

2023 / 2024 Skating Season Pathway to Success

Coach Parent General Guidelines

Official Skate Canada Season September 1st to August 31st

Skate Battlefords Season September 1st to March 31st



☹️ **Communication**

- 👉 Skate Canada, Skate Saskatchewan, Skate Battlefords guidelines, general rules, ethics and code of conduct
 - ★ <https://skatecanada.ca/>
 - ★ <https://skatecanadasaskatchewan.com/>
 - ★ <https://www.skatebattlefords.ca/>
- 👉 Create Communication & Expectations for progress, options & on-ice and off-ice goals.
- 👉 Prefer email notifications for long term plans, Text for short term plans.
- 👉 Password to the skater's page on the website **Sk8Bf-2324**

☹️ **Lessons & Classes - on-ice or off-ice**

- 👉 **Lessons & Classes will be scheduled during skating sessions you have signed up for.**
- 👉 Sessions missed can only be made up within the week prior or following the missed sessions
- 👉 **Coaches will always show up; Therefore it is expected that skaters will show up as well**
- 👉 If a coach is unavailable, they will plan lessons with another coach or reschedule.
- 👉 Other coaches will do their best to accommodate lessons in unusual circumstances
- 👉 Skaters registered with Skate Battlefords may only take lessons from Skate Battlefords contracted coaches while on club ice time.
- 👉 Lesson with guest coaches may be arranged through a skaters base coach.

☹️ **Lessons Specific to tests & competitions**

- 👉 Lessons will be given to skaters by the base or discipline coach who has been hired. Unless otherwise pre-arranged or circumstances require extra help.
 - ★ Private, semi-private, small group as your coach sees fit.
- 👉 **Missed lessons are expected to be made up or may be charged for.**
- 👉 There will be a charged for no shows, or tardiness.

☹️ **Class instruction, training all basic disciplines (previously referred to stroking)**

- 👉 **Skaters registered for the season are expected to participate in both on-ice & off-ice classes.**
- 👉 Group coaching fees per coach will apply for all on-ice & off-ice classes
- 👉 On-ice Class is scheduled into all sessions.
 - ★ Includes all skaters registered or skating on that session.
- 👉 Off-ice Class days are scheduled according to skater's sessions & PA Schedule.
 - ★ Skaters are expected to be in attendance.

☹️ **Payment Options**

- 👉 **Coaching fees for all scheduled classes will be billed regardless of attendance.**
- 👉 **Coaching fees for lessons missed will be charged as per coach agreement.**
- 👉 Plan lessons that fit your budget and family dynamics.
- 👉 Statements sent by coach with payment expected within 10 days of receiving statement.
- 👉 Information regarding Invoices should be directed to that specific coach.
- 👉 Other payment arrangements can be made, coaches are willing to discuss options.
- 👉 There may be a 2% charge / month for overdue bills.

☹️ **Coaches**

- 👉 As your Base or Discipline Coach we are 100% committed to your success.
- 👉 Will together consider options & ideas before making a final decision on the direction taken.

Questions, concerns, inquiries are welcome, contact your coach for the information needed

😊 We appreciate the opportunity to coach your child!

About Coaching and Selecting a Coach

Where To Start?

- ☺ Once skaters enter the Skate Canada STARSkate program, they will need to choose a base or discipline coach to provide them with an individual skate plan for their pathway to success.
- ☺ Through your coach all lessons will be arranged per discipline and with other coaches as necessary.
- ☺ Unlike the CanSkate and Primary programs where coaching is provided. In the STARSkate program skater and parent engage a coach for lessons as agreed upon in which payment is directly to the coach.
- ☺ All coaches have their own fee guidelines and will provide that information to you.
- ☺ Before the start of the season, you will receive a Coaching Request form.
 - ☺ The form gives the parents the opportunity to plan, coordinate and manage their skater's time & lessons. Connect with & hire the Coach or Coaches of your choice. After making arrangements to set a meeting with your chosen base or discipline coach before the start of the skating season.

What is a "Base Coach"?

- ☺ Base coach provides direction on all skating disciplines, on-ice and off-ice lessons and tracking.
- ☺ Provides a pathway and time line for accomplishing and meeting goals
- ☺ Makes final decisions on music, testing, competitions or trying out for provincial team.

What is a "Discipline Coach"?

- ☺ Discipline Coach provides direction on disciplines specifically hired for. You may have a different coach for different disciplines.
- ☺ Provides a pathway and time line for accomplishing and meeting goals / discipline
- ☺ Makes final decisions on music, testing, competitions as related to the discipline hired for.

Coach's Teaching Credentials:

- ☺ All Skate Canada professional coaches are accredited through the 3M National Coaching Certification Program to at least Level 1. This program trains coaches on proper technique, training regimes, and ethical issues related to coaching in general.

Things To Discuss with Your Base Coach:

☺ Skater's goals

- ☺ Discuss your skaters' goals and timelines for the season. You'll come up with an agreed upon pathway for your skater's success. Plans will differ from skater to skater.

The Skaters and Coaches Availability:

- ☺ Make sure that you discuss and confirm what sessions your child will skate and make sure your chosen coach is available. Some of our coaches may be fully booked on some sessions. Some flexibility on both sides may be required to fit lessons in.
- ☺ Skaters are required to skate within their paid and agreed upon skating times.

Budget:

- ☺ Your budget will determine how many lessons per week/month you will purchase for your skater.
- ☺ Estimate how much you are willing to spend per week/month on lessons and discuss this with your base coach.

