



Building life skills & friendship, creating confidence & achievement
through the skating experience for a lifetime.

HANDBOOK 2015-2016

This Handbook is your introduction to the people and programs at Owen Sound Skating Club for the 2015-2016 Season – our 77th season!

You'll find useful information here whether you're a skater or a parent, and whether you're a newcomer or already involved with the OSSC.

We've also provided some of the basics for those who may be new to figure skating.

Stay Connected! We have many different ways you can stay connected with the OSSC. You can visit our web site at www.skateowensound.com, you can follow us on Facebook (www.facebook.com/skateowensound) and Twitter @skateowensound for the latest news and information about Club activities and events, as well as news highlights from the skating world in Canada and Internationally.

Information in this Handbook is subject to change and is not an official statement of Club policy. Any one of our Board of Directors will be happy to answer any questions you may have.

Welcome to the Owen Sound Skating Club!

Updated July 2015.

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President's Welcome

On behalf of the Owen Sound Skating Club Board of Directors and Coaches, I wish to extend a warm welcome back to our existing members, and a huge welcome to our new members!

We are looking forward to a great season of skating in 2015/2016. A few seasons ago The Board took some time to consider its' many responsibilities to skaters, coaches and parents. One request that came out of discussions was a request for information. This is what we have developed as a result of those discussions. This handbook was created from input from many different sources such as coaches, skaters, parents, and the Board of Directors. We know that we cannot possibly give all the information for every situation in this handbook, but we feel it is a well- rounded guide to the most frequently asked questions that parents and skaters have when starting out in figure skating.

In this handbook you will find information pertaining to programs that we offer, how to select a coach, how the STARSkate program works, competitions, test days, ice etiquette, and codes of conduct, just to name a few. This will be a document that will be constantly evolving and updated at least once a year, prior to the beginning of each new season. If there is information that you feel would be beneficial to the handbook that is currently missing, please contact any Board Member, or email us at owensoundskatingclub@gmail.com.

For information regarding Club activities, ice time changes, cancellations and upcoming events watch for our newsletters, regular updates on our bulletin board in the lobby and visit our *NEW*website www.skateowensound.com

Feel free to contact myself, a board member, or email us at owensoundskatingclub@gmail.com if you have any concerns or questions. Thank you for choosing the Owen Sound Skating Club.

Wishing you a very successful skating year,

Natalie Murray

President, OSSC

Owen Sound Skating Club Board of Directors 2015-2016

The Owen Sound Skating Club is run by a group of dedicated volunteers. We are always looking for new members to help out in any capacity. If you are interested in joining the Board of Directors, please contact a Board member, or email us at owensoundskatingclub@gmail.com

Executive Members

President: Natalie Murray	519-372-7774
Past President: Kim Burns	519-372-2946
Vice President: Vacant	
Treasurer: Trish Watson	trish.watson@gmail.com
Secretary: Vacant	
Test Chair: Pam Morton	519.372.1389
Coaches Representative: Shari Wright	519.377.0515
Membership Services Coordinator: Peggy Pratt	519.372.1126
Director at Large: Georgina Dimakos	416.953.2641

Committee Chairs

Canskate Liason: Peggy Pratt	
Shooting Stars Liaison: Vacant	
Ice Captain: Kim Burns	
Dance Partnering: Debbie Hargrave	
Social/Publicity: Vacant	
Fundraising: Kathy Cameron	519-371-7961
Website Coordinator: Natalie Murray	

Owen Sound Skating Club Programs

OSSC has a variety of skating programs to suit all skill levels.

We have an extensive Learn to Skate Program (Pre CanSkate, CanSkate, & Shooting Stars) which transitions easily into the STARSkate Program, which skaters test and compete both inside and outside the Club.

We also offer CanPowerSkate programs for those skaters who are wish to improve their hockey/ringette skills. Below you will find a more detailed description of what each program offers and how best to choose the right program for your skater.

