



2022 – 2023 Parent and Skater Handbook



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About the High River Skating Club

The High River Skating Club offers many skating programs from those who are learning to skate to those at a competitive level. We have three Coaches who work with all levels of skaters at our club with each Coach offering unique experiences, a passion for the sport, and Skate Canada Coaching certifications.

Our club operates through the Bob Snodgrass Recreation Complex located in High River. At HRSC we are committed to instilling a love of the sport in each skater, encouraging each skater to achieve their goals, and providing a safe and fun environment on and off the ice.

We look forward to another exciting season!

Contact Information

HIGH RIVER SKATING CLUB



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Website: www.hrskate.ca

Email Inquiries: highriverskatingclub@gmail.com

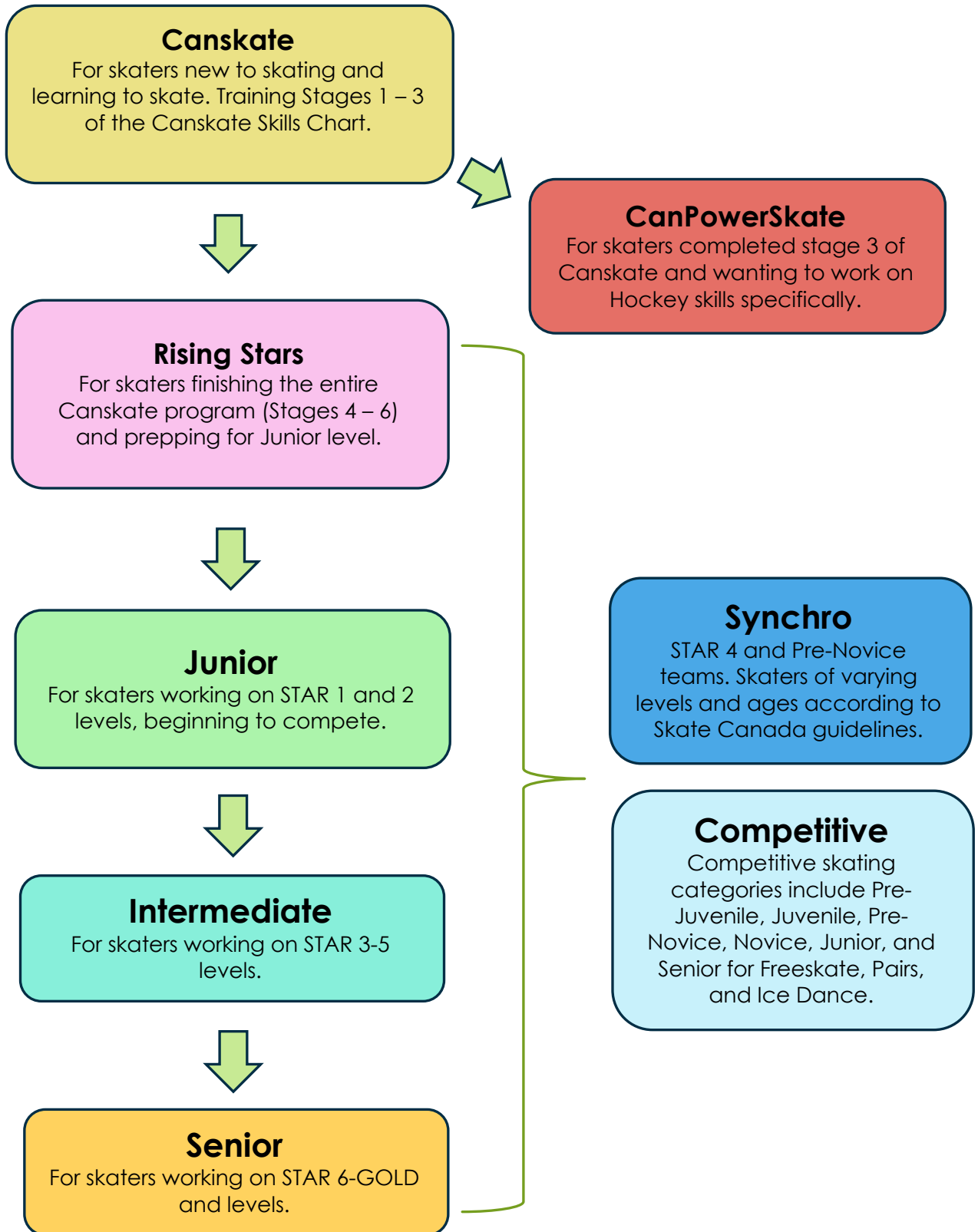
Facebook: High River Skating Club

Instagram: @highriverskatingclub

Board Members

Executive		Board Members	
President	Ashlee Folkersen	Assessment Chair	Michelle Buscholl
Vice President	Kristen Keeley	ACLG Coordinator	Liz Braat
Secretary	Tracey Culp	Fundraising	Karen Wolfram
Treasurer	Catherine Smith	Events Coordinator	Lisa Siggelkow
		Registrar	Brittany Kleiboer

