



2024 – 2025 Parent and Skater Handbook



Table of Contents

About the High River Skating Club

Programs Offered at HRSC

Overview of each Program

Skating Assessments and Tests

Team Coaching

How to pay Skate Canada Assessment/Test Fees



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



P.O. Box 5116
High River, Alberta
T1V 1M3, CAN

Website: www.hrskate.ca

Email Inquiries: highriverskatingclub@gmail.com

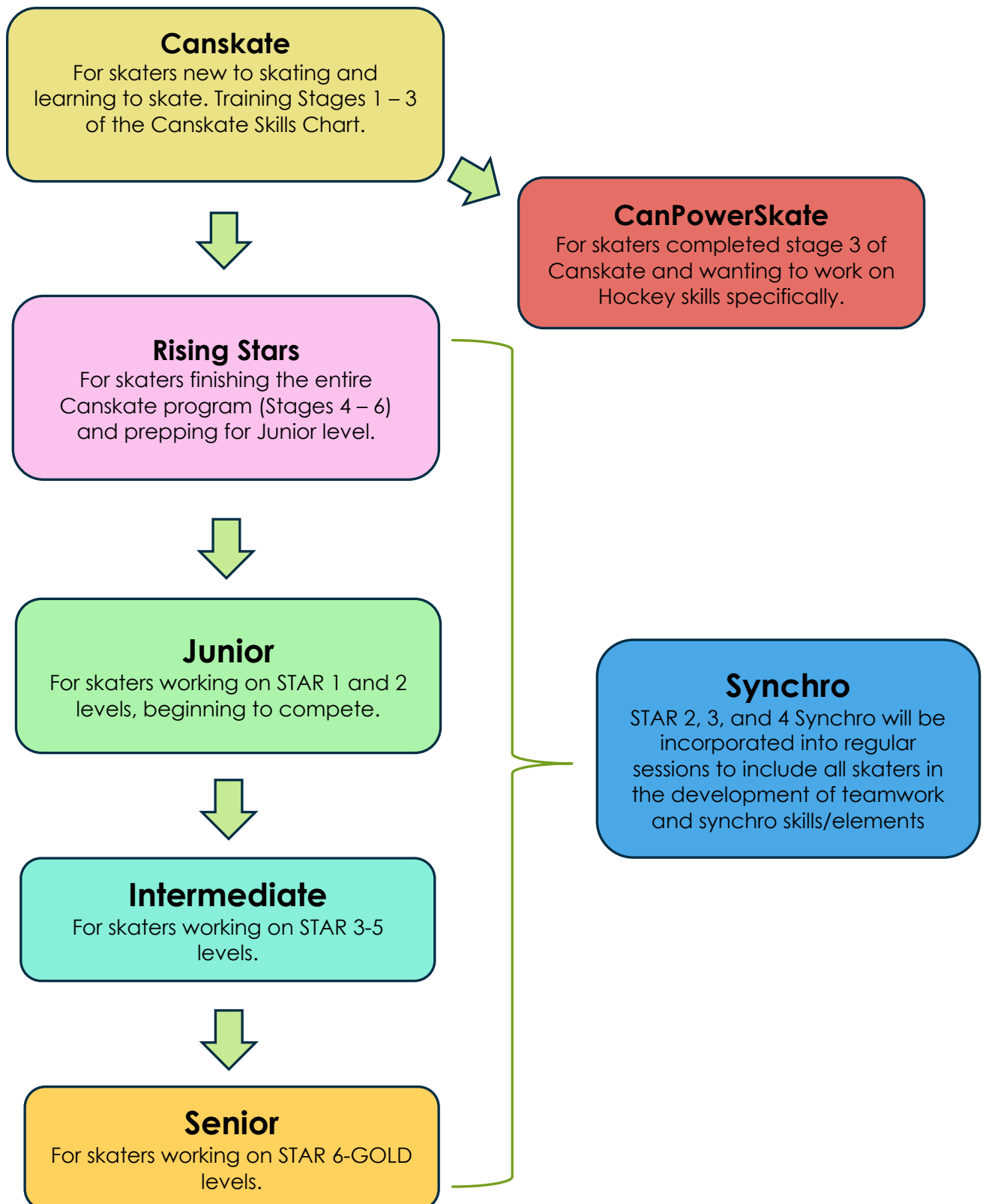
Facebook: High River Skating Club

Instagram: @high_river_skating_club

Board Members

Executive		Board Members	
President	Vacant	Assessment Chair	Vacant
Vice President	Catherine Smith	ACLG Coordinator	Vacant
Secretary	Rebecca	Fundraising	Vacant
Treasurer	Vacant	Events Coordinator	Lisa Siggelkow
		Registrar	Catherine Smith
		Coach Coordinator	Shaelyn Case

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.

Motivation

The Canskate program is a motivating and encouraging atmosphere meant to develop the skater using skill progressions. Skaters will receive a report card with ribbons/badges.

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. 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 (gloves), including a CSA approved helmet.

We prefer skaters to wear hockey skates or figure skates to ensure correct skill development.

Register at: www.hrskate.ca

2024 Fall Class:

Mondays (Oct – Dec): 6:15 – 7:00 pm

- 8 Classes
- Start: Oct 21 End: Dec 16
- CanSkaters will also perform at our Christmas Showcase!

Christmas Showcase: Dec 16

All sessions are on the large ice.

2025 Winter Class:

Mondays (Oct – Dec): 6:15 – 7:00 pm

- 10 Classes
- Start: Jan 6 End: March 17
- CanSkaters will also perform at our Year-End Showcase!

Year End Showcase: March 22

All sessions are on the large ice.

Cost: \$110 - \$130 depending on which class (plus mandatory Skate Canada Association Membership Fee)

