

# AESC CanSkate Rising Star/Junior Parent Information

## Club Business

### About AESC

Arctic Edge Skating Club is a not-for-profit organization that is a member of Skate Canada and is governed by a volunteer board of directors. The purpose of the club is to encourage the instruction, practice, enjoyment and advancement of its members in all aspects of skating in accordance with the rules, policies and procedures of Skate Canada.

Arctic Edge Skating Club values:

- A fun, positive and healthy environment in which we support each other;
- A team environment, where everyone contributes and works together;
- Skating as an activity to promote active living, self-esteem and mastery;
- Balanced representation and experience on the Board; a cohesive and cooperative Board;
- Coaching expertise; parental involvement;
- Mutual respectfulness; open communication and openness to feedback.

### We Need Your Help

We rely on volunteers to support a number of key activities for the club. The following are some volunteer options that you can choose:

- Be a session volunteer (music player)
- Sit on the Board or the Fundraising Committee (we also require a chair of the Fundraising Committee)
- Support special events like Gold Nugget, Ice Show, and our Spring Club Day

A volunteer policy is being finalized by the board that will provide some guidelines around volunteer expectations for parents/guardians/caregivers.

If you are interested in serving the club as a board member or Fundraising Committee member please contact Stefanie at [arcticedgechairs@gmail.com](mailto:arcticedgechairs@gmail.com)

### Questions and Feedback

We want to hear from you. If you have questions or feedback for the club please reach out either through email to [arcticedgechairs@gmail.com](mailto:arcticedgechairs@gmail.com) or in person to any of our board members:

Board Members:

Stefanie Stuart - President

Lindsay Beebe - Past President

Kyla Piper - Vice President

Lindsay Brown - Secretary

Carrie Huffman - Treasurer

Becky Bowen - Board member

Deanna Lafarriere - Board member

Maxine Netro-Fehr - Board member



# Programs and Coaching

## Introduction to CanSkate Rising Star and Junior StarSkate and progression

**CanSkate Rising Star:** is the bridge between the CanSkate and StarSkate programs. Skaters will work on the last few stages of CanSkate, focusing on skating skills, edges, turns, spins and jumps in a figure skating environment.

What does that mean – a figure skating environment? It means that skaters aren't working on skills solely on circuits and they do not move from station to station.

**Junior Starskate:** is the Star 1 level of the StarSkate program. This is a full figure skating program that consists of skills (edges, turns, skating skills), field movements such as spirals, jumps, spins, and dance. Transitioning to a minimum of 2 days a week is important for development at this level as skating is a sport that is learned best with repetition of the skills being taught.

## Coaching model/approach

Both groups are with the same coach for the entire lesson in a group format, will have use of half the ice:

- Both groups will warm up together at the beginning of the session and will do creative together,
- CanSkate Rising Star will have 40 minutes of group lesson time and 5 minutes of supervised practice time,
- Junior will have 45-minute group lesson time and 15 minutes of supervised practice time,
- Private lessons are not offered at this level

Supervised practice time is where skaters are encouraged to practice skating skills independently. It is important to start them on this at this level because it becomes a large part of the session in the StarSkate program from Star 2 and up.

## Skater Expectations

- It is important that skaters are on the ice at the start of the session. Proper warm-up is key to avoid injury and key skills are taught during warm up. It can also be disruptive when skaters come onto the ice after we have started
- Skaters are to wear form fitted clothing, jackets without hoods, hair tied back.
- Please have your skaters use the bathroom before coming onto the ice as leaving the ice during lesson time can cause skaters to miss key instruction,
- Ensure your skater has a water bottle at the boards.

## Assessments and Competitions

**Assessments:** There are three levels in Rising Star:

- There will be assessments every 4 weeks
- Skaters may work on more than one level at a time
- It is important that skaters are present on assessment days. Assessment dates are the following: October 2 and 5, November 2, December 4, 7, 18 and 21

Junior assessment are a little different. When your Junior skater is ready for an assessment the coaching team will explain the process to you. The cost of the junior Star 1 assessment will be a \$15 Skate Canada fee

**Competition:** Gold Nugget (December 2023), more information to come via email