Programs Offered at HRSC



Overview of Each Program

High River Skating Club Canskate

Skate Canada Learn to Skate

This is Skate Canada's learn to skate program for beginners of all ages and offers basic skating instruction in a group format. It is taught by Skate Canada professional Coaches and assisted by Program Assistants.

Canskate develops future skaters by training their skills in balance, control, agility through a positive and engaging environment.

How does it work?

Each session will include a warm up, fast track, and cool down. Skaters will be organized into groups and rotated around to each of the different circuits.

Schedule for 2022-2023 Season:

Wednesdays (Oct – Dec): 5:15 pm – 6:00 pm

- Starting Oct 12, 2022, End Dec 14

Saturdays (Oct – Dec): 10:10 am – 10:55 am

- Starting Oct 15, 2022, End Dec 18

All sessions on the large ice.



Motivation



The Canskate program itself is a motivating atmosphere meant to develop the skater using skill progressions, and the skaters will receive report cards and badges depending on their levels of progress.

The ribbons and badges are rewarded according to the Canskate basics of balance, control, and agility, and range from a stage one (beginner Canskate) to a stage 6 (highest level Canskate.)

Program Assistants

Program Assistants are our Junior, Intermediate, and Senior level skaters who volunteer their time each week to assist in the delivery of the Canskate Program. They assist the Coach in the set-up of circuits and stations and encourage your skaters on the ice. PA's play a vital role in creating a fun and safe skating environment.

Responsibilities of Skaters/Parents:

Ensure skater gets to the arena on time with skates and proper warm clothing, including a CSA approved helmet and gloves. Parents are encouraged to wear a face covering to watch their child skate and must wear one in the dressing room to tie skates.

