



Parent & Skater Handbook



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Revised August, 2016

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WELCOME TO THE GRANDE PRAIRIE SKATING CLUB!

This handbook has been prepared to help all of our club members and their parents understand the many aspects of figure skating. It will help to answer any questions and make your skating year much easier. Please take time to read this handbook in order for you to familiarize yourself with the club, the sport of figure skating and what will be expected from you as a member of our club.

MISSION STATEMENT

The Grande Prairie Skating Club is dedicated to the belief that all skaters should be able to participate fully in skating for fun, fitness, and a lifetime of achievement. The Grande Prairie Skating Club is a non-profit volunteer organization dedicated to the development of all skaters. We offer a broad selection of affordable, effective skating programs designed to provide the social, emotional and physical benefit of all skating fundamentals not only to figure skaters, but to aspiring young hockey players and speed skaters as well.

CLUB HISTORY

The skating family of Grande Prairie has been active and strong for over 65 years. A rink built in 1924 by the Wapiti Rink Company was designed for skating and curling. The first Ice Carnival was presented.

In 1935, the city council was subsidizing skating by offering free water supply and a \$100.00 lump sum bonus if skating was granted free to the children of the City for 3 days a week. Herb Shields was taught to figure skate by Johnny MacDonald and John Munro from Edmonton. By 1941, he was assisting with freeski instruction in Grande Prairie.

The first skating school in Grande Prairie started in 1952, with a coach from Edmonton. In 1953 the Kinsmen offered an ice show "Ice Sensations", which showed to 5,000 people in 3 nights in their newly built Memorial Arena. In 1956 the arena became the home of the first figure skating club called "Draco" – a constellation of the North Stars.

In 1959, when Grande Prairie received city status, an ice show was staged for the celebrations. It was organized by Herb Shields. Shortly after, in 1961, he became a CFSA test judge. He continued to judge until his death in 1982. From 1967 onwards the Swan City FSC hired professional coaches and figure skating became firmly woven in the fabric of Grande Prairie. Programs continued to evolve with the first summer school in the mid 70's and the first spring school in 1996.

In 1995, the club revised and broadened its vision and in the process changed it's name to the Grande Prairie Skating Club. This reflected the club's community roots and commitment to provide skating programs for all ages and all abilities. Since then we have continued to grow and develop. The club would not be where it is today without the many wonderful volunteers that have worked so hard to build our club to where it is today.

SKATE CANADA

The GPSC is a Skate Canada sanctioned club. Our programs are developed and implemented by Skate Canada standards. Skate Canada is the governing body of amateur figure skating in Canada. It provides standards and rules for the activities of its members, qualifies and appoints evaluators, judges, referees and other officials, conducts training seminars for coaches and skaters, provides information to the general public, and provides financial support. Membership includes all amateur Figure Skating Clubs, all skaters of each club, coaches and officials. All members are registered with Skate Canada through their home club upon payment of the annual registration fee. Each skater shall receive a Skate Canada registration card with an identification number that has been recorded at the national office. **Please keep this card as a permanent record.** This number does not change and it remains your link to Skate Canada forever, even in the years you are not an active member.

The GPSC belongs to the AB/NWT/Nunavut Section of Skate Canada. As well, we belong to the Alberta Figure Skating Foundation – a volunteer, non-profit organization that assists skaters and clubs in Alberta by providing financial assistance to skaters, and offers clinics on various aspects of skating. Individual membership in the foundation is also encouraged. Once becoming a member of the foundation grants/scholarships are available for application.

SKATE CANADA FEES/INSURANCE

In Alberta, each club collects \$35.65 per skater for Skate Canada Registration---\$35.00 is sent to Skate Canada National Office and they return 50% of the membership fee to the Section Office. The balance (\$0.65 per skater) pays for insurance while your skater is participating in a Skate Canada Program. Each skater's individual Skate Canada membership number also gives you access to the Skate Canada National member login site at www.skatecanada.ca. You can also access the Skate Canada AB/NWT/Nunavut Section website at www.skateabnwtun.com.

REGISTRATION

Registration for all our programs is done online at <http://gpskate.uplifterinc.com/>. The current skating schedules and registration link can be found on www.gpskate.com website. PreCanskate and Canskate brochures are available at the East Link Centre, the Coca-Cola Centre, or on the Grande Prairie Skating Club website. All programs are held at the Coca-Cola Centre.

responsibilities include: to copy and distribute competition packages to the coaches; assist with online registration as required; and assist in the resolution of competition scheduling errors.

Communication Chair Atara Hustler

This

person is responsible to distribute information, to publish the Club newsletter and to develop connections with the different groups within the club. Other responsibilities include: to maintain the website; and act as a contact person for Media (Newspaper, radio, television).

Events Chair

Liz Leuken

This person is responsible to organize and host all club activities and events other than those which are the responsibility of other committees. Such events shall be determined, from time-to-time, by the Board of Directors, and may include such things as intra-club competitions, carnivals, exhibitions, etc.

