



SPRINGBANK SKATING CLUB



Parent Handbook

updated January 2024

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Word of Welcome

Welcome to the Springbank Figure Skating Club (“SFSC”). The Club is part of Springbank Park for All Seasons (“SPFAS”) and is a competitive club that prides itself on developing young figure skaters to achieve their full potential in figure skating.

This handbook is intended primarily for parents of Learn-to-Figure-Skate skaters, and skaters beginning the STARSkate program. Its purpose is to provide useful and practical information, as well as highlight various characteristics of the club, including certain processes and procedures.

In order to better understand the transition from Learn-to-Figure-Skate to STARSkate, the following is a general overview of the different skating programs offered at the SPFAS.

CanSkate	Learn-to-skate program for beginners of all ages. Nationally certified coaches and trained program assistants focus on activity, exercise & fun, participation & basic skill development. The program is also linked with Hockey Canada for skating development.
Learn-to-Figure-Skate	For skaters of all ages, who have completed level 4 and/or are recommended by a SFSC coach. Group-based lessons where skaters are encouraged to practice their skills independently and are provided with some private lessons.
STARSkate/Competitive	Small-group and private lessons for advanced skaters to develop fundamental skills in the areas of free skate, dance, and artistic figure skating. Skater’s achievements are recognized through a nationally standardized testing system and specifically designed awards and incentives.

The information contained in this handbook does not replace the wealth of information currently available on the Springbank Figure Skating Club’s [website](#). The information on the website enhances a parent’s knowledge and awareness of what to expect as their skater progresses through the levels of STARSkate. It is recommended that parents read all of the information on the website for a first time, noting important points and/or outstanding questions, and review it regularly for updates.

Please Note: The SFSC respectively abides by the directives and guidelines established by Skate Canada. Skate Canada is not a static entity. SFSC’s policies and practices continually and consistently reflect changing directives and guidelines of Skate Canada.

Executive Board Members

The general management of the Club and conduct of its affairs shall be vested in an Executive consisting of: Immediate Past President, President, Vice-president, Secretary, Treasurer, Assessment Coordinator, Assistant Assessment Coordinator, Publicity Chair, Volunteer Chair, and Member-at-large. All of the above, with the exception of the Past President, shall be elected each year at the Annual General Meeting. Executive positions are voluntary, and no member of the Club Executive shall be paid for their services. The Executive may invite to Executive Meetings, Coaches or other persons who have particular knowledge or expertise regarding the Club or its operations and may pay for the attendance of the persons invited. The Executive Board meets monthly.

For contact information details, please refer to the SFSC’s website.

President	The President guides the direction of the club and executive. The President shall act as Chair of all Board of Directors and general meetings.
Vice President	In the absence of the President, the Vice-president will fill this duty. The Vice-President is active on various SFSC committees.
Treasurer	The Treasurer shall be responsible for the safe control of all club funds, for preparing and submitting to the Board of Directors on a regular basis an annual budget and keeping such records as are required for financial review. The Treasurer is also responsible for arranging for an unaudited

	annual financial statement. Any two of the President, the Vice-president and the Treasurer shall sign all cheques and legal documents.
Secretary	The Secretary shall deal with all correspondence subject to the approval of the President or the Secretary's delegate, shall issue all notices for Executive meetings, Annual General Meetings and Special Meetings, shall take minutes at all meetings, and shall be responsible for submitting to Skate Canada and the Section such reports as are required by Skate Canada by-laws, rules or regulations. The Secretary shall retain the minutes and other records and give them to the Secretary's successor in due course.
Assessment Chair	The Assessment Chair is responsible for coordinating skater assessments and reporting assessments results to Skate Canada.
Assistant Assessment Chair	The Assistant Assessment Chair assists the Assessment Chair in their duties.
Volunteer Coordinator	The Volunteer Coordinator is responsible for coordinating volunteers as required by the club. The Volunteer Coordinator also tracks the status of volunteer hours per member.
Publicity Chair	The Publicity Chair is responsible for social media, internet and print promotion and advertising for the club.
Director at Large	The Director at Large is a voting member of the club who sits on various committees as required by the board.
Past President	Non-Voting Position; Provides guidance based on past club history and experiences.
Coaches Representative	Non-Voting Position; Is the conduit between the Board and the coaching staff.