Register at: www.hrskate.ca

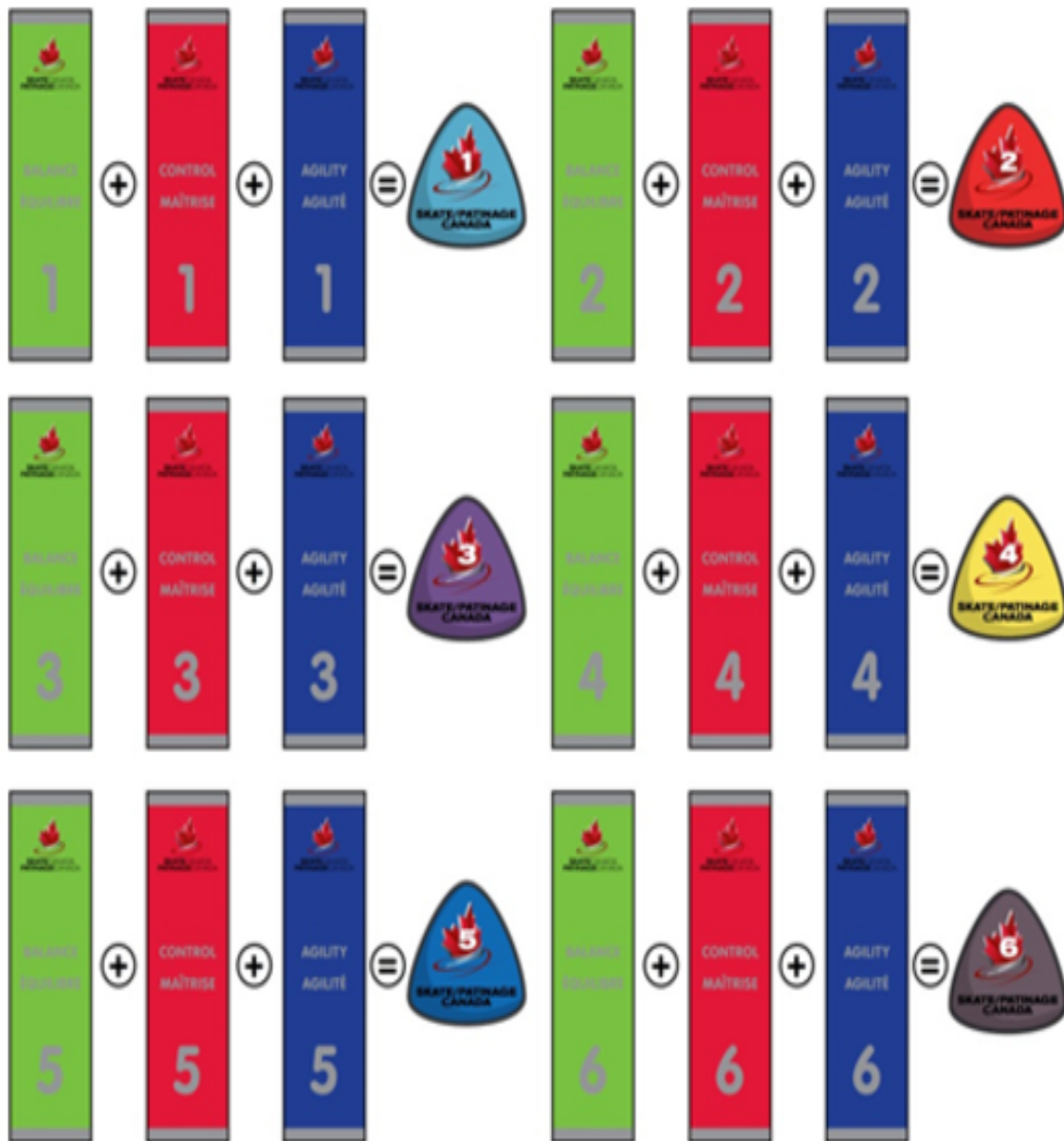


Canskate Skills Chart

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ R.O.L ○ Fwd push/glide sequence <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd 1-foot glide with speed ○ R.O.L 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd stationary blade push (T, V or L) ○ R.O.L ○ Fwd 2-foot skalom ○ Fwd circle thrusts ○ CW ○ CCW ○ Walking crosscuts ○ R.O.L <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd 2-foot to 1-foot curve glide ○ R.O.L 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd crosscuts ○ CW ○ CCW ○ Fwd inside edges ○ Fwd outside skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd drag ○ SPIN & SPIRALS ○ Fwd spiral <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Drop down drill ○ Fwd "V" start 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot skalom <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Running lateral crossovers 	<p>SKATE FORWARD</p> <ul style="list-style-type: none"> ○ Fwd power crosscuts ○ CW ○ CCW ○ Fwd perimeter skating with crosscuts ○ CW ○ CCW ○ Fwd outside edges ○ Fwd 1-foot skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd shoot the duck <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Fwd perimeter skating with side stops <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd spiral on a curve ○ Fwd "crossover" acceleration
CONTROL	<p>4/4 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Snow sledge steps ○ R.O.L <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot skating/wedding ○ Bwd 2-foot glide 	<p>4/4 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Fwd stop <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ R.O.L <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd push/glide sequence 	<p>5/5 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Fwd stop with speed ○ R.O.L ○ Both <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot sculling ○ Bwd 2-foot to 1-foot glide ○ R.O.L <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd push/glide sequence ○ Bwd 1-foot glide ○ R.O.L 	<p>5/7 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Bwd stop <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd circle thrusts ○ CW ○ CCW ○ R.O.L ○ Both <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd 2-foot skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd 1-foot glide with speed ○ Bwd 1-foot glide from blue line to blue line <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate goal line to 1st blue line in 9 seconds or less 	<p>5/7 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Fwd 2-foot side stop ○ CW ○ CCW <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd stop with speed ○ R.O.L ○ Both <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd crosscuts ○ CW ○ CCW ○ Bwd inside skalom <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd push/glide sequence <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Bwd spiral <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate goal line to 2nd blue line in 12 seconds or less 	<p>6/8 check marks required</p> <p>Date:</p> <p>STOP</p> <ul style="list-style-type: none"> ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ CW ○ CCW <p>SKATE BACKWARD</p> <ul style="list-style-type: none"> ○ Bwd outside skalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ CW ○ CCW <p>EXTREME</p> <ul style="list-style-type: none"> ○ Bwd 1-foot skalom <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Bwd 1-foot spin <p>SPEED</p> <ul style="list-style-type: none"> ○ Skate perimeter of ice in 35 seconds or less
AGILITY	<p>3/3 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ 2-foot turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ 2-foot jump <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd skating perimeter of ice 	<p>3/4 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180 glide turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd 2-foot jump 	<p>5/5 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360 step turn <p>JUMP</p> <ul style="list-style-type: none"> ○ Bwd 2-foot jump <p>EXTREME</p> <ul style="list-style-type: none"> ○ Fwd fwd perimeter skating ○ CW ○ CCW 	<p>5/6 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 1-foot turn (small curve) ○ F.O.F.O ○ Bwd 360 step turn <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ 2-foot spin ○ 2-foot sit spin 	<p>6/7 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 1-foot turn (large curve) ○ L.F.O ○ F.F.O ○ P.F.O ○ Fwd 360 glide turn ○ CW ○ CCW <p>JUMP</p> <ul style="list-style-type: none"> ○ Fwd to bwd 1-foot jump ○ F.O.F.O ○ Fwd power jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ 1-foot spin ○ Alterating foot spin <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd tight glide turns 	<p>6/8 check marks required</p> <p>Date:</p> <p>TURN</p> <ul style="list-style-type: none"> ○ Fwd 180 step turn (no hawk) ○ R.O.L ○ Bwd 180 step turn (no hawk) ○ R.O.L ○ 2-foot multi-turns <p>JUMP</p> <ul style="list-style-type: none"> ○ Floating power jump ○ Bwd toe-assisted jump ○ Bwd 360 2-foot jump <p>SPIN & SPIRALS</p> <ul style="list-style-type: none"> ○ Fwd 1-foot spin with spiraling edge <p>HOCKEY & RINGETTE</p> <ul style="list-style-type: none"> ○ Fwd 2-foot reverse pivot turn ○ CW ○ CCW