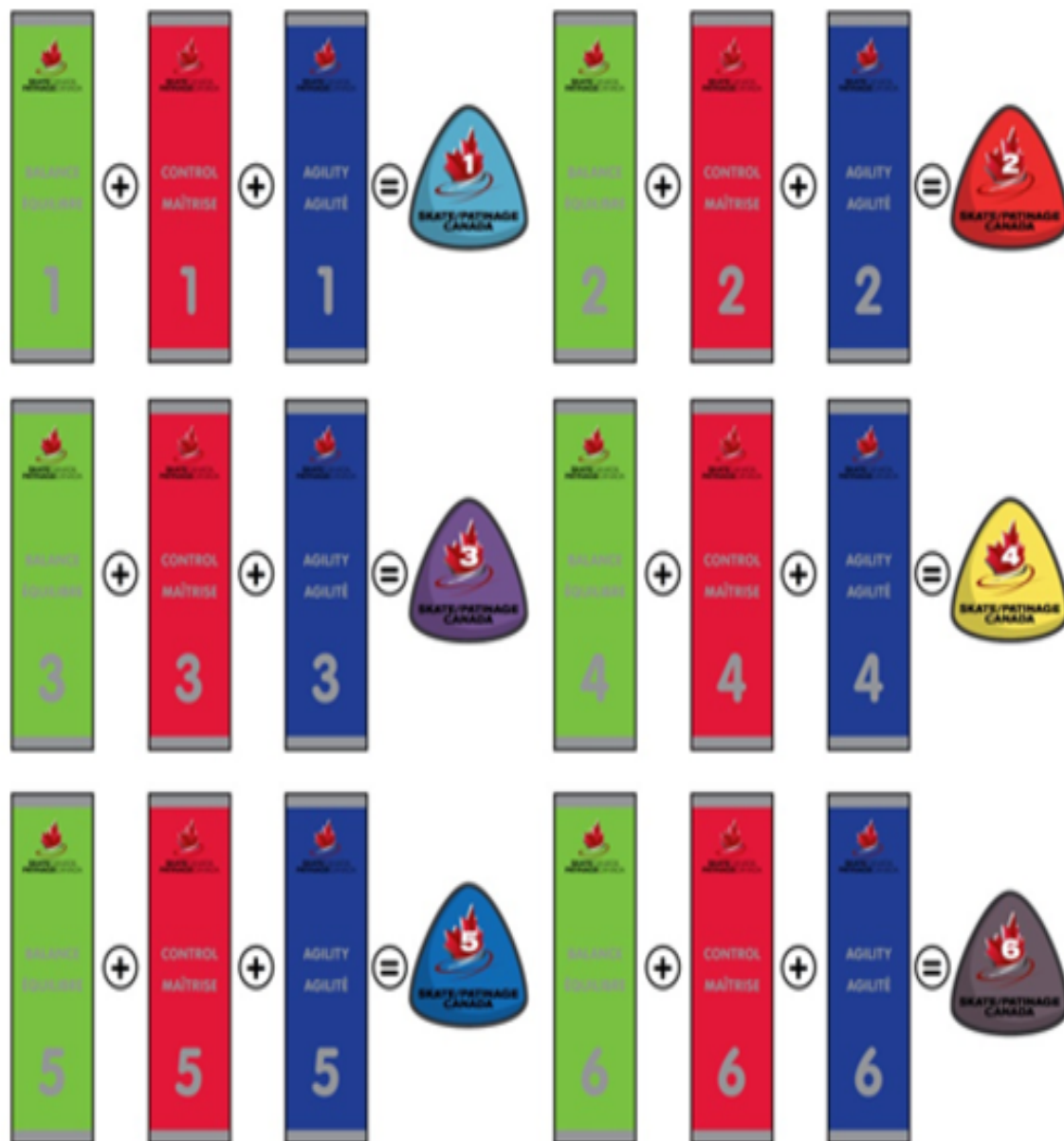


Canskate Skills Chart

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide	SKATE FORWARD ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ O R L ○ Fwd push/glide sequence EXTREME ○ Fwd 1-foot glide with speed ○ O R L	SKATE FORWARD ○ Fwd stationary blade push (T, V or L) ○ O R L ○ Fwd 2-foot skalom ○ Fwd circle thrusts ○ O W O C W ○ Walking crosscuts ○ O R L EXTREME ○ Fwd 2-foot to 1-foot curve glide ○ O R L	SKATE FORWARD ○ Fwd crosscuts ○ O W O C W ○ Fwd inside skalom ○ Fwd outside skalom EXTREME ○ Fwd drag SPINS & SPIRALS ○ Fwd spiral HOCKEY & RINGETTE ○ Drop down drill ○ Fwd "V" start	SKATE FORWARD ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence EXTREME ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot skalom HOCKEY & RINGETTE ○ Running lateral crossovers	SKATE FORWARD ○ Fwd power crosscuts ○ O W O C W ○ Fwd perimeter skating with crosscuts ○ O W O C W ○ Fwd outside edges ○ Fwd 1-foot skalom EXTREME ○ Fwd shoot the duck ○ Fwd perimeter skating with side stops SPINS & SPIRALS ○ Fwd spiral on a curve HOCKEY & RINGETTE ○ Fwd "crossover" acceleration 6/6 check marks required Date:
	4/4 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/7 check marks required Date:	5/7 check marks required Date:	6/8 check marks required Date:
CONTROL	STOP ○ Snow slide steps ○ O R L SKATE BACKWARD ○ Bwd 2-foot skating/walking ○ Bwd 2-foot glide	STOP ○ Fwd stop SKATE BACKWARD ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ O R L EXTREME ○ Bwd push/glide sequence	STOP ○ Fwd stop with speed ○ O R L O Both SKATE BACKWARD ○ Bwd 2-foot sculling ○ Bwd 2-foot to 1-foot glide ○ O R L EXTREME ○ Bwd push/glide sequence EXTREME ○ Bwd 1-foot glide ○ O R L	STOP ○ Bwd stop SKATE BACKWARD ○ Bwd circle thrusts ○ O W O C W ○ Bwd 2-foot skalom EXTREME ○ Bwd 1-foot glide