



2022-2023 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, policy, and fundraising changes for the 2022-2023 skating season.

## STARSkate Fundraising & Registration Dates

### Fundraising (Tier 1 Skaters Only)

- ALL Bingo vouchers are due at the time of registration
- Christmas Raffle: \$20 will be added to your account December 1st for the Christmas Raffle (if you wish to donate an item instead of paying the \$20, please let Michelle know prior to November 30th)
- Bottle Drive: If you do not participate in the drive, \$45 will be added to your account September 1<sup>st</sup>

### Registration

- All skaters will be required to register online (through Uplifter) on or before July 31<sup>st</sup>. 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 1<sup>st</sup> and ending May 1<sup>st</sup>.
- ALL bingo requirements must be completed by August 24<sup>th</sup>.

### September Ice Credits

- Additional Fundraising Vouchers or Program Assistant Time Sheets can be handed to Michelle for ice credits. To receive credit for your September payment, please make sure to submit prior to 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 August 10th) 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 1<sup>st</sup> to May 31<sup>st</sup>). Please review the Fliteway Cancellation Policy for details.

### 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 group time, in-class lectures, off-ice sessions, and ice time. Coaching lesson time is an additional charge.

# 2022-2023 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.

## **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 Freeskate level

## **Intermediate B**

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 Freeskate level for competitions

## **Intermediate A**

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

## **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 not already in Senior STARSkate must have approval from the director before registering for 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 long term Fliteway members to qualify as Alumni**

## **Recreational Figure Skating**

Suitable for older skaters who want to learn figure skating on a recreational level. Lesson fees are included in the fees.

## **Pairs Academy**

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

Winter programming starts Wednesday, September 1<sup>st</sup>.

## **NEW: More Skating Options**

In the past, we have had to limit skaters to their assigned sessions. This has always been a challenge for skaters not able to make the earlier times. We have added more options to assist skaters that can't make the earlier skating times. You will work with your coaches to determine if these options are a good fit for your schedule.

## **Support Staff**

### **Alyssa Bokenfohr (Dance enrichment program)**

I am very excited to announce we have Alyssa Bokenfohr scheduled for our dance enrichment classes this season. Alyssa teaches and specializes in a wide variety of different dance styles including jazz, lyrical, contemporary, acro, ballet, and hip hop.

### **Annika Krizan (Nutritionist)**

Annika will be joining our team as the club's sport's nutritionist and consultant. Annika will be helping our athletes understand the importance of proper nutrition and a well balanced diet. Sessions will be both live and on Zoom.

### **Ekaterina Gordeeva (Pair Consultant)**

2 time Olympic Gold Medalist and 4 time World Champion Ekaterina Gordeeva will be consulting our Pair Academy Program. Additional classes will be available.

### **Keira Lewis (Personal Fitness Trainer)**

We would also like to welcome back our personal fitness trainer and consultant Keira Lewis from LAYERS WELLNESS

### **John Stevenson (Mental Training Consultant)**

John is available for in-person sessions out of Zone Performance. Skaters taking advantage of this serves should consult their coach for further information.

## **Technical Specialist (Megan Ure)**

## **Guest Coaches**

Throughout the season, skaters will have the opportunity to work with several different guest coaches. The idea is to give skaters a different perspective on their jumps, spins, edges/turns, or artistry.

## **Workshops**

We are looking at hosting both Zoom and in person workshops on a variety of different topics including mental training, nutrition, planning, judging and scoring,

## **Video Review**

Each coach will have access to our video review programs and equipment. This can be a very valuable tool for both the skater and the coach.

## **Pole Harness**

Please talk to your coach regarding pole harness lessons. The Pole harness has been proven to increase the learning curve of axel, double, triple and quad jumps.

## **Off-ice Harness**

We have made several upgrades to our off-ice harness routine. The program includes several different rotational development exercises both in and out of the harness.

## **Over Head Harness**

A great alternative to the pole harness. The overhead harness is very similar to the off-ice harness and provides additional air time and lift.

## **Dance Partnering**

Tophie Davis will be returning for another season.

## **Seminars**

The Derrick and Fliteway Skating Club will be hosting another development seminar in the Spring of 2023. In the past, we have brought in some of the top coaches in the world.

## **Test Days**

Test days will be held in December, March, May, and August.

## **Choreographers**

We have several different choreographers to help match each skater's needs and budget. Currently on our consulting list is Alexa Arrotta and Nick Kelly. Our own club coaches also provide choreography services. Talk to your coach regarding your specific needs.