Canskate Incentives Chart

Ribbons and badges are rewarded to skaters according to the fundamentals of balance, control, and agility, which each have 6 stages. Canskate focuses on stages 1-3, Rising Stars on stages 4-6.



HRSC Rising Stars

Skate Canada Program

Rising Stars is designed to start the skater's transition from the Canskate program into the specific path of Figure Skating. This program is focused on stages 4 – 6 of the Canskate program. Your skater will begin to learn the fundamentals of figure skating:

- **Freeskating** (elements such as jumps and spins)
- **Dance** (Edges and Pattern Steps)
- Interpretation (learning creativity and movement based on musicality and theme)
- **Skills** (patterns of edges and turns to train balance and control of skater)

How does this work?

Once the skaters are on the ice, the coaching team will be working with them on their techniques and skating capability.



This will be accomplished through group lessons where the skaters will be taught a skill then given time to practice, while the coach provides individual feedback.

Responsibilities of skaters:

Please come prepared to the arena with CSA approved helmet, athletic clothing (no jeans or long scarves), and water. Wear gloves! Show proper sportsmanship on and off the ice and be good role models of our sport.

Responsibilities of Parents:

Ensure your children get to the arena on time, be encouraging and patient with skaters, and work as a team with Coaching staff.

Register at: www.hrskate.ca



Schedule for 2022-2023 Season:

Wednesdays (Sept - March): 5:00 pm – 6:00 pm

AND

Saturdays (Sept – March): 10:10 am – 10:55 am

- Starting Wednesday Aug 31, 2022
- End Saturday March 25, 2023

All sessions on the large ice.

STAR 1 – 5 (STARSkate) Content Overview

During the Junior, Intermediate, and part of the Senior STARSkate programs, your skater will be working on STAR 1 – 5. This includes the 5 disciplines of **Skills**, **Freeskate**, **Dance**, **Synchro**, and later on, **Artistic**.

Each discipline is **separate, and your skater will be at different STAR levels for each discipline. **Example** – your skater can be working on STAR 1 **Skills**, STAR 2 **Freeskate**, and STAR 3 **Dance** at the same time.

How does my skater pass levels?

Skaters will pass each level through assessments, which are completed by Coaches during regular sessions. Coaches will notify you when your skater is ready for assessment.