with speed ○ Fwd 1-foot glide from blue line to blue line SPEED ○ Skate goal line to 1st blue line in 9 seconds or less	STOP ○ Fwd 2-foot side stop ○ O W O C W ○ Bwd stop with speed ○ O R L O Both SKATE BACKWARD ○ Bwd crosscuts ○ O W O C W ○ Bwd inside skalom SPINS & SPIRALS ○ Bwd push/glide sequence SPINS & SPIRALS ○ Bwd spiral SPEED ○ Skate goal line to 2nd blue line in 12 seconds or less	STOP ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ O W O C W SKATE BACKWARD ○ Bwd outside skalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ O W O C W EXTREME ○ Bwd 1-foot skalom SPIN & SPIRALS ○ Bwd 1-foot spin SPEED ○ Skate perimeter of ice in 35 seconds or less 6/8 check marks required Date:
	3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
AGILITY	TURN ○ 2-foot turn ○ O W O C W JUMP ○ 2-foot jump EXTREME ○ Fwd Skating perimeter of ice	TURN ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180° glide turn ○ O W O C W JUMP ○ Fwd 2-foot jump	TURN ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360° step turn JUMP ○ Bwd 2-foot jump EXTREME ○ Fast fwd perimeter skating ○ O W O C W	TURN ○ Fwd 1-foot turn (small curve) ○ F O F O ○ Bwd 360° step turn JUMP ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump SPINS & SPIRALS ○ 2-foot spin ○ 2-foot sit spin	TURN ○ Fwd 1-foot turn (large curve) ○ L F L O F O ○ F F O F F O ○ Fwd 360° glide turn ○ O W O C W JUMP ○ Fwd to bwd 1-foot jump ○ F O F O ○ Bwd power jump SPINS & SPIRALS ○ 1-foot spin ○ Alternating foot spin HOCKEY & RINGETTE ○ Fwd tight glide turns	TURN ○ Fwd 180° step turn (freestyle) ○ O R L ○ Bwd 180° step turn (freestyle) ○ O R L ○ 2-foot multi-turns JUMP ○ Raising power jump ○ Bwd free-assisted jump ○ Bwd 360° 2-foot jump SPIN & SPIRALS ○ Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE ○ Fwd 2-foot reverse pivot turn ○ O W O C W 6/8 check marks required Date:
