



2009 - 2010

Offering Quality

Skating Programs

Since 1966

905-476-1043

All programs located at the

Georgina Ice Palace

www.georginaskatingclub.org

email: georginaskatingclub@bellnet.ca

Learn to Skate Programs Intro to Skating: Ratio 5:1



Designed for skaters 3-5 years of age. They require no previous experience. Instruction will be given for 30 min. Each session will include a warm up, group instruction and activity. Incentives are handed out at the end of each class. Coaches will use circuits to encourage continuous movement. Teaching aids such as hula hoops, beanie babies, bubbles and balls will be used by the coaches. Report Cards will be handed out at the end of each session.

All coaches are certified with Skate Canada and the National Coaching Association.

There are three different levels in our Intro to Skating Program

Red - Skaters new to our program or 3 years of age

Yellow - Skaters that can stand up on their own

Green - Skaters that can skate the width of the rink

Skaters are assessed daily and may be moved from one colour to another

All skaters must wear a CSA approved helmet

Fall Session:

Monday	6:00 pm	Sept. 14 - Dec. 14	\$ 131.50
Wednesday	6:00 pm	Sept. 16 - Dec. 16	\$ 135.00
Saturday	10:00 am	Sept. 19 - Dec. 05	\$ 121.50

Winter Session:

Monday	6:00 pm	Jan. 4 - March 29	\$ 95.00
Wednesday	6:00 pm	Jan. 6 - April 07	\$ 95.00
Saturday	10:00am	Jan. 9 - April 10	\$ 90.00

A Skate Canada fee of \$30.00 has been included in your fee.

Learn to Skate Programs Canskate : Ratio 7:1



Helmets are recommended for skaters working on Stages 1-4

Canskate is designed for skaters 5 and up, they are not required to have previous experience. Skaters will develop the basic fundamentals of skating, forwards, backwards, stopping, turning, and jumping. Canskate is the official learn to skate program in Canada. It is only offered by sanctioned Skate Canada Clubs. Our coaches are certified and attend training regularly.

Skaters will be grouped according to skill level and age. Skaters are assessed daily and may be moved from one group to another if it will benefit the skater.

The Canskate program is one hour in length, skaters will receive a full hour of instruction.

There are six stages that the skaters will work to complete. Each skater will progress at their own rate.

Name Tags will be given to skaters on their first day of skating. Name tags will be placed on skater's group bag and handed out each day.

Fall Session:

Monday	6:40 pm	Sept. 14 - Dec. 14	\$235.00
Wednesday	6:40 pm	Sept. 16 - Dec. 16	\$235.00
Saturday	10:30 pm	Sept. 12 - Dec. 05	\$235.00

Winter Session:

Monday	6:40 pm	Jan. 4 - March 29	\$235.00
Wednesday	6:40 pm	Jan. 6 - April 7	\$235.00
Saturday	10:30 am	Jan. 9 - April 10	\$235.00

Full Season

2 day - \$500.00 1 day - \$ \$400.00

2 day half season - \$275.00

Payment Plan is available

A Skate Canada fee of \$30.00 has been included in your fee.



Starskate Programs
Skill, Tests, Achievements,
Recognition

This is what STARskate is all about

STARskate offers opportunities for skaters of all ages to develop fundamental figure skating skills in areas of ice dancing, skating skills, freeskating and interpretive skating. All STARskate sessions are supplemented with off-ice classes. These classes will focus on balance, strength, endurance and proper technique/body positions needed for skating

Private Lessons

Private lessons are arranged between the parents and the coach of your choice. Team coaching is also a great option; this gives your skater a great opportunity to enhance their training. Group lessons and semi private lessons are also available. There will be no private lessons given on a Saturday as this day will be fully coached. If you would like more information about our coaching staff please see our Web site . www.georginaskatingclub.org

Test Day

The GSC offers four test days throughout the season. Your coach will notify you if your skater is ready to take a test. Please refer to the Test Day Brochure for more information. Skaters will receive a test envelope indicating the test and test cost associated. Please ensure that your envelope is returned to the office mail slot by its due date. Fees must be paid before test is taken.

Test Days:

Oct. 22	Feb. 18
Dec.17	April 01



STARskate Programs

Competitions

Throughout the season surrounding clubs will offer Invitational Competitions. Please check with your coach to see if your skater is ready to enter one of these events. Upcoming competitions will be posted on the bulletin board.. It is imperative that your forms are sent in before the due date. Forms will need to be signed by your coach or a board member.