Billing:

- ☉ All lesson fees are paid directly to the coach, not the club. Fees you pay to the club are for ice only.
- ☉ Lessons are usually 15 minutes in length, although this may vary depending on discipline focus.
- ☉ The coach's fee may vary between coaches based on their coaching level, experience, education.
 - ☞ Some coach's fees also include a travel expense if they are coming to our club to coach from a different town or city.
- ☉ Coaches will provide their personal fee guideline to discuss.
 - ☞ What their billing practices are. Do they bill monthly, what form of payment do they accept, is the time frame for paying the bill and is there a charge for late payment?
- ☉ If you have questions or concerns about your bill, they should communicate directly with the coach. The club has no say in coach's bills or billing practices.

Skaters' Lessons:

- ☉ After you have discussed your budget with your coach. It is now time to talk about private, semi private, group lessons and off-ice. As well as any other lessons you may need or want from other coaches with in the club.
 - ☞ It is helpful to have your skater track their lesson in there note book.
- ☉ **Private Lesson**
 - ☞ A private lesson is a one-on-one coach and skater work time. Each coach charges a certain rate for every 15 min of lesson time. The number of private lessons per week will depend on the skater's goals. More lessons create faster progress. However, smart training habits produce faster results as well, therefor skaters must learn to work independently.
 - ☞ In general, coaches book at least one 15-minute private lesson per discipline each skating day. This depends on number of skating days and sessions skated. Additional or less lesson time can be negotiated with the coach
 - ☞ Private Lessons from other coaches within the club may be requested by a skater or your base coach may recommend lesson from other coaches.
 - ☞ You may be required to set theses lesson up with the other coaches yourself. Check with your base coach as to how theses lessons are going to be arranged so there are respectful communications.

Semi-Private or Small Group Lesson:

- ☉ A semi private lesson is held with 2 or more skaters per lesson with a coach.
- ☉ A small group lesson is held with 3 or more skaters per lesson with a coach
 - ☞ The coaching fee as determined by the coach is then split between the skaters.

Class Lessons On-ice:

- ☉ Skate Battleford Coaches work as a team and will offer a 15-minute class every hour, to help cut down the cost of lessons.
- ☉ Skaters and coaches within the club are exposed to multiple different coaching techniques and students.
- ☉ Make sure you are aware of how many class lessons are being held during your skater's ice time.
 - ☞ Sessions your skater is scheduled on will be included in the class lesson group billing regardless of attendance.

Class Lessons Off Ice:

- ☉ Skaters are required to take a 30 min off-ice session every week in order to have a well-rounded skating experience and training.
- ☉ Off-ice is a class and billed by the coaches. All coaches with Skate Battlefords will take turns teaching off ice.
 - ☞ Off-ice sessions your skater is scheduled on will be included in the class lesson group billing regardless of attendance.

Note:

- ☹ Private, semi private, small group lessons, that have been arranged with a coach will be billed regardless of attendance unless the coach is able to fill that lesson time. Missed lessons are not guaranteed to be made up.
- ☹ Classes on-ice and off-ice will be billed for regardless of attendance.
- ☹ Lessons will happen within the skating session your skater is booked for that day.
- ☹ Lessons do not always happen at the same time every session.
 - ☞ Not all coaches send out a weekly schedule.
- ☹ As independent contractor with Skate Battlefords they are not required to do so.
 - ☞ Skaters are required to be on the ice the whole time they are booked in for.
 - ☞ If a skater needs to use the bathroom or take a break they must check with coaches.
 - ★ Coaches will not look for a skater that is not on the ice when they should be.

Other Coaching Expenses:

- ☹ Other coaching expenses that may come up through-out the skating season will be competitions and test days.
- ☹ All coaches will charge a coaching fee, travel, hotel and food cost for going away to competitions and test days. Be sure to discuss these fees with your base coach.

Communication:

- ☹ Communication is key. Make sure that the arrangement you have set up continues to work for your skater, your coach and you.
- ☹ If you have any questions about your skater's progress or your lessons, please speak with your coach directly.
- ☹ This is a business arrangement and must be treated as such. If things aren't working as well as you or your coach believes they should; you need to talk. Often simple things can be ironed out and are the result of a misunderstanding. Text, call or email your coach to set up a meeting.
- ☹ Coaches prefer email notifications for long term plans; such as days that are going to be missed and text for short term plans.
- ☹ Please refer to the website often for updates to the calendar and useful information www.skatebattlefords.ca

If you are having issues that can not be resolved after you have taken them up with the coach, contact Alana Bryant at alana-bryant@hotmail.com or 306-490-7886 or email Skate Battlefords @ sk8battlefords@sasktel.net

Information in this handbook is subject to change. Coaches are mindful and strive to fill the information provided but cannot be held liable for changes.

Skate Battlefords Coaches

Jessica Reese Base Coach/All Disciplines Ph; 306-380-0956 jessica-penner@outlook.com Provencal Coach in-training – Free skate, Skills, Dance, Artistic Star 1-5 Evaluator & Competitions Assessor 9 years Coaching Experience	Greg Melchior All Disciplines Coach Ph; 306-441-5583 Certified Regional Coach – Stroking, Dance, Free skate + Off-Ice Harness & Spinner 41 Yrs. Coaching	Cindy Tymoruski Base Coach/All Disciplines Ph; 306-481-5048 strides@sasktel.net Certified National Coach - Skills, Free skate, Dance, Interpretive, Artistic Star 1 – 5 Evaluator 46 yrs. coaching experience
---	--	--