



## Skate with us 16 to 99 Handbook Teen and Adult Skating 2023 - 2024

Skate Battlefords Board of Directors is pleased to welcome all skaters and their families to 2023/2024 skating season. We hope to make it a rewarding and fun season for all. We are proud to say that we have a great group of volunteers and coaching staff who are committed to the success of Skate Battlefords and all its members.

The handbook is filled with information that will help skaters and their families have a more informed view on the skating season. If you have any questions or suggestions about the information available, we encourage you to contact any member of the Board of Directors

The success of the club is based on; all the volunteers that put in an endless number of hours to keep the club and its programs running smoothly. We would like to thank everyone in advance for all their time and commitment.

We wish everyone a successful season of personal bests, fun and laughter.

### **Mission Statement**

Skate Battlefords is a non-profit organization, sanctioned by Skate Canada that provides an inclusive opportunity for the community to participate in skating as a sport. Through encouragement, support, and training with the expertise of a professional coaching staff and dedicated program assistants, all participating can achieve their person goals in a fun, safe and nurturing environment.

### **The Mandate of Skate Battlefords**

Encourage the instruction, practice, enjoyment, and advancement of its members in all aspects of skating. Create a positive inclusive atmosphere in which a sense of commitment, cooperation, responsibility, enable community members to achieve goals in physical literacy, excellence in sport and the lifelong participation in the sport of skating.

**\*\*Disclaimer – information in this handbook is subject to change, The Board of directors and volunteers strive to full fill the information provided but cannot be held liable for changes.**

**Arena's**

Access Communications Centre 1902 104 St, North Battleford (306) 445-1755
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Battlefords Arena requires certain conditions to be met by arena users. Just a couple to keep in mind:

- Children should be supervised at all times and are not permitted to run around or make noise in hallways, lobbies, or dressing rooms.
- Devices with the ability to capture images are not to be used in the dressing rooms. **For any reason.**

All members are representatives of Skate Battlefords while we are at the arena and must act in such a way that reflects well on our club.

### **Registration**

Online Registration opens August 21st

Registration for all programming is available @ [Home Page: Skate Battleford powered by Uplifter \(uplifterinc.com\)](#)

Information and in person registration help night September 14<sup>th</sup>, 7pm Access Communication Centre lobby

### **Skate with us 16 to 99 Program**

Open to skaters 16 and older. Great for adults and teens who want to learn a new skill, get a workout, or improve their skating abilities. When you sign up you will be in a program that focuses on fun, participation and basic skill development in balance, agility and control. Lessons are led by NCCP-certified professional coaches, who may be assisted by trained Program Assistants.

### **Program Options**

#### **Skate with us**

The program that runs October 12<sup>th</sup> to November 15<sup>th</sup> and again February 1<sup>st</sup> to March 14<sup>th</sup>

The Skate with us package includes 1 hours of ice time; 30min of group lead instructed and 30min of individual practice time.

Skater are encouraged to do a off ice warm up before coming on the ice. Coaching time is included in registration Cost

**The Skate with us Session is from 8:00 – 9:00**

- **Thursdays, Access Communications Centre (ACC)**

#### **Fees**

Skaters must be registered and first payment made before the start of the first day's lesson in order for skaters to participate

All fees will include 2023-2024 Registrant Fee

Registrant Fee – Skate Canada	\$28.00
Registrant Fee – Skate Saskatchewan	\$25.00
Safe Sport Fee	\$ 5.00
Injury Benefit Charge	\$ 0.65
<b>Total</b>	<b>\$58.65</b>

Program fee must be made in full at the time of registration

Program fee is \$100.00 + \$58.65 Skate Canada/Skate Saskatchewan Fee = **\$158.65**

#### **Payment:**

Payment can be made in by E-Transfer to [sk8battlefords@sasktel.net](mailto:sk8battlefords@sasktel.net)

#### **Refunds:**

Refunds for the program fee will only be given if notice by email is received **on or before October 10<sup>th</sup>**. Skate Canada/Skate Saskatchewan fee is nonrefundable.

Please Note - Skate with us has a minimum number of skaters that must be registered for the program to run. Email and refund will be sent if we do not meet the minimum by October 10<sup>th</sup>.

### **Skate with us Upgrade**

The skate with us upgrade is for skaters looking for more one on one coaching, to build on the skills they are learning.

Must be register in the Skate with Us program.