Membership Chair

Eleanor Beekman

email: registration@gpskate.com

The Membership Chair is responsible for the promotion, development and maintenance of Club membership. This person shall oversee membership drives and registration events, maintain the Club membership registers, submit Club membership information to Skate Canada, and issue all record and receipt documentation to Club members. This person also is to create an active registration list for all sessions offered and distribute to the coaches and the Board.

Fundraising Chair

Jackie Hampton

email: fundraising@gpskate.com

The Fundraising Chair is responsible to acquire funding, other than skating fees, to assist in making figure skating as affordable as possible to all Club Members, to identify, design, and execute all income generating programs and events, and to identify and apply for grants, bursaries, etc.,

CanSkate/ Primary Liaison

Vacant

The CanSkate Liaison is responsible to ensure that all parents and guardians of the Club CanSkate and Primary level skaters have an understanding of the Club goals and operations and to represent those parents and guardians at the Board of Directors. The CanSkate Liaison shall: be a resource to CanSkate and Primary parents and guardians; meet regularly with the CanSkate and Primary parents and guardians; liaise with other Committees to ensure that programs, events and activities are inclusive in nature; and to encourage CanSkate and Primary parents and guardians to be active in the Club.

COACHING STAFF

Jessica Dodd (Novakowski) ---Skating Director

programdirector@gpskate.com

- ISPC Certified (NCCP 2)
- Senior Competitive Singles, Gold Free Skating, Sr Bronze Dance, Sr Bronze Skating Skills

▪ 4 years coaching experience

programdirector@gpskate.com

(250)808-7069

Cheryl Jobson (Kjemhus)

- ISPC Certified (NCCP 2), Partial NCCP 3
- Junior Silver Freeskate, Gold Dances, Gold Skating Skills, Bronze Rhythm Dance

▪ 11 years coaching experience

cheryljobson14@gmail.com

(780) 882-4462

Diana Lazoruk

- NCCP Level 1 Certified / Partial ISPC Level 2
- Senior Bronze Freeskate, Junior Silver Dance, Skating Skills Class 5
- 12 years coaching experience

camdihome@gmail.com

(780) 814-1265

Ashley Spry

- ISPC Certified (NCCP 2)
- Gold Freeskate Elements, Gold Dance, Gold Skating Skills
- 12 years coaching experience

ahanson99@hotmail.com

(780) 830-0229

GPSC RULES AND REGULATIONS

RESPONSIBILITIES OF SKATERS

1. Proper courtesy must be extended to all skaters and coaches at all times. Swearing, kicking or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents of offending skaters will be notified.
2. Skaters must not eat while on the ice and never bring breakable containers to the ice (glass bottles).
3. Skaters should be on time for all skating sessions and lesson times, whether group, private, skating skills or stroking. Coaches should not have to leave the ice to find their students.
4. Permission must be attained before leaving the ice for any reason; this is both a courtesy to staff and a safety factor for the skaters.
5. Appropriate skating attire must be worn – no blue jeans.
6. No skater is to be on the ice at the same time as the zamboni.
7. No skater is to be on the ice without a coach present.
8. No parents are allowed on the ice at any time, for insurance reasons.
9. Skaters are not to enter or leave the ice over the boards or to sit on the boards.
10. Do not stand and socialize in the middle of the ice or along the boards. Do not assemble in front of the music machine. These are very dangerous practices and strictly prohibited.
11. Music is played by rotation. Only coaches may request music.
12. Do not lie on the ice unless you are injured and need assistance.
13. If you need to speak to a coach, do so while they are off the ice. Try not to interrupt them while they are teaching.
14. Please be sure to advise your coach if you will be missing any sessions, insufficient notice will result in lessons being charged for.
15. Skaters must be “in good standing” to participate in Skate Canada sanctioned events – test days, carnivals, competitions, etc. “good standing” assumes that the skater’s registration and coaching fees are paid to date and that the skaters are not under any disciplinary action.

ON ALL DANCE SESSIONS

1. Freeskate is not permitted on dance time other than at the coaches discretion on sessions that are not busy.
2. Skaters who are not dancing should stay to the edge of the rink, out of the pattern of the dances.
3. Music is played by rotation. Coaching staff have priority.
4. Give ‘right of way’ to skaters in the following priority
 - a. Skaters having a lesson with music being played.
 - b. Skaters in a lesson

RESPONSIBILITIES OF THE CLUB

1. Conducting a variety of figure skating programs at the skill and age levels appropriate to the club's membership.
2. Providing professional coaches to teach the programs offered in a group and/or private lessons.
3. As required, conducting Skate Canada tests in accordance with Skate Canada rules.
4. As required, conducting competitions for the various skills and age levels of the membership.
5. Conducting club business according to the club's constitution and bylaws and the rules of Skate Canada.
6. Liaison with the Skate Canada Office, Section and the community.
7. Raising funds for club events.
8. Ensuring that the amateur status of skaters is protected.

