

# Sackville Skating Club

September 2020

Registration is done online through [www.sackvilleskatingclub.com](http://www.sackvilleskatingclub.com).

## **BEFORE GETTING ON ICE:**

1. Members must sign **Assumption of Risk waiver**. Waiver must be sent to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) prior to skater stepping on ice (if not already done in summer)
2. All skaters parents, coaches, and club volunteers must read and understand **SSC Safe Return to Skating Protocol**
3. All skaters parents, coaches, and club volunteers must read and understand **Sackville Sports Stadium Protocol**
4. Only register for sessions with your coach's approval

All COVID-19 documents can be found on the Sackville Skating Club website under the '**COVID-19 INFO**' tab.

## **At THE RINK:**

1. Arrive at the rink "ice ready" (in skating attire and skates on if possible)
2. Follow facility and club guidelines at all time. Maintain distance of 2m (6 feet) from other individuals at all times
3. Bring your own water, hand sanitizer, mask, and skating gloves. Personal items cannot be shared.

**IF A SKATER OR ANY HOUSEHOLD MEMBER GETS TESTED FOR COVID-19 please inform us at [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com)**

**IF A SKATER OR ANY HOUSEHOLD MEMBER TESTS POSITIVE FOR COVID-19 please inform us at [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com)**

The Sackville Skating Club has a zero-tolerance policy to non-compliance of all COVID-19 protocol. Any skater, coach, parent, or volunteer found to not be adhering to the protocols outlined in this document will result in the suspension of their participation in club activities for September 2020.

## September 2020 Schedule:

MONDAY	FRIDAY	SATURDAY
Sept 14, 21, 28	Sept 11, 18, 25	Sept 5*, 12, 19, 26
<b>5:00-6:30pm</b> Elite <b>6:40-8:00pm</b> Academy/Star	<b>6:00-7:20pm</b> Academy <b>6:30-8:00pm</b> Star <b>7:30-9:00pm</b> Elite	<b>4:00-4:55pm</b> Development <b>5:05-7:00pm</b> Open session  *Sept 5 will be 4:00-6:00pm open session buy in

The open session on Saturdays is open to any Star 1+ skater (Academy, Star, and Elite levels).  
 Coaching costs not included in the session price.

The placement of all skaters on each session is ultimately at the discretion of the Head Coach of the Sackville Skating Club. Skaters requesting to skate on sessions for which they do not qualify must submit a request in writing to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) prior to the start of the season. Skate-Up/Down requests must be submitted by coaches and will not be accepted if submitted by parents. Our main goal is to have safe, active, and productive sessions for all skaters and therefore skaters may need to be moved to another session to ensure this goal is met. The club reserves the right to move skaters to different sessions if necessary.

- All registration must be completed online at [www.sackvilleskatingclub.com](http://www.sackvilleskatingclub.com)  
 Registration, including payment, must be received before skaters are permitted on the ice.
- The \$43.65 Skate Canada fee (valid Sept 2020 to Aug 2021) is non-refundable and must be added to the price by all home club skaters if they have not already done so this season.
- There is a \$40 charge for any NSF cheques and must be replaced with a money order or cash before the skater's next session.
- No refunds except with a medical certificate and a written request to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com)
- The number of sessions cannot be guaranteed due to unforeseeable circumstances, such as snow storms. Cancellations will be posted on the club's website and facebook page.
- Session dates and times are tentative and subject to change. Sessions with low enrollment may be altered and/or cancelled.
- As e-mail is our main method of communication, please be sure to provide an address you check frequently.
- All skaters and coaches will be given a copy of the ice rules and regulations prior to the first day. Failure to comply with the rules and regulations listed could result in removal from the session.
- All Professional Coaches must submit their Skate Canada Registration to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) prior to coaching on the ice, including guest coaches and dance partners, for approval. All coaches will be required to sign a non-home club coach contract prior to their first session.
- All skaters, coaches, volunteers, and parents must abide by Skate Canada's Code of Ethics at all times.

**StarSkate Development:** Stages 4-6 of CanSkate (and with invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our StarSkate Development Program gives skaters the opportunity to continue working towards achieving the skills outlined in the CanSkate Program but in more of a figure skating environment. Skaters will still be assessed and receive the badges and ribbons for CanSkate but will also have the chance to try out more figure skating specific skills and concepts.

Coaching costs are included in the price of the session.