Pre CanSkate & CanSkate

CanSkate is Skate Canada's flagship learn-to-skate program for beginners of any age and teaches fundamental movement and basic skills. The skills are arranged in progressions, from very simple to more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

Lessons are given in a group format and led by an NCCP certified professional coach. Professional Coaches are assisted by trained Program Assistants (P.A.'s), which are usually the Senior Skaters in our club. The coach to student ratio is a maximum of 1 : 10. Skaters progress at their own rate and coaches make session active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning.

Should you require further details, please contact the CanSkate Director, Shari Wright, and she will be happy to explain the CanSkate program in more detail, or you can go our website www.skateowensound.com or Skate Canada's website www.skatecanada.ca for more details.

A CSA approved skating helmet is **mandatory** for entry onto the ice. We strongly recommend cages for the helmet. **Bicycle helmets are not permitted.**

For the full explanation of each level in the CanSkate program, please refer to our website, under the CanSkate link.

Pre CanSkate Program: Tuesday: 6:00 – 6:30pm, Saturday: 10:55-11:25am

CanSkate Program: Tuesday: 6:30-7:20pm; Saturday: 11:25am-12:20pm

CanPowerSkate Program

CanPowerSkate Program is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve. The CanPowerSkate Coach, Denise Reid, will be able to explain the CanPowerSkate Program in more detail.

Wednesday:

Junior Session 6:00-6:50pm; Intermediate Session 7:00-7:50pm; Senior Session 8:00-8:50pm

STARSkate Program

STARSkate stands for **S**kills, **T**ests, **A**chievement, **R**ecognition – this is what STARSkate is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

The STARSkate program offers an opportunity for skaters to compete at local invitational competitions (Ice Dreams) and also at the annual Central Ontario Section competition.

There are three sessions for STARSkate participants in our Club. Preliminary, Intermediate and Senior. They are divided by the tests that have been passed in the STARSkate program.

Preliminary

The preliminary program is designed for skaters who have completed the CanSkate levels and will be preparing for testing at the Preliminary level, usually the Dutch Waltz (Preliminary Dance).

At this level, the skater should be working independently most of the time when not involved in lessons. A private coach must be hired to be on this session. All three disciplines will have specific time allotted during the skating session. Please refer to the schedule posted on the website and on the bulletin board at the rink for times for free skate, dance and skating skills sessions.

There are three sessions per week. Monday, Thursday and Saturday.

Intermediate

The Intermediate program is designed for skaters who have completed all three disciplines (FreeSkate, Skills and Dance) in the preliminary level.

At this level, skaters are testing skills, dance and free skate, and should also be participating in competitions. Skaters at this level who have reached the age of 10 are eligible to become a P.A.T. (Program Assistant in Training) for the Pre CanSkate and CanSkate sessions.

There are three sessions per week: Monday, Thursday and Saturday.

Senior

The Senior program is designed for skaters who have achieved their Junior Bronze levels in Dance, Free Skating and Skills, and who have achieved 2 of 3 of the Senior Bronze levels.

At this level, skaters are testing skills, dance and free skate, and should also be participating in competitions. Skaters should be assisting in club activities such as Program Assistants for the CanSkate sessions.

There are three sessions per week. Monday, Thursday and Saturday.

How STARSkate Works

The STARSkate Program consists of four disciplines, each are explained below.

Skating Skills are prescribed exercises comprising edges, turns, and field movements which are fundamental to the sport, and form the basis for everything the skater does on the ice. Skills are tested as patterns skated with or without music, and emphasize edge quality, control, power and speed. There are six levels of skills.

Preliminary: Waltzing Threes, Waltzing Mohawks, Preliminary Circles

Junior Bronze: Threes & Power Mohawks, Power Circles, Change Threes

Senior Bronze: Forward Brackets, Power Circles, Expanding Exercise

Junior Silver: Multi Turns & Power Threes, Snakes & Ladders II, Flying Choctaws

Senior Silver: Rockers & Choctaws, Multi-Circle Threes & Brackets, Expanding Exercise

Gold: Counters & Change Three Change Three, Multi-Circle Double Threes & Mohawks, Expanding Exercise

Free Skating is generally the starting point for the STARSkate program. It consists of the various jumps, spins, footwork and stroking elements that comprise figure skating. Once a skater has enough of a repertoire and sufficient control, the coach will choreograph a solo program to music. Skaters are tested on free skate elements in isolation as well as on the solo program. Each test in the free skating levels consists of two parts: elements (techniques demonstrated on their own in isolation) and free skate program (techniques done within a musical program). A free skate program varies in length. Preliminary programs begin at 1 minute. The length of the program increases as the level increases. There are six levels of free skate. In order to achieve a level, both the elements in isolation and the free skate program need to be successfully passed.

Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold

Ice Dance improves a skater's timing, balance, and fluidity. Each dance is a set of required steps and edges performed to prescribed music. The 30 compulsory dances are grouped in seven progressively difficult levels. In the STARSkate stream, ice dancers work as individuals with their coach, who will often partner them for dance tests up to a certain level. Once the skater reaches a certain level, a male dance partner is available for lessons, and will test with the skater on test days. The seven dance levels (and the dances necessary to complete the level) are:

Preliminary: Dutch Waltz, Canasta Tango, Baby Blues

Junior Bronze: Swing Dance, Fiesta Tango, Willow Waltz

Senior Bronze: Ten Fox, Fourteen Step, European Waltz

Junior Silver: Keats Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

Senior Silver: Any 4 of: Paso Doble, Starlight Waltz, Blues, Killian, Cha Cha

Gold: Any 4 of: Viennese Waltz, Westminster Waltz, Argentine Tango, Quickstep, Silver Samba

Diamond: Any 4 of: Ravensburger Waltz, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz, Golden Waltz

During all sessions skaters are encouraged to practice not only those tests that they are currently working on, but also those that they have achieved, and those that they will be working on next.

Interpretive

This discipline provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements (i.e. jumps). The test consists of skating to and interpreting a piece of music 2-3 minutes in length. Interpretive programs are taught during private coaching lessons, and often not taught until the skater is at the Intermediate level. The four levels for interpretive are:

Introductory, Bronze, Silver, Gold.

You can find more indepth detail, including the patterns for dance, skills and freeskate stroking exercises on Skate Canada's website.

If you have any questions, or require further clarification, please ask your child's coach, another parent (as many are former skaters) or a Board member. We even have a high level Skate Canada Evaluator in our club! Feel free to ask Kim Burns any question you like!

Selecting a Coach

All Coaches teaching and coaching in Skate Canada Clubs are certified coaches, which mean they have completed components of the National Coaching Certification Program (NCCP) from Level 1 to Level 5.

The Owen Sound Skating Club is fortunate to have retained a high caliber of dedicated professionals who, in addition for club work, offer private lessons.

Private lessons are an agreement between the skater, parent and the coach. This is independent of the OSSC. The OSSC endorses all of our coaches equally and will not recommend a coach.

Skaters working at all levels develop their skills through private lessons. Semi private and group lessons may also be an option, depending on the coach's availability and the skater's needs.

Choosing a coach is an individual decision. When choosing a Coach for your child, here are some things you may want to consider.

- ✓ Select a coach carefully. Choose the right person for their teaching and coaching abilities, but also consider that the Coach will be the role model for your child.
- ✓ The Coach will be spending considerable time with your child, so it should be someone your child feels comfortable with.
- ✓ Coaches are the experts. Make sure you understand what the coach expects of you as parents. Work together with your coach to create realistic goals and objectives for your child.
- ✓ Take time when selecting a coach. Remember that a picture is worth a thousand words. Watch the coaches teaching other children and see how they interact and present themselves.
- ✓ Coaching fees may vary according to the certification level and experience of the coach. Ask what the fees are up front so there are not misunderstandings later.
- ✓ Talk to the parents of other skaters for added information.
- ✓ Discuss a budget with the coach, so that everyone is on the same page, and no surprise charges appear on the bill for lessons.