Non-Executive Roles

For contact information details, please refer to the SFSC's website.

Registrar	Paid Position; Responsible for club program and product registrations.
CanSkate and STARSkate Coordinator	Paid Position; Responsible for coordinating and delivering Club programming.
Website Administrator	Volunteer Position; Responsible for Maintaining and updating content on the club website.

Coaches

For complete coach bibliographies, rates, and contact information details, please refer to the SFSC's website.

NAME OF COACH	PROGRAMS TAUGHT
Greg Berezowski	CanSkate, Learn to Figure Skate, STARSkate National Coach
Chelsey Phillips	CanSkate, Learn-to-Figure-Skate, STARSkate
Katie Stibbard	CanSkate, Learn-to-Figure-Skate, STARSkate
Brianna Urlacher-Christian	CanSkate, Learn-to-Figure-Skate, STARSkate
Katie Burgess	CanSkate, Learn-to-Figure-Skate, STARSkate
Donella Swan	CanSkate

Figure Skating Room

The SFSC has a designated figure skating room for skaters and a designated coaches' room for coaches. The figure skating room's door is equipped with a key code for access. At the beginning of the season, the access code is provided to figure skating members via email.

Space is small and gets crowded. Because of this, the dressing room is intended for skaters who can prepare themselves. As well, for safety and privacy reasons, the dressing room remains a Parent Free Zone (occasionally, supervision is required; parents are notified in these instances). If your skater requires assistance with his/her skates, it is recommended he/she bring their skates outside of the dressing room for assistance. It is also asked that the dressing room be accessible to moms only, since the majority of skaters are female. During the winter months, skaters are reminded to use the hooks and shelf space for coats and boots.

Lockers are limited. Assignment is based on the number of hours a skater is registered for ice time or if a skater is bussed to the rink from school.

The dressing room is cleaned by SPFAS every second Thursday of the month. Please ensure that all personal belongings are off the floor for cleaning. All skaters are reminded to keep the room nut-free when eating snacks, as some skaters have nut allergies.

Please Note: Do not leave valuables in the dressing room.

Registration

Only on-line payments are accepted for all specific activities where on-line registration is required (regular training sessions, drop-in sessions, off-ice training, tests, etc.). Cheques and cash are not accepted.

As your skater progresses, increased ice-time will be required. Space in sessions is limited. The earlier you register your skater, the better positioned you will be to secure ice times.

Process – 5 Easy Steps

There are 2 methods for registering your skater via the **Registration Tab**. One method is through the **List View**; the other is through the **Calendar View**. The preferred way is through the **Calendar View**.

The image shows two screenshots from a website. The left screenshot displays program details for 'StarSkate: Star 1-3'. It lists two programs: 'Fri 2:45-3:30 Star 1-3 Stroking' with 26 events, a fee of \$270.00, and a 'JOIN WAITLIST' button; and 'Mon 4:00-4:30 PM Star 1-3 Stroking' with 13 events, a fee of \$156.00, and a 'REGISTER' button. The right screenshot shows a 'Program Registrations' calendar for the week of Dec 3 - 9, 2023. The calendar grid shows various sessions for each day, such as '4:00 PM Mon-6:00 PM Star 1-5' on Monday and '4:45 PM Fri 3:45-4:45 PM Open STARSkate' on Friday. A 'LIST VIEW' button is visible in the top right corner of the calendar view.