## **Off-ice Overview**

Mondays: Fitness

Tuesdays: Dance Enrichment with Alyssa

Wednesdays: Off-ice Jump Technique

Thursdays: Fitness with Keira

Sundays: Off-ice Jump Technique & Fitness

## **Your Training Plan**

It is essential your on and off-ice training is in line with your skating goals. We will go over in more detail at our yearly planning session.

## **Off-ice Warm-ups**

Skaters should make every effort to arrive at least 30 minutes before their scheduled start time to do a proper off-ice warm-up.

## **At Home Fitness Programs**

Skaters are encouraged to supplement their training with additional at home exercises. Please talk to your coach for additional information

## 2022-2023 STARSkate Schedule

SENIOR	INTERMEDIATE A	INTERMEDIATE B	JUNIOR
<p style="text-align: center;"><b>Monday (GTA)</b></p> 2:45-3:30pm Freeskate 3:30-4:30pm FreeSkate <b>Option #2</b> 6:30-7:00pm Off-ice 7:15-8:30pm Freeskate	<p style="text-align: center;"><b>Monday (GTA)</b></p> 2:45-3:30pm Freeskate 3:30-4:30pm FreeSkate <b>Option #2</b> 6:30-7:00pm Off-ice 7:15-8:30pm Freeskate	<p style="text-align: center;"><b>Monday (GTA)</b></p> 4:00-4:30pm Off-ice 4:45-5:30pm Freeskate <b>Option #2</b> 6:30-7:00pm Off-ice 7:15-8:00pm Freeskate	<p style="text-align: center;"><b>Monday (GTA)</b></p> 4:00-4:30pm Off-ice 4:45-5:30pm Freeskate
<p style="text-align: center;"><b>Tuesday (CDA)</b></p> 2:45-3:30pm Freeskate 3:45-5:00pm Freeskate 5:00-5:15pm Stroking 5:20-6:05pm Off-ice Dance <b>Option #2</b> 6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate	<p style="text-align: center;"><b>Tuesday (CDA)</b></p> 2:45-3:30pm Freeskate 3:45-5:00pm Freeskate 5:00-5:15pm Stroking 5:20-6:05pm Off-ice Dance <b>Option #2</b> 6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate	<p style="text-align: center;"><b>Tuesday (CDA)</b></p> 6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate	<p style="text-align: center;"><b>Tuesday (CDA)</b></p> 6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate
<p style="text-align: center;"><b>Wednesday (CDA)</b></p> 6:30-7:30am Freeskate 2:45-3:45pm Freeskate 4:00-5:00pm Freeskate 5:00-5:15pm Stroking 5:30-6:00pm Off-ice Jumps	<p style="text-align: center;"><b>Wednesday (CDA)</b></p> 6:30-7:30am Freeskate 4:00-5:00pm Freeskate 5:00-5:15pm Stroking 5:30-6:00pm Off-ice Jumps	<p style="text-align: center;"><b>Wednesday CDA)</b></p> 4:30-5:00pm Off-ice Jumps 5:15-6:00pm Freeskate 6:00-6:15pm Stroking	<p style="text-align: center;"><b>Wednesday CDA)</b></p> 4:30-5:00pm Off-ice Jumps 5:15-6:00pm Freeskate 6:00-6:15pm Stroking
<p style="text-align: center;"><b>Thursday (CDA)</b></p> 1:45-2:45pm Freeskate 3:00-3:45pm Freeskate 4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness	<p style="text-align: center;"><b>Thursday (CDA)</b></p> 3:00-3:45pm Freeskate 4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness	<p style="text-align: center;"><b>Thursday (CDA)</b></p> 4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness	<p style="text-align: center;"><b>Thursday (CDA)</b></p> 4:45-5:30pm Freeskate 5:30-5:45pm Stroking 6:00-6:45pm Off-ice Fitness
<p style="text-align: center;"><b>Friday (CDA)</b></p> 6:30-7:30am Freeskate	<p style="text-align: center;"><b>Friday (CDA)</b></p> 6:30-7:30am Freeskate	<p style="text-align: center;"><b>Friday (CDA)</b></p> 6:30-7:30am Freeskate	
<p style="text-align: center;"><b>Saturday (GGA)</b></p> 1:45-2:00pm Stroking 2:00-3:00pm Freeskate	<p style="text-align: center;"><b>Saturday (GGA)</b></p> 12:15-1:00pm Freeskate 1:00-1:15pm Stroking	<p style="text-align: center;"><b>Saturday (GGA)</b></p> 12:15-1:00pm Freeskate 1:00-1:15pm Stroking	<p style="text-align: center;"><b>Saturday (GGA)</b></p> 12:15-1:00pm Freeskate 1:00-1:15pm Stroking
<p style="text-align: center;"><b>Sunday (GTA)</b></p> 9:15-10:00am Freeskate 10:15-11:00am Freeskate 11:00-11:15am Stroking 11:30-12:00pm Off-ice	<p style="text-align: center;"><b>Sunday (GTA)</b></p> 9:15-10:00am Freeskate 10:15-11:00am Freeskate 11:00-11:15am Stroking 11:30-12:00pm Off-ice	<p style="text-align: center;"><b>Sunday (GTA)</b></p> 10:15-10:45am Off-ice 11:00-11:15am Stroking 11:15-12:00pm Freeskate	<p style="text-align: center;"><b>Sunday (GTA)</b></p> 10:15-10:45am Off-ice 11:00-11:15am Stroking 11:15-12:00pm Freeskate