Volunteer Policy

It takes a lot of volunteers to make this club the great success that it is. At registration time we ask that all STARskate participants submit a \$100.00 volunteer cheque dated for April 30th 2009. We ask that you give us 10 hours of volunteer time during the season. We require that you complete 4 hours or more at our annual Keswick Invitational Competition. You may volunteer the other 6 at any of our other events, Halloween Party, Christmas Party, Hearts on Ice, and test days these are just a few of the other events that you can become involved in. After your time has been completed your cheque will be mailed to you with our thanks.

NSF Cheques: The Georgina Skating Club is a Not for Profit organization and being such, all delinquent accounts are reviewed at our monthly meetings. According to our club by-laws, members must be in good standing to participate in club programs and activities. A fee of \$20.00 will be added to help cover any bank charges and administration fees. If payment is not received your skater will be considered not in good standing and will lose their privilege to skate until all accounts are paid.



STARskate Programs

Extra Training

Back/Back sessions:

Skaters looking for more ice sessions on Thursdays and registration, this will allow for safety reasons.

For information on cost pl

Simulation Day:

Simulation day will take place on Oct. 17. Skaters from the club will give every skater an opportunity to experience the atmosphere. Skaters must check in for assessing skaters and giving

Program Assistants

Skaters that are 12 years or older. These skaters will be helping coaches and skaters cool down and providing a safe environment. Assistants can use their time

Training will take place on Thursdays for all PAs. If you are interested, please email georginasktingclub@bellnet.ca



Presented by:
HOMESENSE

Pre Bronze Program

Welcome to Pre Bronze. Your skater is entering a very exciting stage in their skating career. In the upcoming year your skater will learn jumps, spins, field movements. Moving to Pre Bronze can be very exciting and rewarding, it can also be confusing for both skater and parent. **We will be holding an orientation meeting the first day of skating.** Pre Bronze is for all skaters that have completed the Canskate badges.

Equipment: We would like to see all skaters wearing proper skating attire. Skating dresses for girls and pants for boys, the pants should not have a wide leg as it is dangerous to the skater. Girls with long hair should have it tied back.

Skates: At this point all skaters should be wearing figure skates as they are needed to perform jumps and spins. There are many different types and as long as they give enough support and are comfortable they will do the job. If you have any questions you may ask any one of the coaches.

Lessons:

The Pre Bronze Program is fully coached. Skaters will receive instruction in the following disciplines: Lesson will be taught in group format.

Free Skate: Single jumps, basic spinning positions and fieldmoves.

Edge & Turn: Basic skating skills, edge control, form and balance.

Stroking: Focus will be developing power, speed, agility and form.

Off-Ice Training Skaters will receive off-ice training on Thursday night at 5:50-6:20 pm. Training will help develop flexibility, balance, strength. Training will get the skaters body ready for the on ice demands.

Cost: 8 payments of \$ 78.12 starting at registration and to be completed in April.

Programs start Sept. 12/09

Skate Canada Fee of \$30.00 has been included in your fee.



Presented by:

HOMESENSE

Bronze Program

Welcome to Bronze. Bronze is for skaters working on their Preliminary Dances and have advanced from the Pre bronze Session. Skaters will receive group lessons on Wednesday and Saturdays.

Lessons:

Freeskate: Skaters will receive a freeskate lesson on Wednesday. Skaters will be grouped according to level. Skaters will learn single jumps, basic spinning positions and fieldmoves.

Saturday Format: Saturday will be a fully coached day. There will be no private lessons taught. Skaters will receive instruction in all disciplines. This will be a great day for your skaters.

Simulation Day:

Simulation day will take place on Saturday mornings at 6:30am starting the week of Oct. 17/09. Skaters from the Bronze, Silver and Gold will rotate weekly. This will give every skater an opportunity to perform their program in a competitive atmosphere. Skaters must check the bulletin board for their week. Coaches will be assessing skaters and giving them a report card on their performance.