THE GPSC IS NOT RESPONSIBLE FOR LOST ARTICLES OR INJURY ON OR OFF THE ICE.

RESPONSIBILITIES OF COACHES

1. Figure skating coaches have the fundamental responsibility to promote figure skating and to coach to the best of their ability.
2. Figure skating coaches are responsible to the skaters – not only as athletes but as individuals who are developing values and beliefs that will last a life time.
3. Figure skating coaches must respect other coaches teaching methods, techniques and/or opinions.
4. GPSC coaches have the authority to “discipline” skaters. Disciplinary action taken will be based upon the offense and behavioral history. (Verbal reprimand, request to sit out a portion of practice, suspension from all activities for a period of time etc.)

RESPONSIBILITY OF CLUB TO COACHES

1. The club shall cooperate with and support the coach with regard to the technical aspects of the club skaters.
2. The club shall only hire certified NCCP (National Coaching Certification Program) coaches and only hire the number of coaches required based on the needs of members.
3. The club shall not interfere with a coach-skater relationship unless agreed upon by both parties.
4. The club shall assist a coach in recovering a skater's unpaid fees.

RESPONSIBILITIES OF THE PARENT

The responsibility of the club can only be met by parent participation since the club is operated by the parents of the skaters for all the skaters.

Parents are expected to contribute to the overall operation of the club in the following areas

1. Registration Fees

Fees, as set by the club, are payable upon registration. There are separate registrations for Bootbreaker, Fall/Winter, Spring, and Summer sessions. Check the website or contact the club office for further details.

2. Operation and Administration

Club operation is administered by a club executive which is composed of parent volunteers. In order for the smooth operation of the club and so that a small percentage of parents will not be doing the work, all parents are expected to serve in some area.

3. Safety

Every effort is made to ensure the safety of our skaters. Please make it a responsibility to pick up children immediately following sessions. An arena is not a place for children to be left unattended.

COMMUNICATION

GPSC will post important club/skater/parent information in four ways:

1) on our website, 2) our club wall, 3) the skater mail slots at rink side, and 4) e-mails.

You are responsible to check all of them in order to stay up to date. If you find that you are not receiving emails from the club, and you listed an email address on your membership form, please stop by the office, or email gpsc@telus.net.

FUNDRAISING

The Grande Prairie Skating Club requires compulsory fundraising to help keep the skater's fees as low as possible. Fundraising is used to offset the cost of ice rental, which is the largest expense. Each year the Fundraising Committee develops a strategy for the fundraising for the season. More details will follow at registration night.

PEACE REGION COMPETITION

Every year the Grande Prairie Skating Club submits a bid to Skate Canada to host a competition. We have been fortunate to host this competition since 1996. As being a member of the Grande Prairie Skating Club - all members are required to volunteer for this competition whether you pay the fundraising or non-fundraising rates. When you register at the beginning of the year, you are required to give a postdated cheque for \$400.00 for "competition." This is only cashed if you do not fulfill your volunteer duties for the competition.

ICE SHOW

The GPSC holds an Ice Show every second year. This is for the benefit of all skaters and gives an opportunity for families to come and watch their favorite skater. An Ice Show is a production that includes groups of skaters that skate a choreographed number that the coaches create. They wear costumes and usually the Ice Show has a theme to tie all the numbers together.

EQUIPMENT

Proper equipment is essential to become skilled in most sports, and figure skating is no exception. Skaters cannot learn skills unless their boots fit well and support their ankles. Medium priced figure skates are usually sold with the boot and blade either riveted, or screwed together as a unit. Purchasing appropriate skates to suit the level of skater and your budget is of the utmost importance. There is nothing wrong with good quality second hand skates. However, the boots must be in good condition and be able to support the skater's ankles well.

FIT OF BOOTS:

Boots should be fitted with one pair of stockings only. There should be room to move toes but the foot should not slide around. The maximum amount of space between the toes and the end of the boot should be 1/2" or 1.3 cm. Figure skating boots are normally a size smaller than your normal walking shoe.

- Skates should fit snugly around the ankle and heel.
- There should be some room for movement but the ankle, instep and heel must be firmly supported.
- The ball of the foot should come just ahead of the point where the sole starts to cut in for the arch. This ensures proper positioning of the arch and is extremely important for balance.

- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot.
- The front of the boot should be sufficiently wide to pull the laces tight.
- Never buy skates so big that they will last another season, because not only will they break down faster, skater progress may be hampered by ill fitting equipment.

SETTING AND SHARPENING THE BLADES:

Even if your blades come already attached, it is important to ensure that they are located in the correct position on the boot soles (generally slightly inside the center line). These adjustments should only be done by an expert. United Cycle in Edmonton is trained to do this and is well experienced in sharpening skate blades. Very few people who sharpen hockey skates really understand what is required for figure skating blades. Be sure to check your blades on a regular basis for sharpening. Experienced skaters have their blades sharpened approximately once a month.

