

Parent Information Sheet (2024/25)

Welcome to the 2024/25 skating season!

Coaches are excited to work with skaters as they progress this upcoming year!

Included below is general information from the Starskate coaching staff about the year ahead.

Skater Information & Goal Setting Worksheet

- Please have your skater **fill out and return** their worksheet by **Wednesday, September 25th** (email it to the coaching team at aescstarskate@gmail.com).
- The information in your skater's worksheet will be reviewed with them during private lesson time.

Team Coaching

- Arctic Edge Skating Club is pleased to offer a Team Coaching model this season. Team coaching means that all 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.
- Team coaching has many benefits, including:
 - Maximizing or capitalizing on coaches' strengths
 - Creating an environment of experts.
 - Allows skaters to be introduced to many different coaching styles in a supportive environment.
 - Allows an opportunity for more coach directed time.
 - Enables more perspectives to contribute to individual training plans.

Contact Coach

- Intermediate and Senior skaters will be assigned a Coach Contact for the upcoming season. This coach is your main point of communication for your skater's programming and other skating related questions. For example, competition registration, upcoming assessment questions, new skates, etc.
- Once the season is up and running and all skaters have registered, coaches will work together to plan a private/semi-private lesson schedule.
- Intermediate and Senior skaters can expect private/semi-private lessons from any Starskate coach on any of the days they skate to help in their development.

Coaching Fees:

- Private lesson fees range from \$12 to \$14 for a 15 minute private lesson.
- Semi-private and small group lesson rates are pro-rated to reflect the number of skaters in the lesson.
- Private lesson fees are included on a coaches invoice.
- Parents can expect to be invoiced directly. Fees are to be paid to the coach you received the invoice from.
- Development of new skating programs will require about 1-2 hours of private lesson time.
- Star 1-5 assessments (coach-lead) 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.