



## ARDROSSAN STRATHCONA FIGURE SKATING CLUB



### Pre-STARSkate (Intro to Figure Skating) 2017- 2018

For young skaters that have achieved Canskate Stage 3, with coach's recommendation. This program introduces various disciplines of figure skating in a fun and energetic group format.

DAY	Time - Skating Session	Arena	Dates	
Monday	4:30 - 5:30	Ardrossan	Sept 18 - Apr 23	excludes Dec 25, Jan.1, Apr.2
Friday	4:30 - 5:30	Ardrossan	Sept 15 - April 20	excludes Dec. 29, March 30
Saturday	11:45 - 12:45	SOC	Sept 16 - Apr 21	excludes Dec. 2, Dec. 30

**To register: Hand deliver to ASFSC registrations to ARC (Aug. 23, 2017 from 6:00-8:00pm) or mail with payment to ASFSC, Box 62, Ardrossan, AB., T8E 2A1.**

#### Registration Deadline: September 7, 2017

Family Name:	Skater's Name:	M / F
Address:	City:	Postal Code:
Emergency Contact:	Allergies / Medical Conditions:	AHC #:
Emergency Phone:	Birthdate.: D / M / Y ____/____/____	Previous Member of ASFSC? Y / N

OPTIONS	# of sessions	cost/session	Total
Skate Mondays	29	\$14.50	\$421
Skate Fridays	30	\$14.50	\$435
Skate Saturdays	30	\$14.50	\$435
Skate Monday and Friday	59	\$14.50	\$856
Skate Monday and Saturday	59	\$14.50	\$856
Skate Friday and Saturday	60	\$14.50	\$870
<b>SubTotal</b>			
Fundraising Fee (See page 6 for details on Fundraising)			\$ 110.00
Administration Fees			\$ 70.00
Skate Canada Membership \$32, Insurance \$0.65 & Safe Sport <sup>1</sup> \$3 (One time fee/skating year)			\$ 35.65
<b>Total</b>			

**Please make cheques payable to ASFSC. Registration & Fees are due by September 7.**

Payment Option 1 - monthly	First two monthly payments by September 7, 2017 Remaining 4 payments by Oct 1, Nov 1, Dec 1, Jan 1	Cheque # Cheque #'s
Payment Option 2	Payment in Full by September 7, 2017	Cheque #
Refundable Volunteer Commitment Deposit - \$300.00 Dated March 25, 2017	Please see page 6 for details on volunteering.	Cheque #
Refundable Deposit \$200 for bottle drive dated April 8, 2017	Please see page 6 for details on fundraising.	Cheque #

**Email Address (to be used as described below)**

**Please indicate email address here** →

I agree to receive information from Ardrossan Strathcona Figure Skating Club (ASFSC) with news, updates, and promotions regarding ASFSC's programs and events on the email account listed above.

Signature of Parent/Guardian

Date

Please note that you can withdraw your consent at any time by sending an email to [info@asfsonline.com](mailto:info@asfsonline.com) with the word UNSUBSCRIBE in the subject line.

## ARDROSSAN STRATHCONA FIGURE SKATING CLUB

### Pre-STARSkate (Intro to Figure Skating) 2017 - 2018

#### Terms & Conditions

In consideration of the benefits to us warded by this application, the undersigned agrees to hold and save harmless the ASFSC, its officers, members, instructors, coaches, volunteers, and the Ardrossan and SOC arenas, for any claims and injuries sustained during skating sessions or for loss of property. The applicant agrees to abide by all the rules and regulations of the ASFSC as set forth in the Club handbook. The purpose of collecting information on this form, is to administer ASFSC programs and to register with Skate Canada.

Should the opportunity arise, I give permission for my child to be included in photographs and/or video which may be used for the purpose of promoting ASFSC in a publication, club website or other promotional material.

ALL CLASSES ARE SUBJECT TO CHANGE. ASFSC reserves the right to cancel programs due to insufficient registrations. There shall be no refund in the event that skating sessions are cancelled due to mechanical failure, tests, or other activities of the Club. An Pre-STARSkate Skater who leaves the Club for any reason, other than medical, will not be entitled to any refund after October 1st of the winter session. Prior to this date, the Skater will be eligible for a pro-rated refund less a \$70.00 administration fee. NSF cheques are subject to a \$30 admin fee.

CSA HELMETS ARE MANDATORY UNTIL COMPLETION OF CANSKATE LEVEL FIVE.