LACING SKATES

- Skates should be laced fairly loosely over the toe and front of the boot but snugly over the ankles.
- Be sure the tongue is centered and pulled all the way up.
- Laces should be hooked securely with sufficient tension to permit one finger down at the top of the back of the boot.
- Laces should be long enough to be tied in a double bow and tucked in. Never wrap laces around the top of the boot.

SKATE GUARDS

Skate guards should be worn when walking to and from the ice. Skate guards are necessary because they protect the edges of the blade, prolong the life of the skates, and are a safety factor when walking in various surfaces. Permanent damage can be done to a blade by walking on concrete without guards. Skate guards should be removed from the blades when the skates are stored. This is to prevent the blades from rusting.

CARE OF EQUIPMENT

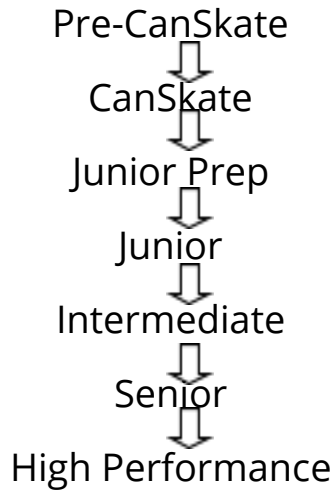
- After each wearing, blades should be dried with a cloth and stored without guards. Guards should be washed out or replaced occasionally.
- Have a skate bag to keep skates, guards, soft guards, wipe cloths, extra laces, helmets, etc. organized and at hand.
- Boots and laces should be kept clean.
- While removing skates make sure they are sufficiently unlaced so that the back of the boot will not break down.
- Blades are sharpened properly on a regular basis. This is very important as the blade is the contact that makes the edges enabling a skater to do jumps and spins. Better quality steel requires less frequent sharpening. Each blade is hollow ground, giving both the inside and outside edges. For an experienced skater, sharpening is serious business! A poor sharpening can ruin the blade forever and affect their skating ability. It may cost a bit more, but having them done by an experienced technician will increase the blade's longevity.

- The bottom pick should not be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to but it is important for jumping, footwork, and balance.

SKATING CLOTHING

A pair of warm pants and a sweater or jacket without a hood is suitable for beginners, as skaters progress they will be required to wear proper skating tights and a skating dress. Snowsuits should not be worn as they tend to be bulky and slippery. Gloves or mitts should be worn for warmth and safety. Helmets are mandatory for Pre-CanSkate and CanSkate to avoid injury in case of a fall. Bike helmets are not permitted. Only hockey helmets are acceptable, as per Skate Canada. Skaters will not be permitted on their PreCanskate or Canskate session without a proper fitting, appropriate helmet.

SKATER DEVELOPMENT



SKATE CANADA TEST PROGRAM (JUNIOR TO SENIOR LEVELS)

DANCE	SKILLS	FREESKATE	INTERPRETIVE
-Preliminary	-Preliminary	-Preliminary	-Introductory
-Junior Bronze	-Junior Bronze	-Junior Bronze	-Bronze
-Senior Bronze	-Senior Bronze	-Senior Bronze	-Silver
-Junior Silver	-Junior Bronze	-Junior Silver	-Gold
-Senior Silver	-Senior Silver	-Senior Silver	
-Gold -Diamond	-Gold	-Gold	

DANCE(PAIRS)	FREESKATE (SINGLES)	FREESKATE (PAIRS)
-Juvenile	-Pre-Juvenile	-Juvenile
-Pre-Novice	-Juvenile	-Pre-Novice
-Novice	-Pre-Novice	-Novice
-Junior	-Novice	-Junior
-Senior	-Junior -Senior	-Senior

GPSC Programs

PRE- CANSKATE

Helmets are mandatory.

Teaching young children to skate the right way inspires self-confidence. The Pre-CanSkate program offers basic movement on ice for ages 3 to 5 years. The course design has a strong element of play built in to encourage and capture the attention of this age group. The emphasis is on FUN.

To make learning to skate for the first time a pleasant and satisfying experience, coaches emphasize participation focusing on fun and continuous movement. Young skaters are encouraged to learn proper posture, and the correct methods of pushing, gliding, stopping, turning, jumping and are introduced to the precursors of spinning.

GPSC monitors enrollments in both Pre-CanSkate and CanSkate sessions. Our Skater: Coach ratio is as set out by Skate Canada guidelines to help keep our standards high by resourcing both certified coaches and Program Assistants when group size dictates.

Please be patient with your new skater as your child will progress at his/her own rate.

Parents are NOT to accompany their skater on the ice during lessons. This is for Skate Canada insurance purposes, as well as we find that children will respond better to instructions when left in the care of coaches.