2015/2016 OSSC Coaches

<u>Name</u>	<u>Level/Session</u>	<u>Phone Number</u>
Ashley Swartzentruber	Senior	519.476.1900
Denise Reid	Power Skating Director	519.371.1386
Heather Carmichael	Preliminary/ Intermediate/Senior	519.377.5218
Laurie Galbraith	Preliminary	226.668.8743
Mary Hardie	Intermediate/Senior	
Shari Shortt	Intermediate/Senior	519.377.0515
Corey de Jong	Shooting Stars/Preliminary	519.615.1902

Please contact Coach directly for availability & lesson rates.

Clothing & Equipment

Clothing

No matter what the weather is outside, it's always cool inside the rink. Young skaters should dress for warmth – a sweater and gloves will make practicing more comfortable and enjoyable. Skaters may like to have an outer shell or jacket that they can take off once they're warmed up.

Hair should be tied back and off the face. Please refrain from using bobby pins, as they may fall on the ice and cause an accident.

Skates

Buying New Skates

Buying proper skates for your child is very important. Even at the CanSkate level, improperly fitted skates can cause blisters, bunions, ankle and knee problems. When your child is getting fitted for skates, remember these basic guidelines:

- ✓ Never buy skates more than ½ size larger than the foot measures. Make sure that you can squeeze no more than one finger down the back of the boot when it is on the child's foot. If the boot is slightly too big, a thick insole will make the boot comfortable and decrease the chance of blistering.
- ✓ Make sure your skater can stand securely in the boot. If the ankle is tilting to the one side, the boot is too big or too small or there is not enough support for their weight. We recommend that you do not "shim" the skate. This involves placing a riser in the boot so the skater's ankle does not tilt to one side.
- ✓ Molded plastic skates should be avoided because the plastic ends up controlling the foot. These skates are so inflexible that skaters will have problems bending their knees and hanging flexion of the ankles. In addition the plastic gets very cold and stiff on the ice, making the skater's feet cold.
- ✓ Skates should fit snugly around the ankle and heel with some room to wiggle the toes. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
- ✓ Have your child walk around in the skates off the ice; they should feel comfortable. If not, those skates are not the ones for your child

Buying used skates and blades:

Good used skates can be suitable for your child, especially in the beginning stages. If you do buy used skates, you may have to know a bit about the brand and model of the boot and blades you purchase. Ask your Coach about suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower quality new skate. Many skate companies have a website that describes an appropriate boot/blade combo for a particular level of skating.

Whether you are purchasing a new pair of skates, or a good used pair, the OSSC recommends the following reputable businesses who specialize in figure skates.

- 1 Edee's Skates Plus Dancewear – 1180 Wallace Ave North, Listowel, ON.
- 2 The Figure Skating Boutique – 6174 Yonge Street, Toronto, ON
- 3 RIM Park Pro Shop – 2001 University Ave Waterloo, ON

The businesses listed above have well trained staff, who are experts in fitting figure skates properly, as well as carrying a selection of good used skates for purchase.

Sharpening of Skates

The sharpening of skates is very important. A dull blade can dramatically impact the quality of skating for your child. Be very careful where you go to get your skates sharpened. A hockey grind is very different than a figure skating grind, and the stone used to sharpen is also very different. A figure skating blade has various rockers (curves of the blade), depending on the level of the skater. The bottom pick should NOT be removed – the pick is a part of the design of the figure skates and is essential to proper balance.

Do not sharpen your child's skates right before a competition or test day.

It is suggested that you see a professional skate sharpener that will be the proper grind level for your skater. Skates should be sharpened after 15-20 hours of skating. The OSSC recommends you take your child's skates to be sharpened to Gord Lamont. He is located in Port Elgin at the Plex arena. During certain times of the year there may be a sign up sheet for skate sharpening by a skating parent who is going over to get their child's skates sharpened, and is offering to take other skates to be sharpened. Payment is required before the skates are sharpened, and will be delivered back to the arena in time for the next skating session. Please watch the bulletin board for a sign-up sheet.

Care of Skates

Always walk in hard guards, but never store your skates in those same guards, as they will rust. Use a soft cloth to dry your blades after skating. Fabric blade covers absorb the moisture from the blade and prevent the blade from rusting or getting chipped as you transport your skates.