Signature of Parent/Guardian

Date

<sup>1</sup>Safe Sport initiative, a fee of \$3 per registrant, which includes skaters, club board members, officials and on-ice volunteers

### 2017 - 18 Intro. to Figure Skating Information

**Pre-STARSkate (Intro. to Figure Skating Program)** is offered by our club to smooth the transition from the Canskate Program to the Starskate Program (Test). This program offers small group instruction on the basics of figureskating, and was designed to introduce young skaters in an exciting and inexpensive small group.

All skaters will be taught by a Professional Coach and will be on the same ice surface as our test skaters. The registration fee covers ice and coaching costs for the fall/winter season.

**\*Small group:** This 1 hour session includes a lesson with 3-5 skaters by a professional coach for 30 minutes, 15 min practice time - individual without a coach, and a 15 min group stroking lesson (not necessarily in that order).

It is recommended that skaters take 2 on-ice skating classes per week.

**All skaters are required to wear figure skates. Please ensure skates fit properly and have good support for ankles. See equipment check list.**

#### Skating Equipment check list:

- o Good quality figure skates (Pro Skate or United cycle – can buy good quality used skates)
- o **Helmet – CSA approved** if skater has not completed stage 5 canskate badge
- o Pair of hard skate guards – need to wear when walking to and from ice surface
- o Pair of soft guards – used to store skates in bag
- o Skating bag
- o Cloth – used to wipe skates after use
- o Pair of fleece MITTENS – ski mittens are bulky and fingered gloves don't keep hands warm
- o Layered clothing:
  - o Tights
  - o Sweat pants, yoga pants, or skating dress
  - o Turtle neck, long sleeved shirt
  - o Club or Fleece jacket
  - o Vest (optional)

\*\*\*\*\* Please no ski jackets, jeans, bulky vests, or bulky clothing as these items tend to inhibit range of movement for the skaters \*\*\*\*\*

**SKATER AND PARENT CODE OF CONDUCT**  
**Agreement Form 2017 – 2018**

The Ardrossan Strathcona Figure Skating Club is committed to ensuring that all skaters have the opportunity to participate in a safe and supportive environment that is encouraging and promotes their overall development. Parents and coaches have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents, coaches and fellow skaters.

This Code of Conduct is for skaters and parents to abide by at all ASFSC practices, competitions, tests and club organized events. **Code of Conduct must be read by skater and parent, signed and submitted before skater is permitted on the ice.**

**Skater Code of Conduct:**

1. Skaters are expected to display respect, support and sportsmanship towards all skaters, parents, coaches & officials at every practice session, competition, test day & club event.
2. Due to insurance reasons, no skaters are allowed on the ice, until a Coach is present.
3. No sitting on the boards
4. I will abide by session designations: No dance or skills will be allowed during freeski and no freeskiing (jumps and/or spins) will be allowed during Dance/Skills unless during a coaching lesson or directed by the club's coaching team. This is applicable to music as well.
5. It is the skater's responsibility to always be conscientious and aware of those skating around them and in their general vicinity at all times.
6. All Skaters will utilize appropriate dressing rooms at both SOC and Ardrossan to put skates on. This is to ensure safety in the stands and less congestion.
7. I will wear appropriate skating attire to practices and off-ice training as indicated in the ASFSC Policy Manual. (Jeans, baggy sweats, ski jackets, loose jewelry, and hoodies are not permitted).
8. Long hair must be in a pony tail.
9. Long laces should not be wrapped around the skate, as this causes the boot to wear down and also causes circulation problems. Shorter laces can be purchased or long laces must be tucked into the skate.
10. Refrain from standing around and socializing on the ice or along the boards.
11. Eating, chewing gum or drinks (exception water) are not permitted on the ice. Water bottles to be kept at player's box (NO GLASS CONTAINERS).
12. At team events, simulations, competitions and test days coaches and skaters are encouraged to make an effort to support all club skaters.
13. Cell phones are to be used for figure skating purposes only. No social texting or calling.
14. Remember to pick up after yourself – when you leave the ice surface and also when you leave the dressing room – water bottle, kleenex, jackets, music, etc.
15. I agree to be photographed or videotaped for marketing purposes for the Club
16. **Ice Etiquette:**
  - Right-of-way order is to ensure safety for all skaters on the ice and is in effect during all Club sessions. It is common etiquette to make extra effort to stay out of the way of priority skaters.
    - 1<sup>st</sup> priority – Skater having solo/music played or receiving Partnering Lesson
    - 2<sup>nd</sup> priority – Skater in a lesson
    - 3<sup>rd</sup> priority – Skater in a spin or jump entrance
  - It is important to be aware, cautious and considerate of other skaters. We have different levels of skaters who share the ice at various times.
  - Spins should be practiced in the centre of the ice. Don't linger in the main jumping areas, which are typically at the ends of the rink. No standing and talking in the middle of the ice.
  - **Get up immediately after falling unless you are hurt. Keep your head up and watch for fellow skaters. Be polite and say excuse me when wanting to practice a jump, spin, etc.**