- For figure skaters wanting to improve their skills or meet their personal goals faster.
- Skaters need to make arrangements with a coach to arrange time and coaching before purchasing a ticket.
- Coaches lesson fees are billed directly to skaters and payment made directly to coach.
- Skaters will purchase an adult ice ticket off of uplifter.
- Each ticket is good for 2 – 30 minutes of ice time, skater must be in a lesson for 15 min of each 30-minute time, 5 min before lesson for a warm up and 10 min for practice after the lesson.
- Once lesson is arranged, if you miss the lesson coaching fee will still be billed.
- Skater will present ice ticket and confirmation of payment to coach.

## **Fees and Payment**

### **Payment**

- Adult ice ticket will be available for purchase starting on October 9<sup>th</sup> and January 27<sup>th</sup> 2023
- Payment can be made by E-Transfer to [sk8battlefords@sasktel.net](mailto:sk8battlefords@sasktel.net)
- Payment is due at the time of registration. Adult ice ticket is non-refundable.

### **Fee**

Adult ice tickets are \$18.00

### **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.

Cindy Tymoruski Base Coach & All Discipline Coach Ph; 306-481-5048 strides@sasktel.net Certified National Coach - Skills, Free skate, Dance, Interpretive, 46 yrs. coaching experience	Jessica Reese Base Coach/All Discipline Coach Ph; 306-380-0956 jessica-penner@outlook.com Provençal Coach in-training – Free skate, Skills, Dance, Artistic, Star 1-4 Evaluator 9 years Coaching Experience	Greg Melchior All Discipline Coach Ph; 306-441-5583 Certified Regional Coach – Stroking, Dance, Free skate + Off-Ice Harness & Spinner 41 Yrs. Coaching
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### **Things To Know About Coaching:**

- Talk you Jessica to discuss lesson options
- Coaching fees vary from coach to coach
- There are no refunds on coaching fees, regardless of attendance
- Lessons with coaches must be prearranged

### **Skate With Us Program Structure:**

Warm up Done individually off ice before start time

Group lesson 30 minutes

30 minutes of independent practice time

The program structure may change from time to time based on the focus of lessons.

The Skate with Us program is part of the CanSkate program, curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

### **Equipment:**

- CSA approved helmets are mandatory for Skaters that have not achieved all of stage 5 and must have a CSA sticker. Bicycle and ski helmets are not acceptable protection. Helmets with cages optional.
- Knee pads and elbow pads are a good idea if you choose.
- Skates should be comfortable and provide support in the ankle area. Blades should be checked by the coach.
- Tie skates loose from the toe to just below the ankle, tighter in the ankle area. Looser at the top so skaters are able to bend their skates easily.
- Skate guards are a must-have to protect blades.
- Clothing; stretchy is best, lighter jacket adding layers that can be taken off or on is best for maneuverability.

### **Skaters Dressing Rooms:**

- All Dressing rooms are inclusive
- Skaters will put on skates in their assigned groups dressing rooms. Please check the white boards as you come into the arena's for assigned dressing room.
- Skaters that need to change must do so in the washrooms provided in the lobby
- If a request is made for separate space, Skate Battlefords will try to accommodate as much as possible
- Cell phone or devices that are capable of capturing an image or voice recording are not to be used in dressing room **for any reason**
- Dressing rooms must be kept clean

### **Communication:**

Information will be sent out by email or group chat from Jessica (Coach) or Alana (President)

You can also email: Jessica - [jessica-penner@outlook.com](mailto:jessica-penner@outlook.com) Alana – [alana-bryant@hotmail.ca](mailto:alana-bryant@hotmail.ca)

You can also talk to your coach directly with any questions you may have, at the end of a session please.

Website: [www.skatebattlefords.ca](http://www.skatebattlefords.ca)

Club email – [sk8battlefords@sasktel.net](mailto:sk8battlefords@sasktel.net)

Facebook page: Skate Battlefords

### **Ice Policy:**

Please go over the ice rules with your skater if the registered skater is not, you so they are aware.