SKILLS	FREESKATE	DANCE	ARTISTIC	SYNCHRO
STAR 1	STAR 1: Elements	STAR 1: Elements (just steps)		
STAR 2	STAR 2: Elements STAR 2: Program	STAR 2A: Dutch Waltz STAR 2B: Canasta Tango		STAR 2
STAR 3	STAR 3: Elements STAR 3: Program	STAR 3A: Baby Blues STAR 3B: Elements (just steps)		STAR 3
STAR 4	STAR 4: Elements STAR 4: Program	STAR 4A: Swing STAR 4B: Fiesta Tango		STAR 4
STAR 5	STAR 5: Elements STAR 5: Program	STAR 5A: Willow Waltz STAR 5B: Elements (steps)	STAR 5 Program	

Junior

By Invitation Only.

For skaters who have completed Rising Stars and are excited to advance into Figure Skating.

In the Junior Level your skater will be working on STAR 1 and 2, following the Skate Canada Program. These include:

- **STAR 1 Freeskate:** Jumps and Spins.
- **STAR 2 Freeskate:** Putting jumps and spins into a program choreographed to music.

- **STAR 1 Dance:** Edges and Dance Steps.
- **STAR 2 Dance:** Pattern dance (Dutch Waltz & Canasta Tango) learned to music and partnered.

- **STAR 1 & 2 Skills:** Edges and turns.
- **STAR 2 Synchro:** Block, line, circle or wheel.

How does this work?

Skaters will receive lessons from the Coaches in various formats such as private (individual), semi-private (groups of 2), and group (3 skaters or more.) When skaters are not in lessons they will practice individually.

These lessons are a separate fee that is not included in registration. Registration includes ice costs, club fees, and Skate Canada fees.

Parents will be asked at the start of the season to hand in a lesson budget per month form which are used to schedule lessons. Parents are then invoiced by each individual coach at the end of each month and must pay each coach.



Responsibilities of skaters:

Please come prepared to the arena with hair tied back, athletic clothing (no jeans or long scarves), and water. Show proper sportsmanship on and off the ice and be good role models of our sport.

Responsibilities of Parents:

Ensure your children get to the arena on time, be encouraging and patient with skaters, and work as a team with Coaching staff.



Assessments:

Assessments will be completed by Coaches for each skater when they are ready to pass a level and move up to the next level.

Example: When your skater is ready to complete STAR 1 **Freeskate** they will be formally assessed by the Coach and move on to STAR 2 **Freeskate**.

How and when do these happen?

Assessments are done during **regular lessons** and will generally cost one lesson fee plus the mandatory Skate Canada fee of \$12.00.

****Parents will be notified** by Coaches when their skater is ready for an assessment. They must be paid for in advance online.

Intermediate

By Invitation Only.

In the Intermediate Level your skater will be working on STAR 3-5, following the Skate Canada Program. These include:

- **STAR 3 - 5 Freeskate:** Elements and programs.
- **STAR 3 - 5 Dance:** Steps, Baby Blues, Swing, Fiesta Tango, Willow Waltz.
- **STAR 3 – 5 Skills:** Edges, turns, and stroking on figures and patterns.
- **STAR 3 & 4 Synchro:** Blocks, lines, circles, wheels, and transition elements.

Senior

By Invitation Only.

- **STAR 6-Gold Freeskate:** Elements and programs.
- **STAR 6-Gold Dance:** 15 dances: Ten Fox, European, Foxtrot, Kilian, Starlight, etc.
- **STAR 6-Gold Skills:** Edges, turns, and stroking on figures and patterns.
- **STAR 5, 7, 9, & Gold Artistic**

How does this work?

Skaters will receive lessons from the Coaches in various formats such as private semi-private, and group. When skaters are not in lessons they will practice individually.

These lessons are a separate fee that is not included in registration. Registration includes ice costs, club fees, and Skate Canada fees.



Assessments

STAR 1-5 is Assessed by Coaches in regular lesson format. They will generally cost one lesson fee plus the mandatory Skate Canada fee of \$12.00.

Parents will be **notified when their skater is ready for an assessment. They must be paid for in advance online.

Test Days

STAR 6 – Gold will need to be **tested** at a **scheduled test day**. Coaches will coach skater on test day and a Skate Canada **Evaluator/Judge** will test skater and decide if they are ready to Pass.

Test days are **scheduled in advance** at various clubs in our region during the skating season. Expect to be attending a test day every couple of months at clubs such as Okotoks, Black Diamond, and our own HRSC.



STAR 6 – Gold Content Overview

Seniors and some Intermediates will be learning and training the STAR 6-GOLD content. These assessments must be completed at an organized Test Day with a Skate Canada judge/evaluator.

Once a Senior skater achieves a GOLD status in any or all of the disciplines, they will receive a plaque and a certificate from Skate Canada. Quite an achievement!