STARSkate Sessions – Test Days

As skaters master dances, free skating elements and programs, interpretive programs or skill patterns, they are able to perform these specific maneuvers in front of evaluators on a test day. Once a level is passed, the skater can move onto the next level in that discipline.

The Club's test chair organizes each test day. There are usually three test days throughout the skating season. Coaches are responsible for submitting the skater's names to the test chair, for the tests a skater is ready to challenge. The names are given to the test chair and a schedule is developed. There is a fee for each test tried; \$10.00 for each Skate Canada test and a \$5.00 fee for administrative portions of the test (i.e. evaluator's mileage, honorariums). When your skater is ready to try a test, the coach will give you a test envelope. The test(s) to be challenged will be listed on the envelope. Place a cheque, payable to OSSC into the envelope and return it to the test chair. In addition, coaches and dance partners may charge test fees. It is important for every parent to carefully consider whether their skater is ready to participate in a test day.

The test schedule will be posted on the communication board in the rink, as well as on the website prior to the test day. When taking a test, it is important to arrive 45-60 minutes prior to the test, as there have been instances where the test day has run ahead of schedule. This assures that your child has enough time to warm up prior to taking the ice for their 5 minute warm up for their test.

The Club's test chair keeps track of each skater's achievements. They have a set of club records and also submit the test results to Skate Canada.

During a test day, the elements being tested are assessed as excellent, good satisfactory or needs improvement. Skaters must achieve a specific number of satisfactory results to successfully complete the test. After the test, the evaluator provides each skater with a written assessment of the test tried. The skater is awarded a pass if the criteria are met according to Skate Canada National Standards, or a retry if the skater does not achieve the required standards for the specific tests. A skater who is unsuccessful at a test is permitted to re-try the test at a future test day. Test results are noted on both the skater's and coach's Skate Canada records, as the coach's test records are monitored as well as the skater's.

There are two types of test days: Low and High.

Low test days challenge the Preliminary, Junior Bronze and Senior Bronze levels. They are run by OSSC on Intermediate ice time. During the time allotted for the test day, the ice time is used entirely for testing, and therefore the Intermediate session will be late in commencing.

High test days challenge levels from Junior Silver and up. There are "centralized test days", which means that each club in the NorthWest Area participates in the test day, and one club hosts the test day for those skaters. There are normally three high centralized test days in our area from October to March. The test dates and locations are available at the beginning of the skating season.

Role of the Evaluators

Evaluators are volunteers and trained officials that attend Clinics, take technical tests and keep updated with communications from Central Ontario and Skate Canada. Evaluators also attend workshops conducted by the Central Ontario Section Judges Committee on the changing trends in skating. They also are available to offer advice to coaches during the year to help with the development of skaters upon request.

When your child enters the Skate Canada test Stream, they will take tests in one or all of the disciplines in figure skating. The evaluators are the officials that determine if your child has mastered the necessary skills sets to move on to the next level.

Evaluators are not paid, however their expenses such as mileage are covered for travel to and from the test day. Evaluators are well trained and have evaluated hundreds of tests, sometimes thousands! They are well respected members of the skating community. If you have a question in regards to your skaters test results, please consult your coach, and they will approach the evaluator at an appropriate time during the test day.

Competitions

Skaters at all levels of the STARSkate program have the opportunity to participate in competitions with other skaters of similar skill level.

Competitions are eagerly anticipated by many skaters as an opportunity to show off their skating skills for audiences that usually include their families and friends, and as another venue for practicing the life skills that skating encourages them to develop.

Local invitational competitions are held throughout the season by various skating clubs. As well, competitions are held at the regional and national levels. OSSC is located in Central Ontario (COS) NorthWest Area. Our home club members are eligible to skate at Ice Dreams, which is held every January in one of the local clubs in our area.

Competing is optional but most coaches feel it is important to compete even if you don't have Competitive Stream aspirations. The process of preparing for competition can focus a skater's effort. The performance experience can improve performance under pressure at both competitions and for tests.