Figure skates are recommended, but not required. **Skaters must wear a certified helmet until they complete Stage 5.**

<b>Saturday</b> 3 weeks <b>\$85</b>	<b>4:00-4:55 pm</b> Sackville Sports Stadium	September 12, 19, 26	4:00-4:55 pm On Ice
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**Academy:** This session is for skaters who are working on Star 1-4 level tests. This program has a variety of different instructional and practice formats that align with Skate Canada's guidelines and recommendations for STAR 1-4 skaters. Skaters will have the opportunity to learn new skills in a wide variety of areas, take tests, celebrate achievements, enter competitions if they choose, and further develop their figure skating skills and abilities. Skaters will be able to work on skills that are at their appropriate level and also be challenged by new elements and skills.

Skaters will be taught by our club's team of Professional Figure Skating coaches. Skaters will receive semi-private, small group, workshop, classes, and station-style instruction and will also have supervised practice time on each session. Skaters will also receive one-on-one instruction on an as needed basis from a member of our coaching team to ensure they're getting the best possible instruction and direction as they develop their skating skills.

Following Skate Canada's LONG TERM ATHLETE DEVELOPMENT Model, Academy is now a **minimum of two day/week program**, and also includes off ice training twice a week. Please choose at least two of the three sessions listed below. If for any reason you are unable to do at least two sessions per week, please email [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) and we will accommodate you to the best of our ability.

<b>Monday</b> 3 weeks <b>\$110</b>  *Includes coaching costs	<b>6:40-8:00 pm</b> Sackville Sports Stadium	September 14, 21, 28	6:40-8:00 pm On Ice
<b>Friday</b> 3 weeks <b>\$110</b>  *Includes coaching costs	<b>6:00-7:20 pm</b> Sackville Sports Stadium	September 11, 18, 25	6:00-7:20 pm On Ice
<b>Saturday</b> 3 weeks <b>\$135</b>  *coaching costs not included	<b>Open session –          5:05-7:00 pm</b>  Sackville Sports Stadium	September 5*, 12, 19, 26	5:05-7:00 pm On Ice  *Sept 5 is 4:00-6:00 pm, open buy in session. Separate registration on website.

\*Coaching costs are not included in Saturday open session pricing – Academy parents will be invoiced by the club at the end of each month. Please contact [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) if you have questions.

**Star:** This session is for skaters who are working on Star 3 and 4 level tests AND with coach approval. Fees do not include private lessons.

<p><b>Monday</b> 3 weeks <b>\$95</b></p>	<p><b>6:40-8:00 pm</b> Sackville Sports Stadium</p>	<p>September 14, 21, 28</p>	<p>6:40-8:00 pm On Ice</p>
<p><b>Friday</b> 3 weeks <b>\$95</b></p>	<p><b>6:30-8:00 pm</b> Sackville Sports Stadium</p>	<p>September 11, 18, 25</p>	<p>6:30-7:20 pm On Ice 7:20-7:30 pm Flood 7:30-8:00 pm On Ice</p>
<p><b>Saturday</b> 3 weeks <b>\$135</b></p>	<p><b>Open session – 5:05-7:00 pm</b>  Sackville Sports Stadium</p>	<p>September 5*, 12, 19, 26</p>	<p>5:05-7:00 pm On Ice  *Sept 5 is 4:00-6:00 pm, open buy in session. Separate registration on website.</p>

Please contact your base coach before registering for a session.

**Elite:** This session is for skaters who have passed the *complete* Star 5 FreeSkate test or above and/or age 13+. Fees do not include private lessons.

<p><b>Monday</b> 3 weeks <b>\$105</b></p>	<p><b>5:00-6:30 pm</b> Sackville Sports Stadium</p>	<p>September 14, 21, 28</p>	<p>5:00-6:30 pm On Ice</p>
<p><b>Friday</b> 3 weeks <b>\$105</b></p>	<p><b>7:30-9:00 pm</b> Sackville Sports Stadium</p>	<p>September 11, 18, 25</p>	<p>7:30-9:00 pm On Ice</p>
<p><b>Saturday</b> 3 weeks <b>\$135</b></p>	<p><b>Open session – 5:05-7:00 pm</b>  Sackville Sports Stadium</p>	<p>September 5*, 12, 19, 26</p>	<p>5:05-7:00 pm On Ice  *Sept 5 is 4:00-6:00 pm, open buy in session. Separate registration on website.</p>

Please contact your base coach before registering for a session.