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

**Option Sessions: Keeping in mind that some members can't make the earlier skating time, some days offer 2 different skating options (times)**

## 2022-2023 Skating Levels, Tiers, And Fundraising

Tier 1 being the most affordable 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. **NEW 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. In the event 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> \$150 per/month / 9 Month Package 5 Bingo Requirements Fall Bottle Drive Spring Bottle Drive Volunteer for test days / club events Spring Charity Run Christmas Raffle Donation	<b>Junior Tier 2</b> \$250 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> 2 additional vouchers required <b>Bottle Drive (Buyout Option)</b> \$45 CASH or 1 Bingo Voucher <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Vouchers <b>Christmas Raffle</b> \$20 CASH or item donation with approximate value
<b>Intermediate B Tier 1</b> \$210 per/month / 9 Month Package 8 Bingo Requirements Fall Bottle Drive Spring Bottle Drive Volunteer for test days / club events Spring Charity Run Christmas Raffle Donation	<b>Intermediate B Tier 2</b> \$310 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> 2 additional vouchers required <b>Bottle Drive (Buyout Option)</b> \$45 CASH or 1 Bingo Voucher <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Vouchers <b>Christmas Raffle</b> \$20 CASH or item donation with approximate value
<b>Intermediate A Tier 1</b> \$215 per/month / 9 Month Package 8 Bingo Requirements Fall Bottle Drive Spring Bottle Drive Volunteer for test days / club events Spring Charity Run Christmas Raffle Donation	<b>Intermediate A Tier 2</b> \$315 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> 2 additional vouchers required <b>Bottle Drive (Buyout Option)</b> \$45 CASH or 1 Bingo Voucher <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Vouchers <b>Christmas Raffle</b> \$20 CASH or item donation with approximate value
<b>Senior STAR Tier 1</b> \$220 per/month / 9 Month Package 8 Bingo Requirements Fall Bottle Drive Spring Bottle Drive Volunteer for test days / club events Spring Charity Run Christmas Raffle Donation	<b>Senior STAR Tier 2</b> \$320 per/month / 9 Month Package NO Bingo Requirements NO Additional Fundraisers	<b>Bingos (Buyout Option)</b> 2 additional vouchers required <b>Bottle Drive (Buyout Option)</b> \$45 CASH or 1 Bingo Voucher <b>Charity Run (Buyout Option)</b> \$100 CASH or 2 Bingo Vouchers <b>Christmas Raffle</b> \$20 CASH or item donation with approximate value

## Buyout Options

- The buyout options are for members who are unable to attend the fundraiser.

## New

- Bingo Vouchers can be used for the bottle drive and charity run as buyout options
- 2 additional vouchers are required for Tier 1 members choosing the buyout option for bingos

## Fundraising Details

Fall Bottle Drive, Saturday, September 10<sup>th</sup>, 2022

Christmas Raffle/Gala, Tuesday, December 20<sup>th</sup>, 2022

Spring Bottle Drive, Saturday, March 25<sup>th</sup>, 2023

Charity Run/Club Barbecue, May, 2023 (TBA)

## Fliteway Skating Club Fundraising (STARSkate)

- Expenses for this program far exceed registration revenues. Fundraising goes directly towards helping offset ice fees, stroking classes, off-ice classes, coaching expenses for competitions, and test days.

## Bottle Drive(s)

- The bottle drive serves 2 purposes. Membership drive for the club (advertising), and as a fundraiser. Skaters are required to hand in 3 large recycling bags from home, hand out door hangers in their neighbourhoods, and collect bottles/cans door to door. **If you cannot participate fully in the drive, please choose the buyout option for this fundraiser.**

## Christmas Raffle

- Members can donate an item or give \$20 cash. Donation items should be of equal or more value and are subject to the board's approval. All items must be donated before Nov. 30<sup>th</sup>. Accounts will be charged Dec. 1<sup>st</sup>.