To compete, a skater must meet the age and test qualifications for the event. If a certain competition is appropriate, your coach can direct you to the application form online. The Skate Canada – Central Ontario website also has a listing of the various competitions – feel free to discuss these with your skater's coach.

The application process for all competitions have now been streamlined and are completed online. It is the parent's responsibility to fill the form out and submit the entry fee, before the deadline.

Applications are not accepted after the deadline, so please make sure that you leave yourself plenty of time to get the form submitted. Your coach can help you with the application process, as it sometimes can be confusing.

There are different types of competitions for figure skating; Test Stream (i.e. Ice Dreams, Invitational), and Competitive Stream (i.e. Sectionals, Nationals). Everyone starts off in the Test Stream competitions.

About a week before a competition, the club, skater or coach will receive confirmation of the entry along with the date and time of the event.

Participation in competitions involves some added expenses. Skaters are required to dress appropriately for the event, competitions charge entry fees for each event entered, and your coach may charge for the preparation of music for the event. It is customary for coaches to be paid to attend competitions. This fee may include time, gas, accommodations, and lessons missed to be there. Coaches' fees should be discussed in advance of the competition with your skater's coach. Skater's may require extra lessons and ice time to prepare for a competition. Again, these areas should be discussed with your skater's coach in advance.

Each skater is unique. It is not a good idea to compare your skater's ability, progress and results to others. There are too many factors influencing progress to make comparisons meaningful; Age, maturity, talent, annual training time, are all factors. A skater's placement in one isolated competition is not a definitive evaluation of your child's ability. Keep the following Do's and Don't's in mind.

DO:

- ✓ Maintain a positive attitude
- ✓ Be respectful of other competitors
- ✓ Be generous with your praise – your child has worked hard
- ✓ Support your child regardless of outcome
- ✓ Accept the results with grace

DON'T

- × Keep asking your child if they are nervous
- × Pick at your child's hair and clothing
- × Make negative comments about other skaters
- × Make negative comments about your child
- × Complain about the result

The Day of the Competition

Arrive one hour ahead of your scheduled event. Register at the desk when you arrive and hand in two copies of your music (if applicable). Find the location of the assigned dressing room and the ice surface. You will also need to locate your coach to inform them you have arrived.

Do not assume that your event will start at the scheduled time – they rarely do! Be sure you are in the correct area, dressed and ready to go. Skates should not be put on any more than 15 minutes before the start of your event. Staying warm is a must, as you will only have a very limited time on the ice for warm up (usually 3-5 minutes). There is usually an Ice Captain or volunteer present to check attendance for each event.

For each event there is a warm up, usually 3-5 minutes long before the commencement of the event. The warm up is not judged. Once the warm up is complete, the skaters will clear the ice, and the event will start.

Ice Dreams is our areas annual Fun Competition. Please watch for details in late October on the bulletin board or on our website at www.skateowensound.com

Guest Skating Policy

Guest Skaters are skaters from other clubs who wish to periodically use a skating session during our club time. These skaters must ensure the club is aware and has approved their skating before stepping onto the ice. The club can choose to limit the number of guest skaters depending on the number of skaters who are on the ice.

Club Skaters are to skate on the session they are registered for. Skaters may not make up missed time on other sessions as those session times have already been paid for by other club members. If you wish to skate on a session for which you are not registered, you must pay guest fees.

Payment must be given to a Board Member prior to stepping onto the ice.

Guest skating fees are as follows:

Winter School – Members \$20.00 for full session; Non-Members \$30.00 for full session

Spring School – OSSC Winter Members \$20.00 for full session; Spring School & Non-Members \$40.00 for full session

All guest skaters (member or non-member) must inform the Membership Services Coordinator 24 hours prior to the session they wish to skate on.

Guest skating will only be permitted on sessions that are not full.

Solo music will not be played for a guest skater.

Skating down (i.e. seniors skating on intermediate session) is not permitted.

Due to the introduction of the Non Resident User Fees implemented by the City of Owen Sound, the OSSC has revised their Guest Skating Policy effective May 2013.

