

Sackville Skating Club

Spring 2021

As of April 2, 2021

Registration is done online through <https://sackvillesc.uplifterinc.com/>.

Skating families must stay up to date on current Nova Scotia COVID-19 restrictions (<https://novascotia.ca/coronavirus/restriction-updates/>) and follow these restrictions at all times to be permitted participation in club activities. Please contact your base coach or the club if you have any questions.

BEFORE GETTING ON ICE:

1. All skaters parents, coaches, and club volunteers must read and understand current Arena Facility Protocol
2. Only register for sessions with your coach's approval (applicable for Junior, Intermediate, Senior levels only)

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 times. Maintain distance of 2m (6 feet) from other individuals when in the facility

IF A SKATER OR ANY HOUSEHOLD MEMBER:

1. Requires a COVID-19 test, the skater **MUST NOT** attend any session until negative test results are received.
2. Is showing any signs/symptoms of COVID-19 then they **MUST NOT** attend any session until symptoms subside.
3. Has travelled outside of Nova Scotia in the last 14 days, the skater **MUST NOT** attend until the 14 day period is over.

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 the duration of Spring 2021.

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 prior to the start of the season. 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. Skate-Up/Down requests must be submitted by coaches and will not be accepted if submitted by parents.

Junior – This session is for skaters who:

- are working on Star 1 & 2
- and/or developing single jumps

Intermediate – This session is for skaters who:

- are working on Star 3 & 4
- and/or developing axel

Senior – This session is for skaters who :

- are working on Star 5+
- and/or landed axel and developing double jumps

All Junior, Intermediate, Senior skaters must have a base coach (chosen by the skater and their parent/guardian). Coaching fees are not included in session cost except for any whole group stroking or off-ice training provided with the session.

All registration must be completed online at 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
- 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 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.

SPRING 2021 SEASON SCHEDULE

SUNDAY	TUESDAY	FRIDAY
<p>April 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13</p>	<p>April 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15</p>	<p>April 9, 16, 23, 30 May 7, 14, 21, 28 June 4, 11</p>
<p>April 11 - Lebrun</p> <p>April 18-May 30 - SSS</p> <p>June 6 - BMO rink D</p> <p>June 13 - BMO rink A</p>	<p>April 6-May 25 - SSS</p> <p>June 1, 8, 15 - BMO rink A</p>	<p>April 9-May 28 - SSS</p> <p>June 4 - BMO rink A</p> <p>June 11 - BMO rink C</p>
<p>CanSkate - 7 weeks April 18-May 30</p>	<p>CS - 7 weeks April 13-May 25</p>	
<p>April 11: 3:00-4:00pm Advanced CanSkate 3:45-4:00pm Power, Edge, Turns AC & Junior 4:00-4:10 FLOOD 4:10-5:10pm Junior 5:10-5:20 FLOOD 5:20-5:35pm Power, Edge, Turns Int & Senior 5:35-6:50pm Intermediate/Senior</p> <p>April 18-May 30: 9:05-9:55am Advanced CanSkate 10:00-10:40am CanSkate #1 10:40-11:20am CanSkate #2 11:20-11:30am FLOOD 11:30-12:50pm Int/Senior 12:50-1:55pm Junior</p> <p>June 6: 5:15-6:05pm Advanced CanSkate 6:05-7:10pm Junior 7:10-7:20pm FLOOD 7:20-8:35pm Intermediate/Senior</p> <p>June 13: 9:00-9:50am Advanced CanSkate 9:50-10:50am Junior 10:50-11:50am Intermediate/Senior</p>	<p>April 6: 5:05-5:55pm Advanced CanSkate 5:55-6:05pm FLOOD 6:05-7:00 OPEN 1 7:00-7:55 OPEN 2</p> <p>April 13-May 25: 5:05-5:55pm Advanced CanSkate 6:00-6:40pm CanSkate 6:40-6:50pm FLOOD 6:50-7:50 OPEN 1 7:50-8:55 OPEN 2</p> <p>June 1, 8, 15: 5:00-5:50pm Advanced CanSkate 5:50-6:00pm FLOOD 6:00-7:00pm OPEN 1 7:00-8:20pm OPEN 2</p>	<p>April 9: 6:05-6:55pm Junior/Intermediate 6:55-7:55pm Senior</p> <p>April 16-May 28: 5:05-6:20pm Junior/Intermediate 6:20-6:30 FLOOD 6:30-7:55pm Senior</p> <p>June 4, 11: 5:00-6:15pm Junior/Intermediate 6:25-7:50pm Senior</p>
<p>****See Level's Page for Off Ice Training Class times</p>		

Junior: This session is for skaters who:

- are working on Star 1 & 2
- and/or developing single jumps

Skaters MUST have a base coach accompany them on sessions.