## Charity Run

- Members are required to collect a minimum of \$100 in pledges

## Bingos

- Bingos are Fliteway's primary fundraiser and is the largest subsidizer for the STARSkate Program. Please refer to the Bingo policies for additional information

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# Recreational Figure Skating Packages



### Alumni Package

<b>Alumni Package</b> *suitable for former Fliteway skaters that have retired and are now working or going to university and want to keep up with their skating for fun and fitness. *2 days a week (skater can choose their days)	<b>Fundraising Requirements</b>  No mandatory Fundraising  <b>*44.00 Skate Canada/Safe Sport Membership</b>
<b>\$75 per/month</b> <b>Testing Fees are an additional cost</b>	

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### Recreational Figure Skating

<b>Recreational Figure Skating</b> *suitable for retired skaters who want to continue figure skating at a recreational level. *skaters will receive some private lesson time, group time, and some practice time.	<b>Fundraising Structure</b>  No mandatory Fundraising  <b>*44.00 Skate Canada/Safe Sport Membership</b>
<b>\$75 per/month /1 day per/week (includes 1 lesson)</b> <b>\$150 per/month/ 2 days per/week (includes 2 lessons)</b> <b>Testing Fees are an additional cost</b>	

Please email Clyde at [hammerclyde@gmail.com](mailto:hammerclyde@gmail.com) for more information.

## CALENDAR OF EVENTS NO SKATING DAYS

Saturday	September 3 <sup>rd</sup>	NO SKATING		
Monday	September 5 <sup>th</sup>	NO SKATING	(amended)	
Sunday	October 9 <sup>th</sup>	NO SKATING		
Monday	October 10 <sup>th</sup>	NO SKATING	(amended)	
Monday	October 31 <sup>st</sup>	NO SKATING		
Thursday	November 10 <sup>th</sup>	NO SKATING		
Friday	November 11 <sup>th</sup>	NO SKATING		
Saturday	December 3 <sup>rd</sup>	NO SKATING		
Saturday. to Monday	December 23 <sup>rd</sup> -26 <sup>th</sup>	NO SKATING		
Saturday & Sunday	December 31 <sup>st</sup> -Jan. 1 <sup>st</sup>	NO SKATING		
Friday to Monday	February 17 <sup>th</sup> to 20 <sup>th</sup>	NO SKATING		
Saturday	March 25 <sup>th</sup>	NO SKATING		
Friday	March 31 <sup>st</sup>	NO SKATING		

## SKATING COMPETITIONS & TEST DAYS

Fall Invitational	Sept. 30 <sup>th</sup> to Oct. 3 <sup>rd</sup>	TBA		
Sectional Championships	Oct. 27 <sup>th</sup> to 30 <sup>th</sup>	Edmonton		
Sask Skate	Oct. 7 <sup>th</sup> to 9 <sup>th</sup>	SK		
Challenge (Jr./Sr.)	Nov. 30 <sup>th</sup> to Dec. 3 <sup>rd</sup>	TBA		
Edmonton Region	Dec. 2 <sup>nd</sup> to 4 <sup>th</sup>	St. Albert		
Test Day (STAR 6-up)	Dec. 21 <sup>st</sup>	Fliteway		
Nationals (Jr./Sr.)	Jan. 8 <sup>th</sup> to 15 <sup>th</sup>	TBA		
Challenge (PN/Novice)	Jan. 25 <sup>th</sup> to 28 <sup>th</sup>	TBA		
Combined Invitational	Feb. 17 <sup>th</sup> to 19 <sup>th</sup>	Calgary		
Novice Nationals	Feb. 18 <sup>th</sup> to 20 <sup>th</sup>	TBA		
STARSkate Championships	Mar. 17 <sup>th</sup> to 19 <sup>th</sup>	TBA		
Test Day (STAR 6-up)	Mar. 30 <sup>th</sup>	Fliteway		

## CLUB FUNDRAISERS & EVENTS

Fall Bottle Drive	Saturday, Sept. 10 <sup>th</sup>			
Christmas Gala	Tuesday, Dec. 20 <sup>th</sup>			
Spring Bottle Drive	Saturday, Mar. 25 <sup>th</sup>			
Charity Run	May, TBA			

**Program Assistant Training: Thursday, September 1<sup>st</sup>**  
**Parent Information Meeting: Wednesday, September 7<sup>th</sup>**



# SKATER INFORMATION SHEET

2022-2023

Skaters Name: \_\_\_\_\_

## Winter Registration Information

Please circle your Winter Skating Days:

Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday    Morning Ice: Wednesday/ Friday

Yes I am interested in **off-ice** Harness Lessons

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:

Contact name \_\_\_\_\_ phone number: \_\_\_\_\_

**Please hand into Michelle or Clyde (scan and email option)**