1) Click on the session(s) you are interested in: *EXAMPLE: Sat Star 1-4 (10:00 – 11:00 AM)*

Program Registrations

[LIST VIEW](#)

< > today Dec 3 – 9, 2023

Sun 12-03	Mon 12-04	Tue 12-05	Wed 12-06	Thu 12-07	Fri 12-08	Sat 12-09
	4:00 PM Mon 4:00-4:30 PM Star1-5 4:30 PM Mon 4:30-5:30 PM Star1-5 6:30 PM Mon 6:30-8:00 PM Star6+	3:45 PM Tue 3:45-4:00 PM Star 1-5 4:00 PM Tue 4:00-5:00 PM Star 1-5 4:15 PM Tues Fall 2023 Group STAR 4:15-5:00 pm 5:00 PM Tue 5:00-6:15 PM Star 6 +	4:00 PM Wed 4:00-4:30 PM Star1-5 4:30 PM Wed 4:30-5:30 PM Star 1-5 4:30 PM Wed Fall 2023 Group Star Star 4:30-5:30 pm 5:30 PM Wed 5:30-6:00 PM Star6 + 5:45 PM Wed Fall 2023 STAR 1/2 Dryland Training 5:45-6:30 pm 6:15 PM Wed 6:15-7:30 PM Star6 +	3:45 PM Thr 3:45-4:00 PM Open STARSkate 4:00 PM Thr 4:00-4:30 PM Open STARSkate 4:30 PM Thr 4:30-5:00 PM Open STARSkate 5:00 PM Thr 5:00-5:30 PM Open STARSkate	2:30 PM Fri 2:30-3:30 PM Star 4 + Stroking 2:45 PM Fri 2:45-3:30 Star 1-3 Stroking 3:45 PM Fri 3:45-4:45 PM Open STARSkate 4:45 PM Fri 4:45-5:15 PM Open STARSkate 5:15 PM Fri 5:15-5:45 PM Open STARSkate	10:00 AM Sat 10:00-11:00 AM Star1-4 11:00 AM Sat 11:00-12:00 Star5+ 12:15 PM Sat 12:15-1:15 Dryland

2) Keep this/these session(s) in your shopping cart.

Sat 10:00–11:00 AM Star1–4

\$336.00

📅 September 16, 2023 - April 13, 2024 ⌚ Sat 10-11 AM

Full Program

Drop In

Which participant is to be enrolled in this program?

1.

[+ New Participant](#)

3) Go to **Shopping Cart** for payment processing.

The screenshot shows a web interface for a shopping cart. On the left, under the heading "1. Your Cart (1 item)", there are buttons for "Add Program", "Purchase Products", "Purchase Subscriptions", "Add Volunteer Position", and "Add Suggested Subscription". Below these is a table with one item: "Sat 10:00-11:00 AM Star1-4" priced at \$336.00. The item details include "StarSkate", a date range of "Sep 16, 2023 - Apr 13, 2024", and a time of "Sat 10-11 AM". Below the item is a field for "SKATER'S NAME" and a text area for "Comments regarding invoice". At the bottom of the cart section are tabs for "2. Billing Information" and "3. Payment Information". On the right, the "Invoice Summary" shows a total of \$336.00 for "Programs (1)". It also displays a "Payment option" of "Pay in Full" and a "Due Now" amount of \$210.00. A note states "*All prices are in CAD." and there is a "BILLING INFORMATION" section below.

PLEASE NOTE: Occasionally, the SFSC may unfortunately cancel sessions, due to lack of registrations. All registered skaters are notified and refunded.

Off-Ice Training Programs

Many of the Club's members spend several hours on the ice in training and are unable to partake in other physical activity that promotes additional off-ice conditioning and cross-training. Additional off-ice conditioning and cross-training is also beneficial in injury-prevention. Hence, the Club offers off-ice training programs at different times throughout the year. The offerings change from year to year. Offerings may include: Ballet for Figure Skaters, Stroking Sessions, Flexibility for Figure Skaters, Yoga, Dryland, etc.

Off-Ice training can be offered by the coach or by the club. Registration for off-ice training programs offered by the club will be available for registration and payment on the website. Off-ice training programs offered by the coach will not be available for registration or payment on the website.

Please note: Parents are to consult their skater's coach **prior to** registering their skater into off-ice training programs.

Drop-In Sessions

Drop-in sessions are for extra practice or a missed session and are detailed and posted on the SFSC's website. Please review and refer to those procedures.

