



# PRESTARSKATE PROGRAM 2023/2024

Club Administrator: Patti Somer  
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## What is PreSTARskate?

**Skills, Tests, Achievement, Recognition** – this is what STARskate is all about!

The Red Deer Skating Club's PreSTARskate is an introductory program designed to teach the elements of figure skating. When ready, your skater can move to STARskate which offers opportunities for skaters to develop skills in the areas of ice dance, skating skills, freeskate, and interpretive skating. The PreStar program teaches figure skating skills in a group lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

**QUALIFICATIONS:** Skaters must have completed CanSkate Level 4 or have been recommended by one of our coaches or have attended a previous PreSTARskate program.

Skaters have the opportunity to take private lessons with any of the Red Deer Skating Club's coaching staff at any time. Please contact them directly if you have any questions about how this works.

### **LANA BELLMORE**

Provincial Coach  
Coaching Since: 1991  
Rate: \$12.00/15 min  
Phone: (403) 506-1880  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

### **PATTI SOMER**

National Coach  
Coaching Since: 1982  
Rate: \$13.00/15min  
Phone: (403) 396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

### **JESSICA MACKAY**

Provincial Coach  
Coaching Since: 2014  
Rate: \$11.00/15min  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

### **JENNIFER SHIGEMATSU**

Regional Coach  
Coaching Since: 1993  
Rate: \$11.50/15min  
Phone: (780) 385-0222  
[jmjk@live.ca](mailto:jmjk@live.ca)

### **MORGAN RATTAI**

Provincial Coach  
Coaching Since: 2002  
Rate: \$11.00/15 min  
Phone: (780) 298-3258  
[morganrattai@outlook.com](mailto:morganrattai@outlook.com)

## WINTER 2023/2024 PRESTARSKATE

**DAYS:** Mondays & Wednesdays

**DATES:** October 2<sup>nd</sup>, 2023 – March 22<sup>nd</sup>, 2024

**TIME:** 4:00pm to 5:00pm

**PLACE:** Kinsmen A Arena

**COST:** \$540.00 (full year Monday *and* Wednesday)

You may select to make installment payments at the time of check out.

Fee includes coaching, ice fees, stroking session, FIT Class, Train the Brain Class and registration fees.

**Late Registration Fee: \$25 will automatically be added to your account after September 18<sup>th</sup>.**

**REGISTER AT: [www.skatereddeer.com](http://www.skatereddeer.com)**

## **MANDATORY PARENT INFORMATION MEETING**

Wednesday, September 20<sup>th</sup> @ 7-8 PM on Zoom

- Meet the Coaches and your Club Executive.
- There will be a lot of information.
- A door prize.

## **VOLUNTEER COMMITMENT **NEW:****

You will be required to select your volunteer activities at the same time that you register your child for skating. Please have a look at the options available on the website before you log in to register to ensure that the registration process goes smoothly. You will need to have a total of 4 credits selected in order for your registration to process or pay \$150.00 buy-out fee (under subscriptions). This is for regular club operations.

Canskate Welcome Desk      Bingo Worker      Clean Dryland Room      Competition Worker

## **FUNDRAISING COMMITMENT:**

The Red Deer Skating Club has no fundraising commitments at this time.

## **PRESTAR & FIT CLASS**

Prestar & FIT class (dryland training) will be offered FREE to all Prestarskaters. The cost of this program will be covered in your registration fees. The classes include: pilates, dance, ballet, stretch, jump technique. Please add the class to your cart at time of registration. Class is held in the Dryland Training Room called the Studio October - March Mondays 515-615pm. Please join us.

## **TRAIN the BRAIN Class**

Is a Human Performance class to help with focus, training and positive self-talk. The cost of this program will be covered in your registration fees. This class will be held in the Studio at the Kinsmen Arena from 515-600pm one Wednesday a month.

## **CLUB COMPETITION**

We are hosting a competition for Star 1-3 on Saturday December 9<sup>th</sup> from 8am-8pm. Please save the date. Ask your coach about opportunities to participate.

## **NOTES:**

- There will be NO make-up days allowed.
- You will receive a calendar of events on the first day of class.
- Spaces limited to 25
- If you would like a club jacket you can buy a black fleece jacket (not hoodie) and bring it to the rink and we will have it embroidered for you or purchase it from our on line store:  
<https://customicrew.com/collections/red-deer-skating-club>

**Sessions are subject to change as deemed necessary by the Red Deer Skating Club.**