**Skater/Parent Code of Conduct:**

1. Skaters & parents are requested not to interrupt coaches while lessons are in progress.
2. Testing/Competitions Rules:
  - All skaters to arrive minimum of one hour prior to test/competition warm-up time.
  - Skaters who are not on the ice should not approach the judge/evaluator.
  - All spectators should be as silent as possible during a test session as a courtesy to skaters, coaches and judges.
  - I will show respect to the judges and officials of the sport even if I do not agree with their decision.
  - Parents are not permitted to discuss the child's results with the judge/evaluator – please discuss with your coach.

3. All ASFSC members must be a “Member in Good Standing” in order to participate in club tests, events and, competitions. Fees must be paid to club, coach and partner on time. Members in arrears (over 30 days) will have skating suspended and will not be allowed to test or participate in club events.
4. Parent/skater concerns must follow 24 hr rule and should be channelled through the Executive in writing.
5. Skaters must follow club drop-in ice policy.
6. ASFSC employs “Zero Tolerance” and the following actions will not be tolerated:
  - Foul language and/or disrespect.
  - Disrespect to Skate Canada and/or the club’s rules and policies.
  - Ongoing behaviour that runs counter to the aims/objectives of the club.
  - Aggressive/Intimidating behaviour by a parent or skater towards coaches, the executive or other members
  - Intentionally damaging the ice surface or facility.
  - Any skater, parent or guardian who are in possession of/or under the influence of drugs and/or alcohol.
7. New Dressing Room Policy to be followed:
  - CanSkate: Designated CanSkate dressing rooms will be provided for CanSkate families.
  - PRE-STARSKATE & STARSKATE skaters:
    - Female Int/Sr. Skater dressing room will be for females only.
    - Female PRE-STARSKATE/Jr dressing room - males over the age of 9 are not permitted in dressing room.
    - A family friendly dressing room will be available for our young PRE-STARSKATE/JR skaters who may require their parent’s assistance (ie. tying of skates).
    - The need for a male only dressing room will be assessed after fall enrolment and will be provided if numbers warrant.

Please respect policy to ensure the safety and privacy of our skaters as they utilize the dressing rooms for changing.

**Parent Code of Conduct:**

1. I will provide positive support to my child and encourage an environment of fun and commitment.
2. I will teach my daughter/son the importance that doing one’s best is more important than winning.
3. I will trust and support my coach’s decisions for my skater’s development, tests and competitions and will rely on them to teach my child the required skating elements/routines.
4. I will ensure open and direct communication with my coach. All lessons will be organized by my coach and meetings to discuss my skater’s progress will be booked a time that doesn’t interrupt practice or lesson times.
5. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy for all skaters, coaches, officials and fellow members.
6. I am responsible for my child’s behaviour and will ensure they understand and follow the Club’s policies and Code of Conduct.
7. I agree to only photograph my own skater unless specifically given permission to record another skater. This is to respect the minor’s privacy.
8. I will ensure club, coaching and partnering fees are paid in a timely manner. If fees are not paid within 30 days, skater will not be permitted on the ice or allowed to participate in club activities, tests or competitions.
9. My volunteer and fundraising commitments for both club activities and music will be completed as required or deposit will be cashed. I am responsible for finding a replacement for my scheduled volunteer and music commitments, if unable to make it.

ASFSC is committed to promoting a positive, safe & friendly environment for all skaters, parents & guests. I have read, understand & agree to support the ASFSC’s Code of Conduct. I understand that failure to abide by this code and maintain a “Member in Good Standing” may result in consequences ranging from a warning to expulsion from the club without refund.

Date: \_\_\_\_\_ Skater’s Name (print): \_\_\_\_\_

Parent/Guardian’s Signature: \_\_\_\_\_

Skater’s Signature : \_\_\_\_\_ (if over 18)

Coach’s Signature: \_\_\_\_\_

**Code of Conduct must be signed and provided to registrar(s) before a skater will be permitted on the ice.**

## ASFSC PreStarSkate 2017-2018 Season

Please check our website at [www.asfsc.ca](http://www.asfsc.ca) for updates on important dates and events!