Registration and payment must be processed **prior to** the drop-in ice time. The general procedure entails:

- 1) Emailing your skater's coach to confirm if he/she has the time for your skater during the proposed drop-in session (specifically indicate the date and time proposed).
- 2) Registering on-line, including payment, to reserve a spot in the specific session.

Drop-in Registration

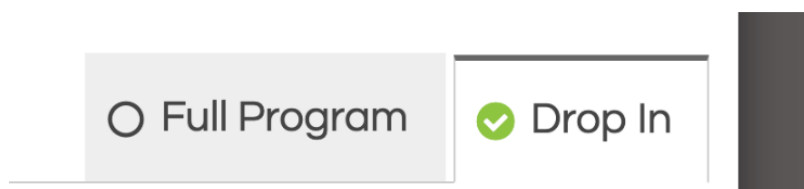
For selected programs, you can register for individual sessions (drop-in) on our website.

To purchase a drop-in on uplifter:

- Log in to your account
- Go to REGISTRATION and locate the program you wish to drop-in to
- Programs available for Drop-in will have the icon below:



- Click on **Register** and chose Drop-in



- You will see all available weeks; select the ones you want to add

If you have any issues or questions, please contact registrar.SFSC@gmail.com

Skating Etiquette

It is important that parents be aware of skating etiquette in order to review proper etiquette with their skater. Spins tend to occur in the middle and jumps tend to occur on the sides/ends. Let's work together to ensure courtesy, kindness, and support be expressed towards fellow skaters and share the ice in a harmonious manner. During ice time, the order of priority and right of way is outlined as such:

1. Skaters practicing their program to music,
2. Coaches.

Please note, coaches' requests for music take precedence.

Parent Etiquette

The role of parents is to support skaters and ensure that coaches maximize the time they have with skaters during ice times most efficiently and effectively. In order to minimize distractions to both coaches and skaters, it is important that parents respect the following etiquette standards:

- 1- Parents support and encourage all skaters (on and off the ice).
- 2- No coaching from parents from the players' box during ice times.
- 3- No coaching from parents from the stands during ice times.

Should parents have any concerns regarding the coaching their skater is receiving, they are asked to reach out to their coach privately.

Summer Camps

Figure skating camps may be offered during the months of July and August. The summer skate brochure is posted on the website and is also sent to parents via email. Details regarding the location and schedule of these sessions are outlined at time of registration. Each week of summer camp is considered its own session; a combination of both dry-land and on-ice programming is included in the registration package. Registration is by week; daily drop-in registration may also be available, if required.

Fundraising

The SFSC is a non-profit organization. All monies raised through fundraising goes towards all aspects of running the skating program at all levels. The primary direct costs to operate include ice rental, registration administration, and off-ice club activities. To keep costs manageable for families, the club relies on fundraising to support overall club operation. One of the SFSC's main fundraising events is the Casino Fundraiser, which is held every 18 months. All of the funds received from the casino itself go directly to ice fees to help subsidize the cost for all STARSkate skaters.

Please Note: It is mandatory for each STARSkate family to volunteer at the Casino Fundraiser.

The club prides itself on subsidizing figure skating to help assist as many children with the opportunity to learn the joy of figure skating. The following is an example of how much one ice session may be subsidized:

Tuesday Session (4:00PM-5:00PM)

Number of skaters: 11 skaters
Number of sessions (Sept – April): 31 sessions
Charge per skater – 1 session: \$14 / hour for ice time
Total per skater – 31 sessions: \$434

Ice Fees: 31 hours @ \$243.00 = \$7,533.00
Revenue: 11 skaters @ \$434.00 = \$4,774.00
SFSC Subsidy: \$2,759.00

The SPFAS also hosts its own Casino Fundraiser. As part of the SPFAS, the SFSC may also invite figure skating families to devote volunteer hours towards the SPFAS Casino Fundraiser.