Once the basics have been learned, the pre-canskater will be ready to progress confidently to the CanSkate program.

CANSKATE

Helmets are mandatory.

CanSkate is a fun and safe program for children who have completed Pre-CanSkate or who are able to skate on their own. It incorporates the use of music, skill development, and games in a somewhat more structured format than Pre-CanSkate. CanSkate is a recognized Skate Canada program that teaches the fundamentals of skating with the focus being on Power Agility and Balance. The skills are arranged in a progressive teaching sequence and are divided into six badges (Stages 1-6 of the Skate Canada Program). The progressive teaching sequence includes many different circuits incorporating the core components of Power, Agility and Balance and builds on them.

These fundamentals prepare skaters to begin figure skating, hockey, ringette or recreational skating. The program is taught by qualified and experienced professional coaches assisted by amateur coaches (Program Assistants). The CanSkate Program Assistants must attend a clinic where their practical skills and theoretical knowledge are

tested. Under the guidance of professional coaches, these Program Assistants provide additional assistance to the CanSkate Program.

It is a requirement of all our intermediate and senior skaters to participate as Program Assistants. Please remember that these young skaters are volunteering their time to aid the professional coaches with the program. If there are any problems relating to any GPSC Program Assistant, please direct these immediately to the professional coach. Please do not address the Program Assistant. Your concerns will be handled promptly as our club is very conscientious of developing proper coaching attitudes in these young coaches of the future. Please do not hesitate, however, to praise or compliment these young volunteers for jobs well done. Their enthusiasm, spirit and dedication are appreciated by the coaches and club organizers alike.

CanSkate sessions include warm-up, stroking, skill instruction, creative exercise to music, games and cool-down activities.

Theme days and special events are scheduled throughout the season.

Skaters are evaluated on an on-going basis.. As each badge level is completed, badges and/or certificates are awarded. "Fun" handouts are given out often. There are no formalized "Test Days".

The CanSkate program is designed so that a skater can progress at his/her own speed. Remember that individual differences and practice time can affect the skater's rate of progress. The average skater can spend 2-3 seasons to complete the program. Two skating sessions per week are strongly recommended because skaters tend to forget what has been taught if the time span between lessons is too great.

The CanSkate program promotes fun, friendship, exercise, and, through group participation, a development of good skating skills and a lifelong love for the sport of skating.

JUNIOR PREP

The Junior Prep Junior Prep Program is new to the club in 2015. The Junior Prep Program is designed for skaters between the ages of 4 and 10 that wish to "fast track" into the sport of figure skating. The Basic Fundamental Movements continue to be instructed, but with a focus on figure skating. Skaters working on their Canskate Badge Stage 1,2 and 3 are able to participate in this program. This is an exciting group program custom tailored to introduce younger skaters to a lifetime passion for the sport of Figure Skating. Classes are 45 minutes in length and figure skates and helmets are required.

JUNIOR STARSKATE

The Junior Program incorporates all aspects of figure skating. Skaters in this program are working/competing at the Canskate Stage 4,5,6 and Star 1 level. Skaters are instructed in group settings and may progress to taking private lessons at the discretion of the coaching director, with parent collaboration. It is required for all skaters to wear helmets

unless you have received a message from Skating Director stating otherwise.

*** No semi-private or private lessons are required for this level.

Once skaters are in the Junior program they are eligible to take lessons from our Skate Canada Professional Coaches. Private lessons are based on availability and are the *parent's* responsibility to organize. The GPSC coaches and relevant contact information is listed on Pages 10 and 11. Each coach will have their own lesson rates and available times and will bill each student directly. Contact the coach of your choice for more information. Private lessons are an additional cost and are NOT included in the registration cost.

INTERMEDIATE

Skaters in this program are working/competing at the Star 2-Star 5 levels, must be working on their Preliminary Freeskate test and working on their Axel and double jumps. Private or Semi-Private lessons are required. Skaters are expected to work independently before and after their lesson time.

SENIOR

Senior Program Skaters are working/competing at the Star 5-Star 8 levels, must have passed their Junior Bronze Freeskate test and consistently landing at least one double jump. Private or Semi-Private lessons are required. Skaters are expected to work independently before and after their lesson time.

HIGH PERFORMANCE

High performance skaters are working/competing at the Pre-Novice through Senior competitive levels/STAR 6 through Gold levels. They must be able to land three consistent double jumps. Private or Semi-Private lessons are required. Skaters are expected to work independently before and after their lesson time.

OFF ICE PROGRAMS

Off ice programs are an integral part of a skaters training. They encompass aspects of skating that can be covered off the ice in a less costly manner and are just as important as the on ice training. These programs can include strength and conditioning, core strength, flexibility, off ice jumping, spin positions etc. The GPSC is working with the Alberta Sport Development Centre (ASDC) as well as other highly qualified instructors to ensure the off ice training is varied and current. It is recommended that all skaters from Junior Prep level and up attend off ice programs.