	3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:

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. **Skaters must wear good quality figure skates.**

Register at: www.hrskate.ca



2024 Fall & 2025 Winter Classes:

This is a 2-day per week program from September to March.

Mondays: 6:15 – 7:00 pm

Wednesdays: 5:00 pm – 5:45 pm

- Starting Monday Oct 21
- End Wednesday March 19
- Christmas Showcase: Dec 16 (6-8 pm)

All sessions are 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 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.



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 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 (exception: STAR 6-Gold Skills & STAR 5 Artistic.)

Shaelyn is qualified to assess skaters on STAR 6-Gold Skills Assessments.

Once a Senior skater achieves a GOLD status in any discipline(s), they will receive a plaque and a certificate from Skate Canada. An amazing achievement!

Dance		Freestyle	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			

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.

Our current Coaches at the High River Skating Club: Shaelyn Case, Lisa Siggelkow, Josh Brauner, and Katrina Strom.

The Cost of Coaching

Each coach has their own set of qualifications, specialties, and rate per lesson. During the Canskate, Rising Stars, and Synchro lessons, 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 sessions as well. Coaches will stick to each parent's monthly budget when planning lessons and invoice each parent at the end of the month. **Please see the lesson budget sheet on the next page.**

At the end of each month, coaches will send an invoice to each skater based on the lessons they received. These invoices are paid to the specific coach and can be paid by cash, cheque, or E-transfer.

