



PRESTARSKATE PROGRAM 2022/2023

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 2022/2023 PRESTARSKATE

DAYS: Mondays & Wednesdays

DATES: October 3rd, 2022 – March 23rd, 2023

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 19th.

REGISTER AT: www.skatereddeer.com

MANDATORY PARENT INFORMATION MEETING

Wednesday, September 21st @ 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 buy out fee (under subscriptions). This is for regular club operations.

Canskate Welcome Desk

Bingo Worker

Clean Dryland Room

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.

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
- If you would like a club jacket you can go to Toe Picks and buy a black fleece jacket 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>
- **Everyone is required to work a shift at the competition being held on January 27, 28, 29. This is a special event where we require extra assistance.**

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