Volunteering

The SFSC is primarily run by volunteers. All activities, including fundraising events, are organized by volunteers. It is expected that all figure skating families devote 12 hours of volunteer time towards various activities throughout the year. Volunteers are regularly required for activities such as: fundraisers, CanSkate events, Assessment Days, Year-End Banquet, SPFAS's Fall Fair, etc.

At the beginning of the season, parents may opt out of volunteering; an opt-out fee is applied. For families who accept to volunteer, they are asked to keep track of their volunteer hours and submit them via email to the Volunteer Coordinator throughout the season. At the end of the season, if required hours are not met, the credit card attached to family profile will be charged the opt-out fee.

On rare occasions, other figure skating clubs in Calgary or within Alberta may need extra volunteers for some of their events and our Volunteer Coordinator will notify the Club's figure skating families of those opportunities. Volunteer hours may be applied to those opportunities, however volunteer hours towards our Club's events take precedence.

Please Note: If a skater transitions to STARSkate during the year, the volunteer hours will be prorated accordingly.

Transition Points – from Learn-to-Figure-Skate to STARSkate (and beyond)

Learn-to-Figure-Skate coaches will recommend to parents when a Learn-to-Figure-Skate skater is ready to progress to the STARSkate program. Parents will be invited to a parent information session. Parents are encouraged to contact the SFSC President directly should they have questions or concerns regarding the transition.

Finding a Coach for Your Skater

Once skaters are in the Learn-to-Figure-Skate or STARSkate program, they are eligible to take lessons from Skate Canada Professional Coaches. Private lessons are based on availability and are the parent's responsibility to organize. The SFSC coaches and relevant contact information is available on the SFSC website. Each coach has their own lesson rates and available times and invoice each family directly. Contact the coach of your choice for more information.

Please note: Private lessons are an additional cost and are **NOT** included in the registration cost. Parents who require further information or assistance in finding a coach should contact the SFSC's President directly.

Coaches Fees – Lessons at Training Sessions

Most coaches work in teams, however skaters will have a primary coach. During your skater's group session, your coach will take your skater aside for his/her private or/and semi-private lesson(s). At each session, your skater will be given one or more private and/or semi-private lessons, depending on how many skaters in your skater's group are in attendance and your coach's time.

Private and semi-private lessons (which include 2 skaters) and group sessions are usually charged in 15-minute increments, however this may vary. Coaches each have a fee schedule. Parents are asked to consult their coach for details on invoicing. Payment due dates and terms of payment agreement will be provided by the coaches.

Please note: 24-hour notice is required for absences, otherwise fees are applied.

There are times when your skater's coach may not be available during your skater's session (attendance at other skaters' competitions, coaching conferences, etc.). If such is the case, your coach will advise you in advance of their absence and which alternate coach will be back-filling for him/her. The alternate coach's rates are in effect when replacing your primary coach. Some alternate coaches will invoice separately; others will input their fee on your primary coach's invoice.

The fees are accumulated and parents are invoiced at a pre-determined date by their coach. Please confirm with your coach payment type options (e-transfer, cheque).

Please note: The invoice is all-encompassing. It will include all group, private, and semi-private fees, as well as any additional fees related to tests or competitions that may have incurred during the month, such as coach's time for editing music for your skater's routine or coach's attendance and/or travel at competitions.

Competitions

A skater progressing through the STARSkate Program may compete at competitions between levels Star 1 thru Star 4. Coaches determine the level of competition and advise parents prior to completion of registration. Please speak with your Coach for more information.

Costumes are required for competitions. For Star 1, any costume/skating dress is fine, as there is no music. For Star 2 and beyond, costumes are selected based on a theme, as music is added to skate programs. Parents must always consult their coach for costume and equipment decisions.

Registration and Fees

Registrations for competitions are completed on-line; registration deadlines must be respected. When registering your skater, have your credit card and your skater's ten-digit Skate Canada number at hand. Your skater's Skate Canada number may be found when you log into your account on the SFSC's website. When registering your skater for competitions, a planned program sheet also needs to be submitted (late submission fees may apply), however planned program sheets are not required for Star 1, Star 2, and Star 3; you may disregard the note to submit one. When the time comes for you to submit planned program sheets for your skater, please consult with your coach to confirm who he/she prefers to submit it: the parent

or the coach. The competition schedule is released a couple of weeks before a competition; your coach will notify you of your skater's skate date and time.

