

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, 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

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 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

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

- Each group is with their own coach for the entire lesson in a group format, and will have use of half the ice:
- Both groups will warm up together at the beginning of the session and will do creative together at the end of the Rising Star session, when time permits
- CanSkate Rising Star will have 40 minutes of group lesson time and 5 minutes of supervised practice or creative time
- Junior will have 45-minute group lesson time, or a 40-minute lesson with 5 minutes of creative time, and 15 minutes of supervised practice time
- 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
- Private lessons are not offered at this level

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, form-fitting jackets without hoods, toques should be fitted to the skater's head, not slouchy, and hair tied back. It is also encouraged that your skater wear gloves or mitts as this is a safety measure to protect hands from the ice in the event of a fall
- 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:

- Assessments will occur throughout the year and skaters may work on more than one level at a time
- It is important that skaters are present on assessment days. Assessment dates will be communicated to you in advance

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 2024), more information to come via email