### Important Events/Dates

August 23	Drop in Registration from 6-8 pm at ARC
August 27	First Bottle Drive
September 7	Registration Forms due
September 15	First Day of Skating
October 15	Second Bottle Drive
November 24	Pub Night – Average Joe’s
December 2	Skate-a-thon & Ice Show
December 25-Jan 2	No Regular Skating
December 27 & 30	Drop-in Ice Available
January 3	Skating Resumes
March 30	No Skating
April 2	No Skating
April 7	Year End Celebration
April 23	Last Day of Skating (final test day to follow)

### Group Skating Sessions

**Stroking:** Stroking incorporates simple combinations of crosscuts, turns, straight strokes and edges. Stroking is not a branch of skating but a series of drills. Well-designed stroking and edging classes help to provide but not limited to edge control, power acquisition, balance on and use of the blade, posture, and use of the torso. Good basic skills are necessary in order to advance and are designed for those who want to be successful in both tests and competition

## Pre-STARSKATE SKATER REGISTRATION FORM 2017-2018

### Fundraising Activities

This year we are planning three bottle drives (mandatory participation in two of the three bottle drives), a pub night (mandatory participation) and a Mundare sausage fundraiser in November (with delivery prior to Christmas) as our fundraising activities.

1. Bottle drives are as follows:
  - Sunday August 27 from 2-5 pm
  - Sunday October 15 from 2-5 pm
  - Sunday April 8 from 2-5 pm
2. The pub night is scheduled to be **Friday, November 24, 2017** at Average Joe's. We generally have items for a silent auction, some items we sell on a commission basis and we also do a 50/50 and liquor basket. Pub night fundraising costs are as follows:
  - **\$60 per family** for 6 tickets to sell to friends/family to attend the pub night. The ticket will be put in a draw for a door prize (this cost is **included** on Fundraising fee on page 1 of registration form)
  - Item to donate valued at \$50 per skater (this donation **is included** on page 1 of registration form)  
Some families choose to donate an item or ask a company to donate an item. A letter is attached to be used if you want to approach a company about making a donation for a silent auction item.

### **Refundable Fundraising Deposits:**

- **cheque for \$200 for bottle drive (dated April 8, 2018)**

**This refundable deposit will be returned to you once the fundraisers have been completed and you have completed your fundraiser commitment.**

### Volunteer Activities (these are separate from fundraising activities)

Each skater will be required to complete volunteer activities. We need people to assist with the organization and running of these fundraisers.

**Volunteer Deposit per Skater \$300.00 (Date: March 25, 2018). This cheque will be returned to you once your volunteer duties have been completed.** (this does NOT include fundraising activities)

If you choose not to complete volunteer activities the opportunity exists to payout your volunteer duties at a cost of \$400. (See page 1 of registration form).

Volunteer list is available on the website

Sign up is on a first come first serve basis.



# Strathcona Figure Skating Parents Annual Silent Auction – Friday, Nov. 24, 2017

Dear Sir or Madam:

The Strathcona Figure Skating Parents are focused on continuing to provide the opportunity for our STARSkate and young Pre-STARSkate skaters to continue to enjoy the sport of figure skating at the Ardrossan Strathcona Figure Skating Club. We want our young skaters to Dream-Reach-Succeed.

As parents we can see the many benefits that our children are learning beyond figure skating. Some of these values are teamwork, leadership, dedication, commitment and striving for excellence. These are just a small sample of the life skills that are nurtured during these critically important formative years in the lives of these young skaters.

To help with the costs of ice times, competitions, coaching fees and other necessities, our skaters will be holding our 6<sup>th</sup> Annual Silent Auction Fundraising Event on Friday November 24, 2017 at Average Joe's All-Star Bar located in Sherwood Park. Through your generosity we request any item(s) large or small, gift certificates, etc. to help in make our auction a success.

**In honor of your donation we will advertise your company name to all in attendance, so everyone will be aware of your generosity and commitment to youth athletics.**

- **Posters will recognize your donation in the pub on the night of the event**
- **Silent auction sheets will acknowledge the sponsor of each item on the night of the silent auction**
- **Announcements will recognize sponsors on the night of the event**

Thank you for considering this request on behalf of all skaters, parents, and coaching staff of our skating team. Your support is greatly appreciated!

Sincerely,  
*Strathcona Figure Skating Parents*  
*On behalf of Ardrossan Strathcona Figure Skating Club*



**DREAM - REACH - SUCCEED**