Important: Register earlier than later for competitions in order to secure a spot. Some sections may have maximum capacity restrictions while registration is still open. If a section is full and registration has not yet closed, do add your skater to the wait list. At times, new sections may open after registration closes. Parents of skaters on waiting lists may be contacted (via email) by the host club and be invited to complete registration, if still interested.

Format

The day of the competition, your skater **MUST** arrive at the venue at least 1 hour before his/her scheduled start time. Upon arrival, contact your coach (or alternate attending coach) of your arrival. At the registration table, you will receive a registration package and be given directions to your assigned dressing room. The registration table is also where you need to drop-off your skater's music, if required for his/her routine(s). Parents are asked to contact their coach for their guidelines as this may vary from coach to coach.

Skaters must come prepared with dress/costume, tights, skates, skate guards, runners and sweater for off-ice warm-up, jacket, water bottle, and if in Star 2 and beyond, copies of their music. Hair should be coiffed. Coaches meet their skaters in the dressing room for warm-up and then proceed to the ice when required. Parents are not permitted in the dressing rooms.

All the skaters in your skater's group (randomly selected beforehand, usually about 6-8) and their coaches will proceed onto the ice. This is called a flight. When the flight is finished, skaters stay in dress/costume and proceed to the podium. Skaters and parents wait for the results, which takes approximately 30 to 60 minutes. After the podium ceremony, skaters may return to their dressing room to change and retrieve their belongings.

Please note: Be sure to pick-up your skater's music at the registration table prior to your departure!

Specifications

Star 1

Your skater's flight takes about 20 minutes. One at a time, skaters perform the required elements in front of a judge. The judge rates each element on a Gold-Silver-Bronze-Merit rating scale and then provides an overall ranking and report sheet. This is the only Star level that competes as such.

Star 2

Star 2 includes a 2-minute program set to music that will be performed at any Star 2 competition your skater participates in. He/she will receive rankings on his/her elements of the program. A Gold – Silver – Bronze – Merit rating system is in place.

Please note: The coach is responsible for preparing the music in advance of the competition. In preparation of this music, there is a one-time added fee to cover the cost of music purchases and editing time, which will have been applied and invoiced on the monthly figure skating invoice.

Star 3

Star 3 includes most jumps. Skaters are rated against each element of the program. A Gold – Silver – Bronze – Merit rating system is in place.

Star 4

Instead of a Gold – Silver– Bronze – Merit rating system, there is an actual placement system: three skaters are placed in 1st, 2nd and 3rd and are awarded medals. Hence, it is beneficial for parents to register their young skaters in as many competitions as possible prior to Star 4 to acclimatize them to competitions.

Additional Fees

In-City Competitions

In addition to pre-paid registration fees, for each event a skater is registered in, the skater will be with a coach (your skater's coach or an alternate coach from the club) and one hour of the coach's private fee (which varies amongst the coaches) will be applied and invoiced on the monthly figure skating invoice.

Away Competitions

STARSkate skaters may participate in different city-hosted Invitational Competitions, such as in St-Albert, Edmonton, Lethbridge, Drayton Valley, Banff, etc. Although competitions are optional, they are highly recommended. Please consult with your Coach for more information.

Please note: Additional fees are involved for away competitions. In addition to the pre-paid registration fees and the one hour of your coach's private fee, the coaches' accommodation (if required), mileage, and meals is split amongst all of the skaters attending the competitions. The number of skaters and the number of coaches attending the competition will impact these additional costs. Competition costs are tagged into the invoice.