“Skaters wishing to guest skate on an OSSC session that are not residents of the City of Owen Sound, are permitted to guest skate a maximum of 8 times during the winter skating session without having to purchase a non-resident card from the City of Owen Sound. Should a skater exceed the maximum number of allowable guest skates, they will be required to purchase a non-resident card from the City of Owen Sound, which will need to be presented to the registrar prior to any further guest skating requests.”

Ice Etiquette

The following rules and regulations have been made to make skating more enjoyable for not just yourself, but for other skaters you share the ice with. They were developed with safety in mind. Skaters who do not abide by these rules may receive a verbal warning, and subsequently a written warning if the behavior continues from the Board of Directors. Failure to comply with these rules may result in the suspension of membership privileges.

Safety

- Glass containers, food, candy or gum are not permitted on the ice at any time
- Get up immediately after a fall
- No sitting on the boards
- Avoid using hair pins or clips that may fall on the ice
- Skaters must yield right of way to coaches, to skaters in lessons and to those skating their program at all times
- Skaters must try to be aware of dance, solo and skill patterns so that interruptions and collisions can be avoided

Courtesy

- Avoid standing in the middle of the ice to talk
- Skaters should not interrupt coaches when they are teaching a lesson (unless it is an emergency)
- Guest skaters are to be treated with respect and as a member of the club
- Guest skaters must contact the Membership Services Coordinator 24 hours prior to stepping on the ice

Sessions

- Negative talk about skaters, coaches or parents will not be tolerated
- Foul or inappropriate language will not be tolerated
- Skaters must practice spins between the blue lines
- Skaters must practice jumps in the end areas of the ice
- Disciplines must be skated during their allotted times

- Coaches are to be the only persons running the iPod

Dressing Room

- Dressing rooms are to be kept clean. Garbage and recycling are to be placed in the appropriate containers
- **To ensure the privacy of our female skaters, the OSSC has created a policy which excludes any male from entering dressing rooms where our skaters are present. Should a male family member be required to assist their skater, we respectfully ask that this be done in the stands around the rink, or in the referee's dressing room (#6) should it be open.**

If you have concerns regarding a skaters' behavior, please approach that persons' coach in a respectable manner. The coach will then approach the skater. If the behavior persists, advise the Board in writing about your concern.

Stroking Policy

The OSSC offers, as part of STARSkate membership, a 10 minute stroking session, once weekly for Preliminary, Intermediate and Senior programs. The cost of these sessions are included with membership fees.

Stroking sessions play an important role in skater development, providing aerobic exercise, as well as encouraging endurance, speed, power, agility, edge development and team work.

Stroking sessions are to be led by Skate Canada professional coaches. Prior to the start of each season, eligible coaches are provided the opportunity to teach stroking sessions as part of their coaching contract. The Board encourages all Coaches to participate in the stroking program as we believe the program is enhanced by a variety of skills and teaching styles, however coaches may choose to opt out of teaching should they desire.

A policy has been in place for many seasons which permits coaches who elected to opt out of the program as well as those not scheduled to teach stroking on a given session to teach ONE student in a private lesson during stroking. For the safety of skaters, these lessons were for spins and/or footwork **ONLY** – no jumps, dance or skills patterns permitted. The skaters participating in the stroking session will ALWAYS have the right of way on the ice, **NO EXCEPTIONS**. The coach who is teaching a private lesson to a SINGLE student will yield to the skaters involved in the stroking session.

All skaters not otherwise involved in a private lesson are required to participate in their stroking session. **Should a skater choose not to participate in a stroking session she/he will be required to leave the ice for the duration of the stroking session,** so that skaters who wish to participate in the stroking session have the space to be able to improve their skills during this time.

The Board of the OSSC will be monitoring the following of this policy very closely during the season. Should the safety of skaters or coaches come into question, this policy will be rescinded.

Dance Partnering Policy

The Owen Sound Skating Club is very fortunate to have a Skate Canada Professional Dance Partner, Curtis Moore. Curtis is available to partner our skaters at every level in the discipline of dance. As with private lessons with your Skate Canada Coach, the cost of these lessons are the parents responsibility. However, these lessons are billed to you by the Club, not by the Dance Partner. Please find below the Policy surrounding Dance Partnering. Should you have any questions about the Dance Partnering Program, please speak to your Coach, or a Board Member.