Dance		Freeskate	Skills	Artistic
Star 6A	Ten Fox	STAR 6 Elements	STAR 6 Skills	STAR 5 Artistic
STAR 6B	European Waltz	STAR 6 Program		
STAR 6C	Fourteenstep			
STAR 7A	Keats Foxtrot	STAR 7 Elements	STAR 7 Skills	STAR 7 Artistic
STAR 7B	Harris Tango	STAR 7 Program		
STAR 7C	American Waltz			
STAR 8B	Rocker Foxtrot	STAR 8 Elements	STAR 8 Skills	
STAR 8A	Kilian	STAR 8 Program		
STAR 8C	Starlight Waltz			
STAR 9A	Paso Doble	STAR 9 Elements	STAR 9 Skills	STAR 9 Artistic
STAR 9B	Blues	STAR 9 Program		
STAR 9C	Silver Samba			
STAR 10A	Cha Cha Congelado	STAR 10 Elements	STAR 10 Skills	
STAR 10B	Westminster Waltz	STAR 10 Program		
STAR 10C	Quickstep			
Gold A	Viennese Waltz	Gold Program	Gold Skills	Gold Artistic
Gold B	Argentine Tango			
Gold C	Gold Rhythm			

Synchronized Figure Skating

Skate Canada Program

Synchronized Skating is a healthy team building activity for all skaters. It is a group of skaters creating and performing various formations and routines.

Synchro programs include elements such as circles, lines, blocks, jumps, spins, wheels, intersections, and transitions (footwork) in between.

Purpose

To introduce the skaters into the world of teamwork and a very different and unique style of skating.

The goal is to teach the skaters many of the elements involved in a synchro program and create a themed program.

How does this work?

While the team is on the ice, they will receive constant instruction from the Coach during the entire session.

Responsibilities

Since this is a team sport, all skaters must arrive to the arena on time, dressed and prepared to work together. Proper sportsmanship is expected at all times between other skaters and the coach.

Synchro is an exciting team sport that creates life-long friendships.

STAR 4 Team

How to join:

Skaters interested in joining this team are expected to attend tryouts, which are held during the first official practice of the season.

No longer has age restrictions. Skaters of this level should be working on or passed STAR 2 Skills. The Coach will then decide if this Team will be a good fit for your skater.

Commitment

Commitment for this team is mandatory attendance at every weekly practice and any competitions/carnivals.

Goal for this season is to train skaters individual and synchronized skating skills, learn a program, and of course have fun!



Pre-Novice Team

How to join:

Skaters interested in joining this team are expected to attend tryouts, which are held during the first official practice of the season.

Your skater must **not** have reached the age of **18** as of July 1st, 2022. Skaters of this level should be working on or passed STAR 4 Skills. The Coach will then decide if this Team will be a good fit for your skater.

Commitment

Commitment for this team is mandatory attendance at every weekly practice and any competitions/carnivals.

Goal for this season is to train new Synchro elements, learn a new program, and of course have fun!



Our Coaching Team

Importance of a Coach

Our Coaches are here to support you and your skaters through their skating career. A Coach's primary purpose is to teach your skater and encourage them to be the best skater that they can be, both on and off the ice. Skating is a passion for all of our Coaches, and they strive to teach this sport in a fun and safe environment.

We currently have three coaches at the High River Skating Club: Shaelyn Case, Lisa Siggelkow, and Paris Humfrey.

The Cost of Coaching

Each coach has their own set of qualifications, specialties, and rate per lesson. During the Canskate, Rising Stars, and Synchro programs, the coaching cost is included in registration as a group fee.

Junior, Intermediate, and Senior skaters will receive individual, semi-private, or group lessons during their session. Coaches will stick to each parent's monthly budget when planning lessons and invoice each parent at the end of the month.

Example of a monthly invoice:

DESCRIPTION	AMOUNT
Feb 7 - Private Lesson - Freeskate Jumps (10 mins)	\$10.00
Feb 10 - Semi Private - Freeskate Spins (15 mins)	\$6.00
Feb 28 - Private - European Dance (15 mins)	\$10.00
TOTAL	\$26.00

Best Parts of Coaching

The best parts of coaching are watching skaters enjoy their time on the ice, attending competitions, and having a laugh (or two) during lessons. These are fun times in your skater's life and we are proud to share these exciting moments with all of our families at the High River Skating Club.

If you would like to learn more about each of our coaches and our club, please visit us at www.hrskate.ca.