



# 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 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). Boys can wear tight leg sweats or track pants. Please remember to wear layers at 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 4 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 to make arrangements for lessons. Skaters who wish to have private lessons from a coach may do so during your PreSTARskate session. There will be additional coaching fees 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:

### **PATTI SOMER**

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

### **LANA BELLMORE**

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

### **JESSICA MACKAY**

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

### **JENNIFER SHIGEMATSU**

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

**There are 20 spots available. REGISTER AT: [www.skatereddeer.com](http://www.skatereddeer.com) Deadline to register: Sunday March 26, 2023.**

PreSTARskate skaters will share the ice with other club skaters. Numbers will be limited for both groups. REGISTRATION OPENS: March 6, 2023. Cost of the program includes: ice, coaching, stroking, FIT class and Train the Brain. We will be offering dryland training called FIT class which will include: a variety of dance styles, jump technique on floor, stretch & strength and more! Train the Brain is a class with our club teaching Human Performance skills. Meet in the arena lobby for both classes. Please add both classes to your cart when you register. You are invited to participate in both these programs in April AND May even after your ice sessions have ended!

## **SPRING 2023 PRESTARSKATE PROGRAM**

**DAYS:** Monday & Wednesday - 2 day per week program

**DATES:** April 3, 5, 12, 17, 19, 24, 26 and May 1, 3

**ICE TIME:** 400 – 500 pm

**FIT class:** Mondays from 515-600pm April 3, 17, 24 and May 1, 8, 15

**TRAIN the BRAIN:** Wednesday April 5<sup>th</sup> and May 3<sup>rd</sup> 515-600pm

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

**COST:** \$144.00 (9 sessions)