enough workers. Highlighted below are a few of the Bingo Procedures

Bingo Procedures

- Be punctual for your shift according to Signup times
- The Bingo chairperson will assign positions / be prepared to accept any position
- Obey the rules on cell phones and electronics. No texting or talking on cell phones while working
- Be able to actively participate and circulate the floor area by selling and calling back bingos for the entire event (3.5 hours). Do not congregate or pair up
- Workers who fail to follow the rules will be given a warning by the Bingo Chair, and may receive a fine
- It will be your responsibility to ensure that they are aware of the rules prior to the bingo and that your replacement is suitable.
- A credit system will be used to track your bingos worked and posted on your Uplifter Account. Please let the office manager know before the last Thursday of the month if you would like to use the bingo as a credit to be applied to the next month's invoice.
- If the member should be late, the member has to make the necessary arrangements with the Bingo Chairperson up to 2 hours prior to the shift.
- If a member is more than 15 minutes late, the member may be fined
- **You have to provide 48 hour notice if you have to cancel your shift, failure to provide notice will result in a \$200 fine. If a member does "not show" up for the shift, the member will be fined \$200/bingo**
- If you are unable to attend due to illness, it is your responsibility to provide a replacement.

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.

STAR Academy	Fundraising Requirements
*2 Day Minimum Requirement *Accelerated 3 to 4 days a week *Monthly Payment Structure *Fliteway/Skate Canada Membership Fee \$44.00	*Fall Bottle Drive (\$35) *Christmas Raffle (\$10) *1 Bingo-throughout season (\$60) *Charity Run (\$45) *Spring Bottle Drive (\$45)

STAR Academy Schedule

Monday (GTA)	Tuesday (CDA)	Thursday (CDA)	Sundays (GGA)
5:30-6:15pm On-ice 6:30-7:00pm Off-ice	4:30-5:00pm Off-ice 5:15-6:00pm On-ice	4:45-5:30pm On-ice 5:45-6:15pm Off-ice	1:30-2:15pm On-ice

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

Session #1 (September/October 2022)

STAR Academy	Mondays	5:30-7:00pm	Sept. 12,19,26, Oct. 3,17, 24	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Sept. 6,13,20,27 Oct. 4,11,18,25	Castle Down
STAR Academy	Thursdays	4:45-6:15pm	Sept. 6,13,20,27 Oct. 4,11,18,25	Castle Down
STAR Academy	Sundays	1:30-2:15pm	Sept. 11,18,25 Oct. 2,16,23,30	Glengarry

2-Days per/week \$112 per/month

3-Days per/week \$176 per/month (get the 4th day FREE)

NO CLASSES: October 9th,10th,31st

Session #2 (November/December 2022)

STAR Academy	Mondays	5:30-7:00pm	Nov. 7,14,21,28 Dec. 5,12,19	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Nov. 1,8,15,22,29 Dec. 6,13	Castle Down
STAR Academy	Thursdays	4:45-6:15pm	Nov. 3,17,24, Dec. 1,8,15	Castle Down
STAR Academy	Sundays	1:30-2:15pm	Nov. 6,13,20,27 Dec. 4,11,18	Glengarry

2-Days per/week \$112 per/month

3-Days per/week \$160 per/month (get the 4th day FREE)

NO CLASSES: November 10th

Session #3 (January to March 2023)

STAR Academy	Mondays	5:30-7:00pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Jan. 3,10,17,24,31 Feb. 7,14,21,28 Mar. 7,14,21	Castle Down
STAR Academy	Thursdays	4:45-6:15pm	Jan. 5,12,19,26 Feb. 2,9,16,23 Mar. 2,9,16,23	Castle Down
STAR Academy	Sundays	1:30-2:15pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	Glengarry

2-Days per/week \$128 per/month

3-Days per/week \$192 per/month (get the 4th day FREE)

NO CLASSES: February 19th,20th

CSA Certified Helmets Required for this Program

STAR GROUP

STAR Group is the next step after STAR Academy and is designed for skaters ready to handle individual practice time. This program is pay one price, skate as much as you want. We do ask members to make a 3 day min. commitment. STAR Group offers several upgrades from the Academy Program including 1 assigned on-ice private lesson per/week, 1 off-ice class with our club's personal fitness trainer, and 1 off-ice dance/ballet class.

