



# PRESTARSKATE PROGRAM

## WHAT IS PRESTARSKATE?

**Skills, Tests, Achievement, Recognition** – this is what **STAR**skate 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 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 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 either during your PreSTARskate session or on another Junior or Open session during the week. There will be an additional fee for extra ice and 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:

**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)

**There are 20 spots available. REGISTER AT:** [www.skatereddeer.com](http://www.skatereddeer.com)

**Deadline to register: Sunday March 22, 2020.** PreSTARskate skaters will share the ice with other club skaters. Numbers will be limited for both groups. **REGISTRATION OPENS:** February 23, 2020. 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! This class is **FREE** of charge. Please add it to your cart when you register. Train the Brain is a class with our club Sport Psychologist. Offered Wednesday April 22<sup>nd</sup> and May 20<sup>th</sup> from 615-700pm. Meet in the arena lobby for both classes.

## **SPRING 2020 PRESTARSKATE PROGRAM**

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

**DATES:** April 6, 8, 15, 20, 22, 27, 29 and May 4, 6

**ICE TIME:** 4:00 – 5:00 pm

**FIT class:** Tuesdays and Thursday 5:15-6:00pm for April & May

**TRAIN the BRAIN:** Wednesday April 22<sup>nd</sup> and May 20<sup>th</sup> 615-7pm

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

**COST:** \$144.00 (full session Monday and Wednesday – 9 sessions)