



## PRESTARSKATE PROGRAM 2019/2020

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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.

**TAMMIE PAUL**  
NCCP LEVEL III  
Coaching Since: 1977  
Rate: \$15.00  
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 MACKAY**  
NCCP Level II  
Coaching Since: 2014  
Rate: \$10.00  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

**JENNIFER SHIGEMATSU**  
NCCP Level II (partial)  
Coaching Since: 1993  
Rate: \$ 11.50  
Phone: (780) 385-0222  
[mjmk@live.ca](mailto:mjmk@live.ca)

### **WINTER 2019/2020 PRESTARSKATE**

**DAYS:** Mondays & Wednesdays  
**DATES:** September 30<sup>th</sup> 2019 – March 11<sup>th</sup> 2020  
**TIME:** 4:00pm to 5:00pm  
**PLACE:** Kinsmen A Arena

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

(fee includes coaching, ice costs, stroking session and registration)

**Late Registration Fee: \$25 will automatically be added to your account after September 22<sup>nd</sup>.**

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

## **MEET & GREET**

Thursday September 19<sup>th</sup> @ 630-730 PM at the Kinsmen Arena in the Morrisroe community shelter.

- Meet the Coaches and your Club Executive.
- There will be a lot of information.
- We will be sizing for new club jackets
- A skate and dress swap

## **VOLUNTEER COMMITMENT:**

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 \$100.00 buyout fee.

Bingo Worker

Canskate Welcome Desk

High Test Ice Captain

Low Test Ice Captain

Carnival Announcer

Carnival Admission

Picture Day Helper

High Test Registration Desk

Low Test Registration Desk

Carnival Music Player

Carnival Dressing Room

Carnival Set Up & Take Down

Carnival Ice Captain

Carnival 50/50 Tickets Sales

Carnival Costume Desk

## **FUNDRAISING COMMITMENT:**

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

## **DRYLAND TRAINING**

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.

The dates and times are:

October 1<sup>st</sup> - March 12<sup>th</sup> Tuesdays and Thursdays from 6-645PM @ Annie L. Gaetz School

## **TRAIN THE BRAIN**

Is a Sports Psychology class to help with focus, training and positive self-talk. This class is FREE. This class will be held in the upstairs meeting room at the Kinsmen Arena from 615-715pm one Wednesday a month.

## **NOTES:**

- Special skating days and cancelled skating days information will be handed out on the first day of skating once all the dates are finalized.
- There will be NO make-up days allowed. It is unfortunate if you miss a session but to keep our numbers consistent we will not be allowing skaters to come on a different day.
- You will receive a calendar of events on the first day of class.