TEST/COMPETITIVE PROGRAMS

All test and competitive programs are designed for skaters who are willing to commit more time and effort to their skating skills and wish to train for, and be tested on levels of achievement from Preliminary to Gold.

The program is tailored to the individual. Ice time is chosen from available scheduled sessions. Lessons are arranged privately with the Coaching staff and lesson fees are paid directly to the coach. Lessons will be structured around private, semi-private or small group.

The skater refines skills in skating skills, freeski, dance and interpretive disciplines. There are 6 skill levels (6 tests), 6 freeski levels (6 two-part tests), 6 dance levels (21 dance tests). 4 interpretive levels (4 tests) – potentially leading to a gold achievement in each discipline.

Highly motivated skaters may also choose to enter the Skate Canada competitive program which involves competing at a range of events from Regional competitions to Sectionals (Provincials), Challenge (Western Canada), Canadians (Nationals) and beyond. Skaters may also choose whether or not they wish to enter competitions or compete at a recreational level. It is solely up to each individual and their passion. There is something for everyone.

It is up to the skater/parent to keep in contact with the coaches to decide on your goals for the year and to follow up on the skater's progress.

SKATE CANADA TESTS

A great deal of work is involved in the hosting of a test session. We would ask for parents' co-operation and also to remember that the evaluators/judges are VOLUNTEERS, and have spent many hours apprenticing and writing exams in order to qualify as Skate Canada Evaluators and Judges. They warrant our respect and gratitude. Test sessions are held throughout the winter and spring sessions and during summer school.

TEST REGULATIONS:

1. A skater must be a 'member in good standing' to be allowed to test. Test fees must be paid prior to the test.
2. To be eligible for a test, the skater must have passed all preceding tests.
3. Skaters are required to be at the rink 1 hour before the scheduled time of the test. Skaters must not go on the ice until instructed to do so.
4. Common sense, appropriate attire, and appropriate behavior is expected on Test Days. Skaters must show respect for themselves (i.e.-properly dressed, skates clean, etc.) for others (conduct themselves quietly while others are testing), and for the judges (be on time, courteous and practice self-control)

5. It is your responsibility to keep your individual test result and record for future inquiries.

COMPETITION CHECKLIST

In addition to our own competition hosted annually by GPSC, skaters will have the opportunity to attend competitions held by other skating clubs in the region and the province. The skater and parent(s) work with the skater's coach to determine eligibility and desire to compete. The competition chair will distribute competition entry forms to the skaters or online entry information to the parents by email. It is the responsibility of the the parent to ensure that forms are completed accurately and submitted by the deadline with payment. Payment to GPSC and forms are to be collected and submitted by the competition chair to the hosting club, unless otherwise instructed.

TO DO:

- Fully complete all competition entry forms before deadline date and return to coach or competition chairperson prior to deadline with appropriate payment. Any forms that are incomplete may be denied.
- 2 copies of solo cd's.
- Polish skates and new washed laces (cut to correct length and melt ends)
- Sharpening (minimum one week before competition)
- Costume (tried out prior for fit and comfort and possible alterations)
- Beige tights only
- Warm up sweater and matching gloves, for warm-up period only. Form fitting, zip, button or wrap. No hood. White, black or matching color of dress.
- Hair must be worn neat and tidy (braid or bun, off face, must not catch on costume). Nothing loose, bobby pins must "lock". Tested at same time as costume before event.
- Extra tights, boys extra socks. Clear nail polish for emergency runs.
- Skate bag, guards, wipe for skates, and possibly a garment bag.

ORDER OF EVENTS

Arrive a minimum of 1 hour before the start of your event (1/2 hr for the first event of the day). Note: Competition events are permitted to start 1 hour early regardless of whether all skaters are present.

When you first arrive, go to the registration area, hand in your music. (remember to pick up your music after the event before you leave for the day).

Find your groups dressing room and let the ice captain (person with the clipboard) know you are there. Find out the skating order and whether it will be early or late.

Find your coach (they will be looking for you as well).

Do your off-ice warm-ups in a quiet place if possible (20 minutes minimum). Include stretching, light jog, jumps, program walk-through. Look at ice for start place. No silliness or running around while waiting. Focus on preparation. Use an iPod if you have one with your music on it.

NOTES TO REMEMBER

While wearing your costume, be careful where you sit.

Laces must be tucked securely between tongue and boot, not loose and hanging out.

You should never compete on a completely empty stomach, especially in the morning. However, avoid greasy, spicy, sweet or heavy foods. Avoid drinking quantities of liquids, especially pop.

Results are posted within an hour of skating times. Check the results area. Sometimes placements 1-6 receive an award in the lower levels and are expected at presentation area. Find out at the registration desk. Sometimes there are qualifying rounds to finals particularly at StarSkate Championships.

