

Sackville Skating Club

Winter (January-March) 2021

As of March 2, 2021

Registration is done online through www.sackvilleskatingclub.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. Members must read and virtually sign the Assumption of Risk waiver policy before invoicing/registration will be completed.
3. All skaters parents, coaches, and club volunteers must read and understand current Arena Facility Protocol
4. 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 Atlantic Canada 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 Winter 2021.

Advanced CanSkate: Stages 4-6 of CanSkate (by invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our Advanced CanSkate 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.

Following Skate Canada’s LONG TERM ATHLETE DEVELOPMENT Model, our StarSkate Development is now a **two day/week program**. If for any reason you are unable to do two sessions per week, please email admin@sackvilleskatingclub.com and we will accommodate you to the best of our ability.

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

\$320 for 2 sessions/week

<p>1. Saturday 9 weeks</p>	<p>4:50-5:30 pm Sackville Sports Stadium</p>	<p>Jan 9*, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27 No skating Feb 20</p>	<p>4:50-5:30 pm On Ice *Jan 9 is 4:05-4:50pm Jan 16 & 23 - 4:05-4:45pm</p>
<p>2. Sunday 12 weeks</p>	<p>3:00-3:45 pm Lebrun Arena</p>	<p>Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28 No skating March 14</p>	<p>3:00-3:45 pm Groups 3:45-4:00 pm Power, Edge, Turns group class</p>

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.

SUNDAY	MONDAY	FRIDAY	SATURDAY
Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28	Jan 4*, 11, 18, 25 Feb 1, 8, 15**, 22 Mar 1, 8, 15, 22, 29	Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26	Jan 9*, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27 No skating Feb 20
3:00-4:00pm Advanced CanSkate 3:45-4:00 Power, Edge, Turns AC & Junior 4:00-4:10 FLOOD 4:10-5:10 Junior 5:10-5:20 FLOOD 5:20-5:35 Power, Edge, Turns Int & Senior 5:35-6:50 Intermediate/Senior	6:30-6:40 FLOOD 6:40-7:55pm Intermediate/Senior **Feb 15 Int/Senior are 6:05-7:55pm	6:05-7:20pm Junior/Intermediate 7:20-7:30 FLOOD 7:30-8:55pm Senior	4:50-5:30pm Advanced CanSkate 5:30-5:40 FLOOD 5:40-6:55pm OPEN (Star 1+) Session
	*Monday Jan 4: 5:05-6:20pm OPEN (Star 1+) session 6:20-6:30 FLOOD 6:30-7:55pm Intermediate/Senior (extended by 10 mins)		*Saturday Jan 9: 4:05-4:50pm Advanced CanSkate 4:50-5:00 FLOOD 5:00-6:55 OPEN (Star 1+) session

Monday January 4th OPEN (Star 1+) Session: 5:05-6:20pm. \$25.00

Registration is open on the Registration page until 11:59pm on January 2nd, 2021.

Saturday January 9th OPEN (Star 1+) Session: 5:00-6:55pm. \$40.00

Registration is open on the Registration page until 11:59pm on January 2nd, 2021.

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>Friday 12 weeks \$285</p>	<p>6:05-7:20 pm Sackville Sports Stadium</p>	<p>Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26</p>	<p>6:05-7:20 pm On Ice</p>
<p>Saturday 8 weeks \$185</p>	<p>5:40-6:55 pm *OPEN SESSION Sackville Sports Stadium</p> <p>*Open session is for skaters Star 1+.</p>	<p>Jan 9, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27</p> <p>No skating Feb 20</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 12 weeks \$260</p>	<p>3:45-5:10 pm Lebrun Arena</p>	<p>Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28</p> <p>No skating March 14</p>	<p>3:45-4:00 pm Power, Edge, Turns group class (Adv CanSkate & Junior) 4:00-4:10 pm FLOOD 4:10-5:10 pm Junior session</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>Monday 11 weeks \$240</p>	<p>6:40-7:55 pm Sackville Sports Stadium</p>	<p>Jan 4*, 11, 18, 25 Feb 1, 8, 15**, 23 Mar 1, 8, 15, 22, 29</p>	<p>6:40-7:55 pm On Ice *Jan 4 is 6:30-7:55pm **Feb 15 6:05-7:55pm</p>
<p>Friday 12 weeks \$285</p>	<p>6:05-7:20 pm Sackville Sports Stadium</p>	<p>Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26</p>	<p>6:05-7:20 pm On Ice</p>
<p>Saturday 8 weeks \$185</p>	<p>5:40-6:55 pm OPEN SESSION Sackville Sports Stadium *Open session is for skaters Star 1+.</p>	<p>Jan 9, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27 No skating Feb 20</p>	<p>5:40-6:55 pm On Ice</p>
<p>Sunday 12 weeks \$300</p>	<p>5:20-6:50 pm Lebrun Arena</p>	<p>Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28 No skating March 14</p>	<p>5:20-5:35 pm Power, Edge, Turn Class (Intermediate & Senior) 5:35-6:50 pm Session</p>

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.

Monday 11 weeks \$240	6:40-7:55 pm Sackville Sports Stadium	Jan 4*, 11, 18, 25 Feb 1, 8, 15**, 23 Mar 1, 8, 15, 22, 29	6:40-7:55 pm On Ice *Jan 4 is 6:30-7:55pm **Feb 15 6:05-7:55pm
Friday 12 weeks \$360	7:30-8:55 pm Sackville Sports Stadium	Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26	7:30-8:55 pm On Ice
Saturday 8 weeks \$185	5:40-6:55 pm OPEN SESSION Sackville Sports Stadium *Open session is for skaters Star 1+.	Jan 9, 16, 23, 30 Feb 6, 13, 27 Mar 6, 13, 20, 27 No skating Feb 20	5:40-6:55 pm On Ice
Sunday 12 weeks \$300	5:20-6:50 pm Lebrun Arena	Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 21, 28 No skating March 14	5:20-5:35 pm Power, Edge, Turn Class (Intermediate & Senior) 5:35-6:50 pm Session