



## **PRESTARSKATE PROGRAM**

**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. STARskate offers opportunities for skaters to develop skills in the areas of ice dance, skating skills, freeskate, and interpretive skating. This program teaches figure skating skills in a group lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

For Prestarskate you will need to wear white lace up figure skates (not molded or recreational skates with velcro or buckles). You will need mitts and a form fitting jacket as well as yoga pants or leggings or a skating dress (a dress is not mandatory). Please remember to wear layers as it is cold. Also have your child's hair pulled back off their face so they can see where they are going.

**QUALIFICATIONS:** Skaters must have completed CanSkate Stage 5 or have been recommended by one of our coaches or have attended a previous PreSTARskate program. This is not a learn-to-skate 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 the coaches directly. Skaters who wish to have private lessons from a coach may do so either during your PreSTARskate session or on another Junior or Open session during the week. There will be an additional ice cost for extra ice and a coaching fee for private lessons. If you have any questions; please contact the club at (403) 358-1701 or email: [skatereddeer@hotmail.com](mailto:skatereddeer@hotmail.com).

### **PROFESSIONAL COACHES:**

#### **TAMMIE PAUL**

NCCP Level III  
Coaching Since: 1982  
Rate: \$14.00  
Phone: (403) 506-3531  
[skatetammie@telus.net](mailto:skatetammie@telus.net)

#### **LANA BELLMORE**

NCCP LEVEL II  
Coaching Since: 1991  
Rate: \$12.00  
Phone: (403) 506-1880  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

#### **PATTI SOMER**

NCCP LEVEL III  
Coaching Since: 1984  
Rate: \$13.00  
Phone: (403) 396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

#### **JESSICA SERGEANT**

NCCP LEVEL 1 TRAINED  
Coaching Since: 2014  
Rate: \$10.00  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

#### **KATELYNN JEHN**

NCCP LEVEL 1 TRAINED  
Coaching Since: 2012  
Rate: \$7.50  
Phone: (403) 896-8835  
[katelynnjehn@hotmail.com](mailto:katelynnjehn@hotmail.com)

## **SUMMER 2016 PRESTARSKATE**

**July 4<sup>th</sup> – August 5<sup>th</sup>**

**TIME:** 9:45am – 10:45am

**PLACE:** Collicutt Center Arena @ 3031 30<sup>th</sup> Avenue

### **DATES & FEES:**

**Week #1** July 4<sup>th</sup> - 8<sup>th</sup>      **\$80.00**

**Week #2** July 11<sup>th</sup> - 15<sup>th</sup>      **\$80.00**

**Week #3** July 18<sup>th</sup> - 22<sup>nd</sup>      **\$80.00**

**Week #4** July 25<sup>th</sup> - 29<sup>th</sup>      **\$80.00**

**Week #5** August 2<sup>nd</sup> - 5<sup>th</sup>      **\$64.00**

**There are 20 spots available.** Registrations are accepted on a first come, first serve basis. No phone registrations will be accepted. Deadline to register is June 15, 2016. **PreSTARskaters** will share the ice with other skaters. Numbers will be limited for both groups of skaters. Costs for the program include: ice, coaching.