Bring a camera for the awards presentations. Never use a flash in the rink as it is extremely dangerous for the skaters.

COACHES EXPENSES

Coaches will also have their expenses for attending out-of-town competitions and test days paid. Their expenses will be split evenly among the skaters they have attending and the events they skate in. (A skater doing 3 events will have a higher portion to pay than a skater doing 1 event). The coaches submit their expenses to the GPSC and the GPSC pays them and then bills the skaters back for their share of the expenses.

Expenses allowed:

Travel: Vehicle – Skate Canada approved rate of \$0.48/km (as of Sept 1,2013)

Airplane – Receipt of actual cost

Hotel: Receipt of actual cost

Food: \$45/day

*Coaches are expected to keep expenses to a minimum.

COMPETITION/ TEST DAY / MUSIC BILLING

The coaches that coach with the GPSC sign a contract each year that stipulates what they are to charge for attending competitions and test days with their skaters. It also covers what music editing charges are acceptable. It is as follows.

Competition / Test Day Coaches Rates (Also called Gate Fees):

- All competition events - \$30/ event
- Dance Tests- 1 lesson fee
- Partnering - 1 lesson fee
- Practice Ice - equivalent to normal private lesson charges
- Freeskate Tests - 2 lesson fees
- Interpretive Tests - 2 lesson fees
- Skills Tests - 2 lesson fees

Music Rates:

Includes music selection/editing, 2 copies of the CD's-a master copy, and backup copy.

1.0 min.....\$35.00	1.5 min.....\$40.00
2.0 min.....\$45.00	2.5 min.....\$50.00
3.0 min.....\$55.00	3.5 min.....\$60.00
4.0 min.....\$65.00	4.5 min.....\$70.00
5.0 min.....\$75.00	Additional Copies....\$10 per copy

Private Lessons:

Private lesson rates are set individually by coaches, according to credentials and experience.
Skaters with overdue accounts are not permitted to take tests or register for any subsequent ice sessions.

GENERAL PRINCIPLES APPLICABLE TO ALL SKATERS

Trustworthiness. All skaters shall:

Be honest, and never deceive, cheat or steal;
Have the courage to do the right thing;
Work to build a good reputation;
Demonstrate loyalty to family, friends, all other skaters.

Respect. All skaters shall:

Treat others with respect, and be considerate of the feelings of others;
Demonstrate a tolerance toward differences;
Use good manners, and avoid offensive language and taunting;
Never slander, degrade, threaten, hurt or hit anyone; and
Deal peacefully with anger, insults and disagreements.

Responsibility. All skaters shall:

Use self-control and self-discipline;
Be accountable for all choices and actions;
Demonstrate reliability; and
Exhibit supportive behaviour and a positive attitude.

Fairness. All skaters shall:

Adhere to all rules, policies, and guidelines;
Be open-minded and demonstrate the ability to listen to others;
Not pass blame carelessly;
Share equitably and take turns for a particular situation as appropriate; and
Never take advantage of others.

Caring. All skaters shall:

Demonstrate compassion, kindness, and forgiveness; and
Provide assistance to others in need when appropriate.

Citizenship. All skaters shall:

Respect authority and demonstrate cooperation; and
Properly care for all facilities they skate with in.

ATHLETES' CODE OF CONDUCT

2.1) General. All athletes shall recognize that being a member of the community carries with it responsibilities and rewards, and they shall not only embrace those responsibilities, but also conduct themselves both on and off the ice in a way that exhibits respect for others and themselves.

2.2) Specific Principles:

- ✓ Skaters are to extend proper courtesy to all skaters and coaches at all times. Swearing, kicking or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents of offending skaters will be notified.
- ✓ Skaters must behave respectfully to other skaters, parents, coaches, and officials while off the ice. This includes behavior in the dressing rooms.
- ✓ Skaters are not permitted to eat while on the ice. Only unbreakable beverage containers are permitted at the boards.
- ✓ Skaters are to be on time for all skating sessions and lessons.
- ✓ Skaters are to receive permission from a coach before leaving the ice for any reason.
- ✓ Skaters are to wear appropriate skating attire, no blue jeans.
- ✓ Skaters are not to be on the ice at the same time as the zamboni.
- ✓ Skaters are not to be on the ice without a coach present.
- ✓ Skaters are not to enter or leave the ice over the boards.
- ✓ Skaters are not to sit on the boards.
- ✓ Skaters are not to stand or socialize in the middle of the ice or along the boards. Do not assemble in front of the music player. Skaters are not to lay on the ice unless unable to stand due to injury requiring assistance.
- ✓ Skaters are to limit speaking to a coach to their lesson time. Skaters are not to interrupt another skaters' lesson.
- ✓ Skaters are to notify their coach of any planned missed lessons.
- ✓ Skaters must be in good standing with the club to participate in Skate Canada sanctioned events including test days, ice shoes, competitions, etc. "Good standing" implies the skater's registration fees and coaching fees are paid to date and that the skater is not subject to any ongoing disciplinary action.
- ✓ Skaters acting contrary to this code of conduct may be subject to disciplinary action.