Please contact your base coach before registering for a session.

<p>Sunday 10 weeks \$230</p>	<p>Sackville Sports Stadium April 11 at Lebrun Arena June 6, 13 at BMO Centre</p>	<p>April 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13</p>	<p>April 11: 3:45-5:10pm April 18-May 30: 12:00-12:35pm Off Ice Class 12:50-1:55pm On Ice June 6: 6:05-7:10pm On Ice June 13: 9:50-10:50am On Ice</p>
<p>Tuesday 11 weeks \$220</p>	<p>*OPEN SESSION #1 Sackville Sports Stadium June 1, 8, 15 at BMO Centre *Open session is for any skaters Star 1+.</p>	<p>April 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15</p>	<p>April 6: 6:05-7:00pm On Ice April 13-May 25: 6:50-7:50pm On Ice June 1, 8, 15: 6:00-7:00pm On Ice</p>
<p>Tuesday 11 weeks \$240</p>	<p>*OPEN SESSION #2 Sackville Sports Stadium June 1, 8, 15 at BMO Centre *Open session is for any skaters Star 1+.</p>	<p>April 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15</p>	<p>April 6: 7:00-7:55pm On Ice April 13-May 25: 7:50-8:55pm On Ice June 1, 8, 15: 7:00-8:20pm On Ice</p>
<p>Friday 10 weeks \$230</p>	<p>Sackville Sports Stadium June 4, 11 at BMO Centre</p>	<p>April 9, 16, 23, 30 May 7, 14, 21, 28 June 4, 11</p>	<p>April 9: 6:05-6:55pm On Ice April 16-May 28: 5:05-6:20pm On Ice 6:35-7:10pm Off Ice Class June 4, 11: 5:00-6:15pm On Ice</p>

Intermediate: This session is for skaters who:

- are working on Star 3 & 4
- and/or developing axel

Skaters MUST have a base coach accompany them on sessions.
Please contact your base coach before registering for a session.

<p>Sunday 10 weeks \$240</p>	<p>Sackville Sports Stadium April 11 at Lebrun Arena June 6, 13 at BMO Centre</p>	<p>April 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13</p>	<p>April 11: 5:20-6:50pm April 18-May 30: 11:30-12:50pm On Ice 1:05-1:40pm Off Ice Class June 6: 7:20-8:35pm On Ice June 13: 10:50-11:50am On Ice</p>
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Senior: This session is for skaters who:

- are working on Star 5+
- and/or landed axel and developing double jumps

Skaters MUST have a base coach accompany them on sessions.
Please contact your base coach before registering for a session.

<p>Sunday 10 weeks \$240</p>	<p>Sackville Sports Stadium April 11 at Lebrun Arena June 6, 13 at BMO Centre</p>	<p>April 11, 18, 25 May 2, 9, 16, 23, 30 June 6, 13</p>	<p>April 11: 5:20-6:50pm April 18-May 30: 11:30-12:50pm On Ice 1:05-1:40pm Off Ice Class June 6: 7:20-8:35pm On Ice June 13: 10:50-11:50am On Ice</p>
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<p>Tuesday 11 weeks \$240</p>	<p>*OPEN SESSION #2 Sackville Sports Stadium June 1, 8, 15 at BMO Centre *Open session is for any skaters Star 1+.</p>	<p>April 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15</p>	<p>April 6: 7:00-7:55pm On Ice April 13-May 25: 7:50-8:55pm On Ice June 1, 8, 15: 7:00-8:20pm On Ice</p>
<p>Friday 10 weeks \$250</p>	<p>Sackville Sports Stadium June 4, 11 at BMO Centre</p>	<p>April 9, 16, 23, 30 May 7, 14, 21, 28 June 4, 11</p>	<p>April 9: 6:55-7:55pm On Ice April 16-May 28: 5:40-6:15pm Off Ice Class 6:30-7:55pm On Ice June 4, 11: 6:25-7:50pm On Ice</p>