



# 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. **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. 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 wear track pants or sweats with tight legs. 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.

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 SERGEANT**  
NCCP LEVEL II  
Coaching Since: 2014  
Rate: \$10.00  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

**There are 20 spots available.** Registrations are accepted on a first come, first serve basis. Register at: [www.skatereddeer.com](http://www.skatereddeer.com). **Deadline to register is June 15, 2019.** PreSTARskaters will share the ice with other skaters. Numbers will be limited for both groups of skaters. Costs for the program includes: ice, coaching, stroking, FIT class and Train the Brain. We will be offering a dryland training program called FIT which will include: a variety of dance styles, jumping technique on the floor, stretch & strength and more! This class is FREE of charge. Please add it to your cart when registering. Classes will run: Tuesday, Wednesday, Thursday. Train the Brain is a sports psych class and will be Monday July 22 from 12-1pm. Meet in the arena lobby.

## **SUMMER 2019 PRESTARSKATE**

**July 2<sup>nd</sup> – August 3<sup>rd</sup>**

**ICE TIMES:** 9:45am – 10:45am

**FIT class:** 11am – 12pm

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

### **DATES & FEES:**

<b>Week #1</b> July 2 <sup>nd</sup> - 5 <sup>th</sup>	<b>\$64.00</b>
<b>Week #2</b> July 8 <sup>th</sup> - 12 <sup>th</sup>	<b>\$80.00</b>
<b>Week #3</b> July 15 <sup>th</sup> - 19 <sup>th</sup>	<b>\$80.00</b>
<b>Week #4</b> July 22 <sup>nd</sup> - 26 <sup>th</sup>	<b>\$80.00</b>
<b>Week #5</b> July 29 <sup>th</sup> – August 2 <sup>nd</sup>	<b>\$80.00</b>