

# AESC Intermediate 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, seminar, gear swap

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:

Stefanie Stuart - President

Vacant - Past President

Vacant - Vice President

Carrie Huffman - Treasurer

Ruth Lane - Secretary

Becky Bowen - Board member

Deanna Lafarriere - Board member

Maxine Netro-Fehr - Board member

Kirsten Wilson—Board member

Rotating—Coach Rep



# Programs and Coaching

## StarSkate Program

StarSkate encourages skaters to develop more advanced figure skating skills in various areas such as Skating Skills, Free Skate, Dance and Artistic Skating. The program challenges skaters in a competitive environment through competition and encourages skaters to keep participating in skating for fun, fitness and achievement.

**Skating Skills:** Skaters learn exercises containing edges, turns and field movements executed on a pattern.

**Free Skate:** Skaters learn how to execute jumps, to spin in a variety of positions and to incorporate those and other skills into a program of a specified length using connecting steps and music interpretation.

**Artistic:** Encourages creativity and movement to music, and allows skaters to explore the performance aspect of skating without focusing on technical elements.

**Dance:** Skaters learn timing, musicality, rhythm, interpretation, and structure as well as basic skating skills such as edges, flow, control and unison. Each compulsory dance has a series of steps that must be skated in a specific pattern.

## Team Coaching Model

Team coaching means that all of our StarSkate coaches will collaborate to plan and direct your skaters' development in all areas. All coaches will make decisions and be involved in lesson planning and direction.

Skaters have been assigned a coach contact. This coach is your main point of communication for your skater's programming and other skating related questions. For example, questions about competition registration, upcoming assessments, new skates, etc.

## Private Lessons

Private lesson fees range from \$12 to \$14 for a 15 minute private lesson. Semi-private and small group lesson rates are prorated to reflect the number of skaters in the lesson.

The coaching team has drafted a private/semi-private lesson schedule. Your skater can expect to receive one private lesson per week and a semi-private/small group lesson every other day they skate.

If you have any questions about lessons for your skater, please ask your contact coach.

## Skater Etiquette

Skaters are expected to arrive for skating on time, wearing form fitted clothing, jackets without a hood, hair tied back, and a water bottle at the boards. Please remind your skater to use the bathroom before skating as we often have skaters asking to leave the ice during a session.

## Assessments and Competitions

**Assessments:** Star 1-5 assessments are led by a coach on a regular skating session. Your skater's contact coach will let you know when your skater is ready for an assessment.

- Assessments require a 15 minute private lesson, which will be reflected on the coaches invoice. The private lesson fee is in addition to the \$15 Skate Canada assessment fee.
- The Skate Canada assessment fee is paid online through the AESC website located under Quick Links, registration, StarSkate and purchase products.

**Competitions:** Gold Nugget (December 2024), Jingle Blades (November 2024)), Kelowna StarSkate Competition (March 2025, details TBD)