Dance Partnering Policy

1. Those skaters interested in taking dance partnering lesson must forward their completed request form to the Dance Partner Co-ordinator no later than 1 week prior to the start of the schedule.
2. The Dance Partner Co-ordinator will compile the request forms to complete lesson schedules on a monthly basis.
3. Once the schedule has been released, skaters will be invoiced and required to pre-pay for the upcoming month.
4. Please notify the Dance Partner Co-ordinator immediately in case of illness or absence. Any missed lessons, lesson swaps, and lesson sales are the responsibility of the skater.
5. If a skater chooses to "sell" a lesson, it is up to the skater to collect payment for the lesson. Lessons must be sold at the price listed on the schedule.
6. If the Club cancels lessons due to partner illness, inclement weather, etc, skaters will be notified via email and/or phone. The cost of the cancelled lessons will be refunded to the skater as a credit on account.
7. The cost of dance partnering lessons will be determined using the following equation:

$$\frac{\text{Total lesson cost} + \text{Total Mileage Cost} + \text{Total Meal Allowance}}{\text{Total \# of Lessons}} = \text{Total Lesson Cost}$$

Total Lesson Costs will be rounded up to the nearest dollar.

8. All partnering fees must be paid in full prior to the end of the schedule. Accounts in arrears will result in skaters not permitted to try tests and exclusion from future dance partnering schedules.

9. Payments by cash and/or cheques must be clearly marked with the skater's name and invoice number.

Session Criteria

As a skater progresses through each level of the three disciplines, there will come a time where they will need to be moved up to the next session within the Club.

Each session has certain criteria that need to be met in order to be moved to the next session of skating. This criteria is reviewed annually based on the skaters projected to return the following season, so that the Board can maintain an equal amount of skaters on each session without compromising the safety of the skaters.

With the Board essentially dividing the intermediate session, there has been a realignment of sessions. We now have Shooting Stars, Preliminary, Intermediates and Seniors. The criteria for each session is as follows:

Shooting Stars

Working on Stages 4-6 of the CanSkate Program

Preliminary

Passed all 6 stages of the CanSkate Program, and working on the Dutch Waltz

Intermediate

Passed Preliminary Level in all three disciplines

Senior

Passed Preliminary Level in all three disciplines

Passed Junior Bronze Level in two disciplines

Passed Senior Bronze Level in two of three disciplines

The guidelines set forth are just that, guidelines, and may be modified or amended to suit specific circumstances that arise from time to time.

Should there be a time that a skater surpasses the criteria for the session that they are currently enrolled in during the skating season, the skater will become eligible for the next skating session. Prior to this move happening, the Board requires a formal request in writing from the Skater's Coach and Parent/Guardian. This will ensure that the Board is aware of what skaters are on what session throughout the skating season. Should there be a difference in cost for the next session, the Board will provide a pro-rated fee for the remainder of the skating season for the new skating session that the Skater will be partaking in.

Fundraising

We are pleased to announce that OSSC has frozen the prices in most programs for a sixth straight year! In order to keep our fees competitive, and frozen at 2010 prices, we must rely on fundraising to offset the increased operating costs and facility rental charges. There are various ways that you can help fundraise. We certainly don't expect parents to participate in every fundraising activity, however we hope that you will support the Club where you can.

Skater's Dream Draw

These are the booklets that you receive at registration. For each child registered, you pay \$100.00 per booklet. These tickets are yours to sell to friends, co-workers, family. The money that you receive is yours to keep. This year the three cash prizes are as follows: 1st Prize \$1000.00, 2nd Prize \$500.00, 3rd Prize \$250.00. The draw will take place on February 13, 2016.

We are always brainstorming different ways to raise money for our club. Please stay tuned for upcoming fundraising events throughout the skating season.

Do you have any suggestions on fundraising opportunities? The Board would love to hear them! Please speak to any Board Member, or email owensoundskatingclub@gmail.com with your suggestions.