3.0) ENFORCEMENT OF THE CODE OF CONDUCT

3.1) Responsibility. Responsibility for enforcement of this Code of Conduct shall reside with the Board of Directors of the Grande Prairie Skating Club.

3.2) Enforcement Action/Discipline Policy.

1st Offence: Verbal warning by the Skater's Coach or the GPSC Board of Directors. The Skater's Parent/Guardian will be informed of the warning if the Skater is under the Age of Majority.

2nd Offence: Letter from the GPSC Board will be addressed to the Skater, Parent/Guardian and Coach outlining the nature of the violation.

3rd Offence: The skater is suspended from all Club programs without compensation for 1 week. This includes all lessons, competitions, and test days.

4th Offence: Skater may be asked to leave the Club at the Board's discretion. In the case of a serious breach of conduct, the skater may be immediately suspended at the Board's discretion. In cases of suspension or expulsion, no refund of any kind will be granted.

GRANDE PRAIRIE SKATING CLUB

PARENTS' CODE OF ETHICS

You are the most influential people in your child's life. Your job is not only to teach them to win or lose, but to do both graciously. You must also remind them that skating is meant to be FUN. The athletic skills these young people learn may only be used for a few years. The attitudes they develop towards themselves and others will last a lifetime.

- ✓ Promote integrity, fairness and respect.
- ✓ Help your child develop a positive self image. Encourage your child's participation by promoting good sportsmanship and providing constant positive reinforcement.
- ✓ Children learn by example. Promote respect for rules, coaches, judges and evaluators, other parents and skaters.
- ✓ Children look at parents as mentors, therefore, lead by example to create a motivating and rewarding environment built on trust and mutual respect between parents, coaches and the Board. Children are a product of their environment.
- ✓ Recognize the value and importance of the volunteer. They give their time and resources to provide a Club for your child.
- ✓ Be proactive and informed. Take the initiative to contact the office, coaches or the Board to obtain information pertaining to your skater or the Club. Please don't wait for other to inform you.
- ✓ If you have questions, concerns, and/or suggestions we encourage you to approach the appropriate Board Member or submit them in writing to the appropriate Board Member.
- ✓ When an issue of concern should arise encourage an open and respectful verbal dialogue with members and/or coaches to promote a healthy resolve.
- ✓ Show respect, appreciation and be supportive.
- ✓ Show respect for officials, coaches' and Club Members by not publically questioning their judgment, integrity and honesty.
- ✓ Encourage your child to approach their coach with any comments or questions regarding their performance after test days or competitions.
- ✓ Parent(s) are responsible for ensuring the safety of the skater when off the ice. Please ensure that if you are not at the arena, arrangements are made to meet your child for drop off and pick up in a safe area.
- ✓ Any person who deliberately deviates from the Code of Conduct by demonstrating poor behavior or disrespect to any of the Coaches, Board Members, Club Members or skaters may have their club membership revoked.

GRANDE PRAIRIE SKATING CLUB

BOARD MEMBERS' CODE OF ETHICS

- ✓ Ensure that equal opportunities for participation are available for all children regardless of their ability, sex, age or handicap.
- ✓ Encourage fair play and good sportsmanship.
- ✓ Be supportive of all volunteers. Praise efforts as well as results.
- ✓ Ensure that proper coaching is provided by hiring certified and skilled coaches.
- ✓ Support Clinics to upgrade and educate your skaters, coaches and volunteers.
- ✓ Make it a priority to look for opportunities to improve the Club and encourage change and innovation when required to achieve objectives.
- ✓ Distribute and display club rules and encourage their abidance.
- ✓ Demonstrate unity. Discuss issues and ideas with well founded supporting rationale. Listen to diverse opinions and once a decision is made, full support of the Board is expected.
- ✓ Act as a resource for Club members. Be considerate of new ideas and/or concerns brought forth by the membership by discussing them with the Board and responding in a timely manner.
- ✓ Demonstrate sound ethics; be trustworthy, truthful and honest when dealing with issues and individuals inside and outside the Club and Board Meetings. Maintain confidentiality.
- ✓ Consider all relevant factors when making decisions. Decisions must be logical, rational and advance the Club's interests. Commit and follow through once a decision is made. Remember we are a team working towards the betterment of our club.
- ✓ Promote and foster teamwork by sharing your opinion and respecting others. Build strong relationships by demonstrating awareness of and consideration for the feelings of others.
- ✓ Any Board Member who deliberately deviates from the Code of Conduct by demonstrating poor behavior or disrespect of Coaches, Board Members or Club Members may have their club membership revoked.

I, the undersigned, am aware of the contents of this document and agree to uphold them

Signature _____

Date _____

Witness _____