



PRESTARSKATE PROGRAM 2021/2022

Club Administrator: Patti Somer
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Web: www.skatereddeer.com

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
Phone: (403) 506-1880
lanabellmore@gmail.com

PATTI SOMER

National Coach
Coaching Since: 1984
Rate: \$13.00
Phone: (403) 396-3964
pattisomer@gmail.com

JESSICA MACKAY

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

JENNIFER SHIGEMATSU

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

WINTER 2021/2022 PRESTARSKATE

DAYS: Mondays & Wednesdays

DATES: October 4th, 2021 – March 21st, 2022

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 and registration fees.

Late Registration Fee: \$25 will automatically be added to your account after September 19th.

REGISTER AT: www.skatereddeer.com

MANDATORY PARENT INFORMATION MEETING

Thursday, September 23rd @ 7-8 PM on Zoom

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

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.

Canskate Welcome Desk
Assessment Day Volunteer

Picture Day Helper
Clean Dryland Room

Bingo Worker

FUNDRAISING COMMITMENT:

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

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 October - March Mondays 515-615pm. We have created a Private Facebook page in which we will post training videos for you to use when the time works right for you. Please join us.

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 615-700pm one Wednesday a month.

NOTES:

- Special skating days and cancelled skating days information will be emailed out before the first day of skating once all the dates are finalized.
- 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
- We will be ordering club jackets.

RDSC will be following regulations as per AHS, Skate Alberta and the City of Red Deer and sessions are subject to change as deemed necessary by the Red Deer Skating Club. There will be NO REFUNDS this season.