- Get up immediately when you fall, as it is dangerous to remain on the ice surface.
- Skater are not permitted to skate through another groups lesson or Coach/skater lesson.
- Skaters should not interrupt a coach in a lesson, they should wait off to the side until the coach is able to talk.
- Skaters need to inform a coach every time they are leaving the ice surface.
- Coach and skaters in a lesson always have the right away.
- Kicking the ice or disrespect of the surface will not be tolerated.
- No food or drink (except water bottles) permitted on/near the ice surface by skaters.
- Skater must be working on skating skills while on the ice no horse play or visiting.
- Skaters must be aware of other skaters around them at all times.
- Profanity, abusive behavior or harassment will not be tolerated at or on the ice surface or in the building
- ONLY SKATERS AND COACHES OR AUTHORIZED PERSONS MAY ENTER THE PLAYER BOX/MUSIC BOX
- The ice surface is not to be used for visiting.
- No cell phones are permitted to be used on or at ice level.
- No earbuds or headphones are permitted while at ice level.
- Skaters are not permitted on the ice until the Zamboni has left the ice surface.
- Skaters must clear the ice promptly at the end of their skating session.
- Skaters must look both ways when leaving the boards.
- In the dressing room and on the ice use appropriate language and conversations, be aware of your audience and who is listening.

### **Who goes first?**

Right of way on the ice is given to persons in the following order:

1st - ALL coaches;

2nd - Any skater receiving lessons;

3rd - Skaters whose music (dance/program) is playing for the first time on that session

### **Skater Code of Conduct:**

- Sportsmanlike conduct, safety, courtesy, respect, proper language, and discipline are always expected towards all coaches, fellow skaters, all parents, judges, rink staff, guest and committee members
- Skaters representing Skate Battlefords at any function are expected to conduct themselves in a responsible and respectable manner
- Skater arrive at the rink with enough time to do an off ice warm up and be ready to go on the ice at their start time.
- Skater should step on the ice ready and willing to focus on skating
- Skater's full attention and best effort are expected during a lesson
- Skater's must treat equipment and property of other skaters and coaches with respect

### **Parent/Guardian Code of Conduct**

- This code applies to all parents/guardians and others; supervising skaters who are Registered with Skate Canada.
- Parents/guardians shall always abide by this code while participating in any Skate Battleford or Skate Canada event, competition, school, or activity.
- All parents/guardians are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication, and mutual respect, Parents shall always model positive responsible behaviour and communicate with their skater that they expect to do the same. Parents assume the major responsibility for their skaters on and off ice attitude.
- Parents shall always treat all individuals and property with courtesy and respect
- Place the wellbeing and safety of their child above the training.
- Do not force your child to participate in sports, but do support their desire to participate in their chosen sport. Remember they should skate for their enjoyment, not yours
- Parents should set reasonable expectations for their child's participation in skating focusing on development and enjoyment for the sport.
- Parents should instil confidence in their skater's ability and skill development, always avoiding comparison with another skater
- Parents along with the coach and the athlete, shall be considered members of a team whose main concern is the child's love of the sport, and overall progress and development. Parents shall respect that the coaches are responsible and empowered for on ice and off ice development of an athlete,
- Be courteous of your skater, other parents, skaters, coaches, league officials, rink employees, visitors at all times.
- Insist that your child and other family members abide by the code of conduct, club rules and rink rules.
- Do not approach or otherwise distract coaches or skaters during scheduled skating or off ice training sessions. Coaches are not expected to leave the ice for consultations during a session unless it is an emergency.
- Exercise control and restraint when dealing with difficult issues. The use of abusive, threatening, or violent behaviour and or foul sexist, racist or abusive language in or around the grounds of the skating rink is strictly prohibited.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, and teamwork to their children.
- Parents should model and encourage their children to maintain a healthy balance between skating and life.
- Parents shall insure that their skater wear proper skating attire on and off the ice
- Parents are expected to have their skaters at the rink in enough time for the skater to be prepared and on the ice for their designated skating time.
- Parents are expected to get their skater immediately after their child's skating time. Coaches are only responsible for your skater while they are in scheduled lesson times.
- It is the parent's responsibility to be sure your skater is being supervised during all other times.
- Parents are responsible for making sure they check their emails and /or Facebook for club communications.
- Never appear at the rink or any activity hosted by skate Battlefords under the influence of drugs or alcohol.
- Parents must be sure to contact a coach with as much notice as possible if a skater is going to miss a lesson time. If enough advance notice is not given, the lesson may be charged anyways
- Please be sure to pay coaches bills in a timely manner, this is a job and part of their income.
- Parents are not allowed in the player box or standing at the boards of the ice
- Please do not call or yell at your child from the stand while they are on the ice, it causes distractions and accidents

**THANK YOU! IT IS OUR PLEASURE TO PROVIDE SKATING SUCCESS TO YOUR FAMILY**