Care of Skates – Tips

- After each wearing, blades should be dried with a cloth and stored with fabric soft guards. Hard guards are used for walking and should be washed out or replaced occasionally.
- Have a skate bag to keep skates, guards, soft guards, wipe cloths, extra laces, helmets, program CDs/music, etc. organized and at hand.
- Boots and laces should be kept clean.
- It is advisable to apply a coat of lacquer or enamel on the sole of the new boot to prevent rotting.
- While removing skates make sure they are sufficiently unlaced so that the back of the boot will not break down.
- Blades are sharpened properly on a regular basis. This is very important as the blade is the contact that makes the edges enabling a skater to do jumps and spins. Better quality steel requires less frequent sharpening. Each blade is hollow ground, giving both the inside and outside edges. For an experienced skater, sharpening is serious business! A poor sharpening can ruin the blade forever and affect their skating ability. It may cost a bit more but having them done by an experienced technician will increase the blade's longevity.
- The bottom pick should not be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to, but it is important for jumping, footwork, and balance.

Skate Sharpening - Tips

- Every 20 hours is a guideline.
- At least two weeks before a test or a competition.
- Parents should consult their coach regarding skate sharpening; some coaches have preferences and may best recommend specific individuals providing this service.

Skate Fittings

Parents should consult their coach regarding a recommended boot and a recommended blade best suited for their skater, as well as where to go for purchasing and to get fitted.

Attire

The SFSC has a designed team wear which is black and displays the club's logo, and your skater's name. At the beginning of every season, a parent volunteer organizes the sizing and purchase ordering of skaters wanting a jacket or needing a new size of jacket. The cost of the jacket is not covered by the club. However optional, it does promote club spirit at training sessions, competitions, special events, etc. Any questions or concerns you may have regarding attire (for training sessions or competitions) may be discussed with your coach.

The following is suggested attire for training sessions.

Leggings	Fleeced leggings. Alternatively, non-fleeced leggings with tights underneath. As your skater progresses towards higher jumps, leggings with padding in the buttocks area are also available.
Socks	Super Feet socks (approximately \$50) are a good option (and an alternative for more expensive orthotics). They help with alignment and help prevent hip and ankle problems.
Gloves	Coaches prefer black magic gloves. As your skater progresses, it becomes increasingly important for coaches to see their skaters' fingers. Black is a preferred color, as it contrasts the white ice. Another option is to invest in gloves for runners (approximately \$50).

Keeping Warm – Tips

- Wiggle toes and fingers regularly to keep the blood circulating.
- Dress in layers.
- Typically, if your body is warm, your extremities (fingers, toes, etc.) are not as cold.

Blisters – Tips

The more your skater skates, the likelihood of blisters increases. The first indication of a blister forming may be the feeling of a toe or a heel rubbing against the inside of the skate boot.

The following are a couple of tips to minimize blisters:

- If your skater is on the ice when they feel rubbing, a quick fix (vs using band-aids) is to get off the ice and add another pair of socks on top of the first pair of socks (if wearing thin socks for figure skaters).
- Until skates become too small and need to be replaced, you can have the problematic spots around the heel and toes punched out (where you go to have your skates sharpened).

Protective Head-Gear

As skaters transition from Learn-to-Figure-Skate to STARSSkate many parents inquire about protective head-gear for figure skaters. CSA approved head-gear should be worn until your coach has advised otherwise. Head-gear is not worn for tests, competitions, or carnivals. However, for training sessions, some parents have their skaters wear protective head-gear that is worn in other sports (such as in soccer). There are other available options that are specialized for figure skaters.

Ice Halo	Available at Professional Skate Services or on-line (www.icehalo.ca)
Figure Skating Middie	Available at Professional Skate Services or on-line (Crasche.com).

If you have concerns about protective head-gear for your skater, please discuss them with your coach. Together, you may best decide what are the best options for you and your skater, as well as how long your skater may wear protective head-gear as he/she progresses through the STARSSkate program.

Hair

For safety reasons related to visibility while on the ice, long hair needs to be tied back or pulled up.

Other Equipment and Accessories

Zuca Bag (Optional)	Many young skaters have these bags to carry their equipment to and from the arena. The frame is sold separately from the lining. A wide variety of linings are available. Other carry bags of choice are also appropriate.
Soft Skate Guards (Required)	For storage of skates.
Hard Skate Guards (Required)	For walking on skates.
Spinners (Optional)	For skaters who want to practice their spins off-ice.