Example of a monthly invoice:

DESCRIPTION	AMOUNT
Feb 7 - Private Lesson - Freeskate Jumps (10 mins)	\$12.00
Feb 10 - Semi Private - Freeskate Spins (15 mins)	\$6.00
Feb 28 - Private - European Dance (15 mins)	\$12.00
TOTAL	\$30.00

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.

Lesson Budget Options

Skaters registered in Junior, Intermediate, and Senior STARSkate programs (sessions) will receive private lessons from our coaches. These will be individual (1 coach:1 skater), semi-private (1 coach:2 skaters), or group lessons (1 coach: 3+ skaters) that will be planned by the coach coordinator based on your skaters goals, needs, and development.

These lessons are a separate cost from your program registration, which pays for ice costs and a few large group lessons per week. The purpose of this sheet is to choose a budget that will work comfortably for your family while also providing awesome skating lessons for your child!

Please read through the monthly budget options below and feel free to ask questions.

Our coaches will invoice each skater/family at the end of every month with the actual cost of lessons they received – but we will stay within your budget!

Session = each skating timeframe (ex. Tuesdays 4:00 – 5:00 pm)

Lesson = 10 – 15 minutes in length (cost will reflect this)

Exceptions: Test Days, Competitions, & Choreography (\$12 coaching fee + expenses)

Note: We often come in under budget, especially for Junior & Intermediate skaters.

Remember, our season is only from September to March.

Skater Name:

Parent Signature:

Option A

☐

1 Lesson per session

(Approximately \$10 - \$12 per session)

Monthly Costs

Skating 2 days/week = \$70.00 - \$100.00

Skating 3 days/week = \$100.00 - \$130.00

Option B

☐

1-2 Lessons per session

(Approximately \$10 - \$25 per session)

Monthly Costs

Skating 2 days/week = \$120.00 - \$180.00

Skating 3 days/week = \$180.00 - \$250.00

Option C

If preferred, please state your monthly lesson budget amount that works for you.

\$

per month

OR

☐

2+ Lessons (unlimited within reason) per session

Please return to a coach or email your form to Shaelyn (shaelynscc@gmail.com)

How to Pay Assessment/Test Fees

How Many Assessments do I pay per year?

STAR 1-5 (and STAR 6-Gold Skills) is **assessed by Coaches** in regular lesson format. The mandatory Skate Canada fee is **\$12.00 per assessment**.

Skaters working on STAR 1-5 can expect to complete 3-4 assessments during the skating season.

Please pay online once your coach has emailed you; we are no longer keeping track of pre-payments.

How to Pay Online:

1. Login to your Uplifter Account
2. Open the Registration tab
3. Click the Purchase Products button (on left hand side of computer screen)
4. Click ADD next to **Test Fee** (test fee for low test) and pay through your account

How Many High Test Days (Assessments) per year?

STAR 6 – Gold (except Skills) will need to be **tested** at a **scheduled test day**.

The Skate Canada Assessment fee is still \$12.00 each, however ice costs are also divided among skaters attending. A typical high test will cost \$30.00 each.

Test days are **scheduled in advance** at various clubs in our region during the skating season. There are usually 3-4 opportunities to attend Test Days during the winter (however they will be at various locations such as HR, Okotoks, Great Plains, etc.)

Skaters working on STAR 6-Gold can expect to complete anywhere between 2-6 assessments during the skating season.

Coaches will coach skater on test day and a Skate Canada **Evaluator/Judge** will test skater and decide if they are ready to Pass.

Note: Partnering Fees will be invoiced separately by the partner (the same as private lesson fees).

How to Pay Online:

1. Login to your Uplifter Account
2. Open the Registration tab
3. Click the Purchase Products button (on left hand side of computer screen)
4. Click ADD next to **High Test Day Fees** and pay through your account