Private Lessons:

Private lessons are arranged between the parents and the coach of your choice. Team coaching is also a great option: this gives your skater a great opportunity to enhance their training. Group lessons and semi-private lessons are also available. Private lessons will take place on Wednesday or Thursday. If you would like more information about our coaching staff please see our web site

www.georginaskatingclub.org

Off-Ice Training

Skaters will receive off-ice training on Thursday night at 4:50 –5:20pm. Training will help develop flexibility, balance, and strength training will also help develop proper technique for jumping. Training will help prepare the skaters body for the on ice demands.

Cost: 8 payments of \$100.00 starting at registration and to be completed in April.



Presented by:

HOMESENSE

Silver Program

Welcome to Silver. Silver is for skaters working on their Junior Bronze skill test

Lessons:

Saturday Format: Saturday will be a fully coached day. There will be no private lessons taught. Skaters will receive instruction in all disciplines. This will be a great day for your skaters.

Simulation Day:

Simulation day will take place on Saturday mornings at 6:30am. Skaters from the Bronze, Silver and Gold will rotate weekly. This will give every skater an opportunity to perform their program in a competitive atmosphere. Skaters must check the bulletin board for their week. Coaches will be assessing skaters and giving them a report card on their performance.

Off-Ice Training

Skaters will receive off-ice training on Thursday night at 6:30 –7:15 pm. Training will help develop flexibility, balance, and strength training will also help develop proper technique for jumping. Training will help prepare the skaters body for the on ice demands.

Cost: 8 payments of \$ 140.00 starting at registration and to be completed in April.

Partial Membership:

Please ask at registration for details on partial membership

A skate Canada fee of \$30.00 has been included in your fee.

Programs start Sept. 12/09



Presented by:

HOMESENSE

Gold Program

Welcome to Gold .Gold is for skaters that have passed their Jr. Bronze freeskate test or their Sr. Bronze skill test.

Lessons:

Saturday Format: Saturday will be a fully coached day. There will be no private lessons taught. Skaters will receive instruction in all disciplines. This will be a great day for your skaters.

Simulation Day:

Simulation day will take place on Saturday mornings at 6:30am starting the week of Oct. 17/09. Skaters from the Bronze, Silver and Gold will rotate weekly. This will give every skater an opportunity to perform their program in a competitive atmosphere. Skaters must check the bulletin board for their week. Coaches will be assessing skaters and giving them a report card on their performance.

Off-Ice Training

Skaters will receive off-ice training on Thursday night at 7:50 –8:20pm. Training will help develop flexibility, balance, and strength training will also help develop proper technique for jumping. Training will help prepare the skaters body for the on ice demands.

Cost: 8 payments of \$ 140.00 starting at registration and to be completed in April.

Partial Membership:

Please ask at registration for details on partial membership

A skate Canada fee of \$30.00 has been included in your fee.

Programs start the week of Sept.12/09



Presented by:

HOMESENSE

Diamond Program

Welcome to the Diamond Program:

This program is for skaters wishing to take their skating to the next level. This is a five day intensive program. This is a fully coached program. Results and achievements of the skaters in this program has been outstanding. Skaters have reached National level. Skaters may be at any level to enter this program and have a love for skating. For further information on this program please see Monica Lockie.

Get the Edge:

Skaters will be invited to this program. This will be skaters in Canskate, Pre Bronze & Bronze. This program will be dedicated to skaters that are showing a great interest in figure skating , with a natural ability for basic skills. For further information on this program please see Julia

Synchronized Skating (Georgina Ice- Ations)

For Skaters interested in a team environment . Skaters perform a program of maneuvers on the ice in unison, set to music. Please contact Colline Theodoru for further information



SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Until Oct. 17th programs will start at 7:30
4:00-6:00 Diamond	4:00- 5:30 Diamond	3:00-5:00 Diamond	4:00-5:20 Diamond	3:30- 5:30 Diamond	6:30-7:15 Simulation starting Sat. Oct. 17
6:00-6:30 Intro Canskate	5:30 -6:30 - Get the Edge & Diamond	5:00-6:00 Bronze	5:20- Flood	5:30- 6:30 Get the Edge & Diamond	7:15-8:30 Edge/Turn
6:30 - Flood		6:00-6:30	4:50 - 5:20		Gold/Diamond
6:40 - 7:40 Canskate		Intro Canskate	Bronze - off-ice		8:30- Flood
		6:30 - flood	Bronze -on ice		8:40 -9:40
7:40 - 8:30 Silver		6:40 - 7:40 Canskate	5:50 - 6:20 Pre Bronze - Off-Ice		Silver & Gold
8:30 - Flood			6:30 -7:20 Pre Bronze - on ice		9:40 -10:00 Silver - edge turn
8:40- 9:30 Gold		7:40 - 8:30 Silver			10:00-10:30 Intro Canskate
		8:30 - Flood	7:20 -Flood		
					10:30-11:30 Canskate
		8:40- 9:30 Gold	6:50 -7:20 Silver - off-ice		
					11:30 - Flood
			7:30 -8:30 Silver - on - ice		
					11:40 -1:00 Bronze
			7:50 - 8:20 Gold - off-ice		
			8:30- 9:30 Gold		1:00-1:20 Pre Bronze
					1:20- Flood
					1:30-2:30 Pre bronze