STAR Group	Fundraising Requirements
*next step after STAR Academy *3 day a week commitment / recommended 4 *daily 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	Fall Bottle Drive (\$35) Christmas Raffle (\$10) 1 Bingo-throughout the season (\$60) Charity Run (\$45) Spring Bottle Drive (\$45)

STAR Group Schedule

Monday (GTA)	Tuesday (CDA)	Thursday (CDA)	Sundays (GGA)
5:30-6:15pm On-ice 6:30-7:00pm Off-ice	4:30-5:00pm Off-ice 5:15-6:00pm On-ice	4:45-5:30pm On-ice 5:45-6:15pm Off-ice	2:15-3:00pm On-ice

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

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STAR Academy	Thursdays	4:45-6:15pm	Sept. 6,13,20,27 Oct. 4,11,18,25	Castle Down
STAR Academy	Sundays	2:15-3:00pm	Sept. 11,18,25 Oct. 2,16,23,30	Glengarry

\$200 per/month

NO CLASSES: October 9th,10th,31st

Session #2 (November/December 2022)

STAR Academy	Mondays	5:30-7:00pm	Nov. 7,14,21,28 Dec. 5,12,19	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Nov. 1,8,15,22,29 Dec. 6,13	Castle Down
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STAR Academy	Sundays	2:15-3:00pm	Nov. 6,13,20,27 Dec. 4,11,18	Glengarry

\$200 per/month

NO CLASSES: November 10th

Session #3 (January to March 2023)

STAR Academy	Mondays	5:30-7:00pm	Jan. 2,9,16,23,30 Feb. 6,13,27 Mar. 6,13,20,27	Grand Trunk
STAR Academy	Tuesdays	4:30-6:00pm	Jan. 3,10,17,24,31 Feb. 7,14,21,28 Mar. 7,14,21	Castle Down
STAR Academy	Thursdays	4:45-6:15pm	Jan. 5,12,19,26 Feb. 2,9,16,23 Mar. 2,9,16,23	Castle Down
STAR Academy	Sundays	2:15-3:00pm	Jan. 8,15,22,29 Feb. 5,12,26 Mar. 5,12,19,26	Glengarry

\$200 per/month

NO CLASSES: February 19th,20th

STAR ADVANCED

STAR Advanced is the next step after STAR Group and is designed to give skaters the perfect combination of individual practice time, semi-private group lessons, and private lesson coaching. This program is pay one price, skate as much as you want. We do ask members to make a 3 to 4 day min. commitment. Skaters will now be assigned or can choose a base coach. The base coach will be the primary coach who will look after your overall skating development. Skaters are required to take a min. of 2 private lessons per-week which is an additional charge and not included in the fees.

STAR Advanced	Fundraising Structure
<ul style="list-style-type: none"> *next step after STAR Group *3 to 4 days a week commitment *full access to all ice time (Junior STARSkate) *includes 15 min. of semi-private lessons per/day *private lessons <u>not</u> included / additional charge *recommended: <u>minimum</u>. 2 private lessons per/week 	<ul style="list-style-type: none"> Fall Bottle Drive (\$35) Christmas Raffle (\$10) 3 bingo requirements (\$180) Charity Run (\$45) Spring Bottle Drive (\$45)

Skating Day Options

Mondays (GTA)	Tuesdays (CDA)	Wednesday (CDA)	Thursdays (CDA)	Saturday (GGA)	Sunday (GTA)
4:00-4:30pm Off-ice 4:45-5:30pm On-ice	6:00-6:45pm Off-ice 7:00-7:45pm On-Ice	4:30-5:00pm Off-ice 5:15-6:15pm On-ice	4:45-5:45pm On-ice 6:00-6:45pm Off-ice	12:15-1:15pm On-ice	10:15-10:45am Off-ice 11:00-12:00pm On-ice

\$210.00 per/month (September to March)

*Skaters require a base coach -private lessons are an 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.

<p style="text-align: center;">Off-ice Training Overview</p> <ul style="list-style-type: none"> Mondays: Fitness Tuesdays: Dance Enrichment Wednesdays: Off-ice Jumps Thursdays: Fitness Sundays: Off-ice Jumps & Fitness Stroking Classes: Included in fees 	<p>Omit Days: Refer to Calendar Of Events</p> <p>For Additional Information, please refer to the STARSkate package.</p>
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NEW: Podium Pathway

We understand each athlete is on their own pathway and may have different interests than other skaters in the STAR Series. The podium pathway is an enrichment program designed for skaters with future competitive interests, providing additional training, education, and skating opportunities over and above the regular STAR curriculum. Skaters must meet the following criteria to qualify for the Podium Pathway.

- 1) Approval from the Program Leader & Program Director
- 2) Skate a minimum of 3 days per/week
- 3) Be passionate about figure skating
- 4) Be interested in competitive skating
- 5) Have exceptional listening skills
- 6) Demonstrate the ability to work hard during individual and group practice time

Fees

There are NO additional fees required to register in the Podium Pathway

How To Register

Talk to Coach Cindy (Program Leader), or Coach Clyde (Program Director)

Podium Pathway Overview

- Additional performance and skating opportunities throughout the season
- Exposure to our high performance athletes
- Special newsletter geared towards the Podium Pathway
- At home exercises and zoom training sessions
- Personalized Podium Pathway Training Book

Question

Do I have to register in this program if I am interested in competitive skating?

The STAR Series is designed to meet everyone's skating interests. The Podium Pathway is more for skaters/families looking for a little more than what is already being provided.