Ice Carnival/Ice Show/Club Competition

From time to time, the SFSC may host an Ice Carnival/Ice Show/Club Competition. This special event requires volunteers to run smoothly and is a good opportunity to become involved. Skaters are photographed at the dress rehearsal by a professional photographer and the event is recorded by a professional videographer. Memories are captured; photos and digital formats are available for purchase.

Year-End Banquet

Annually, the SFSC holds a Year-End Banquet a few months after the end of the regular season. The tradition is well-established. It is usually held the first Friday in June, typically from 5:30pm to 9:30 pm. This is always a well-anticipated event where skaters can celebrate their accomplishments and the accomplishments of fellow skaters. Awards include: Axel Award, Double Axel Award, Mary Leggett Award, and others as determined by SFSC. There is a cost per attendee at the banquet and is not covered by the club.

Assessments (previously Low and High Tests)

<ul style="list-style-type: none">• STARSkate 1 thru 5• Coach Assessors conduct the assessments.• Skills, Freeskate, Dance, Artistic (previously Interpretive) components are assessed during one of the skater's regular sessions. The assessment date is at the discretion of the coach.• Only one of the four components (Skills, Freeskate, Dance, Artistic) is assessed in a session. Several sessions are required to complete all assessments per STARSkate level.• Following completion of assessments, the results will be submitted to the Assessment Coordinator who will submit the results to Skate Canada and the Registrar. In turn, the Registrar will invoice the parent and notify the parent of the assessment fee.• Parents are asked to contact their coach about costumes for assessments.
<ul style="list-style-type: none">• STARSkate 6 to Gold• For the Skills component only, a coach is qualified to conduct the Skills assessment, a Coach Assessor may assess a skater during one of the skater's regular sessions. Otherwise, the Skills assessment will be conducted by Assessors during Assessment Day.• Assessments are scheduled on specific dates and times and may take place in Calgary or surrounding Calgary. The Assessment Day is set through sections by the Assessment Coordinator.• Notification of a pull date will be provided.• Parents are asked to contact their coach about costumes for assessments.

Finding a Costume for Your Skater

The following are suggested places where you may find a dress/costume for your skater.

Professional Skate Service	Primarily carry Jerry and Mondor brand figure skating dresses. Typically start at approximately \$100.
Michelle Auld	Home-based business. Stock includes a good selection of reasonably-priced second-hand dresses (some starting at \$50) in a variety of designs, sizes, styles, and colors. Some dresses are new, others may be custom-made.
Muge Performance Wear	Custom dress design.
The Masque	Dance and costume items.
Bodythings	Bodythings has a limited selection of items for specifically for figure skaters, as they mainly carry items for dance and gymnastics. However, they do carry a wide selection of tights.

N.B. The availability of costumes for male skaters is somewhat limited. Often custom-made costumes are required.

Skate/Dress/Accessory Sale

From time to time, the SFSC holds a second-hand skate, dress, and accessory sale. This is a consignment sale and sellers set their price. Buyers pay by cash or cheque only. The sale is set-up at SPFAS.

Important Reminders

- Please be patient with Uplifter (the website application used for the SFSC's website). The SFSC understands that Uplifter sometimes has a mind of its own!
- Check the SFSC's website regularly and more specifically your account, including your account status for outstanding or incorrect balances, as well as your SkateCanada account for your skater's official recorded results.
- Take Pictures of your skater! The SFSC prides itself of showcasing its talent (on its website and in the arena's display cases). Throughout the season, you may be invited to submit pictures of your skater in action on or off the ice with coaches and/or other club members.

Hyperlinks for your Reference

[Springbank Figure Skating Club](#)

[Skate Canada](#)

[Skate Canada: Alberta-NWT/Nunavut](#)

[Springbank Park For All Seasons](#)

[Springbank Minor Hockey Association](#)

[The Skate Lab](#)

[Professional Skate Service](#)

[Ice Halo](#)

[Crasche](#)