Annual Events



Monthly Fun Days:

Every month the Intro to Skate and the Canskate programs will enjoy a fun week. We ask that skaters dress according to the day. Please watch the bulletin board for more details.

Halloween Party : October 28 & 29

All Canskate programs and Pre Bronze sessions will enjoy a night of on ice games and a visit to our haunted house.

Keswick Invitational Competition: Nov. 21 & 22

Skaters come from all over Central Ontario to compete in our annual Invitational Competition. All members are encouraged to volunteer to ensure the success of this event. Come out and enjoy watching some amazing skating.

Family Christmas Skate and Pancake Breakfast: Dec. 19

All skaters and their families are invited to our pancake breakfast served upstairs in the hall from 8:00am until 11:30 am. The Starskate sessions will have a game of hockey against their parents. All Canskate programs are invited to skate with Santa. We ask that every family bring a non-perishable food to help support the food bank.

Hearts on Ice: Feb. 13

A fun competition for all skaters in the club. All participants receive a goodie bag and a gold medal.

Ice Show: May 01

All skaters have the opportunity to perform in our annual skating show. This is a great way for the skaters to show off their stuff for all family members. Registration will take place in January. Don't miss out, this is the skaters favorite event.

Awards Event: Date to be determined

This is an event that showcases all our STARskaters. We honor all skaters and the hard work that they have put into their training over the season. We also show our appreciation to parents that have given their time in making our club a great success.

Annual General Meeting: Come out and get involved, see what goes on behind the scenes. Ask any of those questions that you have about our club

Skate Canada Number

Each season when you register with a Skate Canada Club you are required to pay a fee. The fee this year is \$30.00. What does this number provide.

- An accident insurance benefit at a substantially lower cost to members than that available to other sports (80 cents per member)
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada.
- National registry of skating qualifications (tests) and results for qualifying events held in a central computerized system for easy access.
- Test certificates and award of merits for tests passed
- Web site www.skatecanada.ca
- Online store with special pricing for members on materials and Skate Canada merchandise.
- Members only access to information including event announcements, rulebook, information on athlete development, talent ID and off-ice training.
- Toll free telephone and fax access to member services and national off-ice.
- Have the opportunity to participate at interclub and invitational competitions
- Elite athlete and skater development funding program
- Opportunities for skaters to compete for positions on the national teams.
- Voting privileges and opportunity to participate in the decision making and direction of the Association
- The opportunity to purchase selected Skate Canada event tickets prior to the general public
- Benefit from participation in a sport that promotes fun, fitness, achievement and the development of essential life skills such as confidence, time and stress management, teamwork and motivation/commitment.

Coaching Staff

Lori Barber - lllbarber19@hotmail.com

Linda Danielle - 905 476-4983

Rodolfo Guilherme 416-318-8362 - roogu@hotmail.com

Monica Lockie 905 476-6154 - mjlockie@rogers.com

Jennie Marshall 705-726-2652 jmarshall@wmib.ca

Alyssa Smith 905 830-0725

Aimee Stronge - sk8t-ice@rogers.com

Danny Sorley - danny.sorley@sympatico.ca

Colline Theodoru - colline_sk8@hotmail.com

Julia Wilson - jwilson3245@rogers.com

Top Ten Reasons to be a member of the Georgina Skating Club

1. We provide quality programs
2. Our coaches are certified with Skate Canada
3. We provide fun days every month for Canskate
4. We have awesome events throughout the year
5. Past members have reached National Level
6. Past members have become AAA hockey players
7. We provide a payment plan
8. Skaters will learn in a positive environment
9. Our programs will provide continuous movement
10. We are simply the best!