



2020/2021 WINTER SCHOOL

DATES: September 28, 2020 – March 19, 2021

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General Information

- Register at: www.skatereddeer.com
- If you wish to make changes to your skating times after you have registered please call the Administrator.
- Please note: a **\$50.00 late registration fee** will be automatically applied to your account after Sept 15th.
- The Club does not have any fundraising requirements at this time.
- Session fees cover: Stroking, Ice Fees, Dryland Programs, Skate Canada Membership, Sport Psychology Classes and Admin costs.
- Please carefully read the club policies and become familiar with them.
- Due to **Covid-19** the club will be monitoring and restricting regulations as per AHS, Skate Alberta, and the City of Red Deer and are subject to change as deemed necessary by the Red Deer Skating Club.
- You will be required to declare the activities that you are participating in this winter.

*****The Red Deer Skating Club reserves the right to cancel or change all scheduled times and programs. Throughout the skating season, unexpected ice cancellations will occur. There will be no refunds.**

Fees

Minimum Package: \$600.00 for 2 sessions per week for the season.

Basic Package: \$750.00 for 3 sessions per week for the season.

Additional Ice: \$125.00 for all extra sessions purchased after your 3rd session for the entire season.

Associate Member: \$300.00 for one hour each week for the entire season. Please contact the Administrator first.

***You may select to make installment payments each month at the time of check out.

Skating Session and Levels

- Monday to Friday sessions are at the Kinsmen Arenas: 5 McIntosh Ave, Red Deer, AB
Skaters may do freeskate, skills, or dance on their session.
- **PRESTARSKATE SKATERS** are skaters working in the Prestar group with a private lesson coach. To be able to skate on a starskate session these skaters must have passed two star tests and be on approved session.
- **JUNIOR SKATERS** are skaters who are working on their Star 1 to 3 **Freeskate** Tests, have completed the Prestarskate program and have a private lesson coach.
- **INTERMEDIATE SKATERS** are skaters who are working on their Star 4 to 6 Freeskate test.
- **SENIOR SKATERS** are skaters working on their Star 7- Gold Freeskate test.

Professional Coaching Staff

The following coaches are under contract with The Red Deer Skating Club. Skaters are required to contact the coaches directly to book lesson times. Please talk with your coach about appropriate times and levels before registering.

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

Refund/Cancellation Policy

Refunds will be given only for medical reasons. A doctor's certificate is required for submission to the administrator for reimbursement. Reimbursement will be on a prorated basis. A 20% registration charge will be withheld on all refunds.

Drop-In Ice (REVISED)

Skaters are welcome to pick up ice on a drop-in basis as long as the session is not full. You must email the Administrator 24 hours before the session you wish to drop in on. Your name must be on the log in and screening list. Cost is \$16.00 per hour.

Make-Up Ice (REVISED)

There is NO MAKE-UP ICE this season.

Associate Members

Associate members are skaters who are registered in another club and wish to skate in Red Deer on a weekly basis for additional practice or coaching purposes. The cost for an Associate Member is \$300.00 for each session purchased. You will get that session every week for the entire season. Associate members **must** contact the administrator before they begin skating. **DO NOT** register on-line for this program!

Assessment Days

Test days have been requested for December and March. There will be no refunds for any sessions missed due to the test day and no make up ice for these missed sessions. We are not approved for Assessment Days at this time.

Dryland Training

FLEX class (dryland training) will be offered to all Intermediate and Senior Starskaters. The cost of this program will be covered in your registration fees. The classes will be held on Zoom on Tuesdays and Thursdays from 645-745pm. Please add class to your cart.

FIT class (dryland training) will be offered to all Junior and Intermediate Starskaters. The cost of this program will be covered in your registration fees. The classes will be held on Zoom on Tuesday and Thursdays from 645-745pm. Please add the class to your cart.

***We are creating a Private Facebook Group and we will be posting dryland training videos for you to use for your training when it is convenient for you. Please join us.

Psyched 2 Perform

These classes will be offered to club members two Wednesdays a month from 745-845pm in the upstairs meeting room at the Kinsmen Arena. It's for Starskaters ages 11 and up. The cost of this program will be covered in your registration fees. The skaters will learn about focus, positive self-talk and how to train.

Train The Brain

These classes will be offered for free to club members, one Wednesday a month at 630-715pm in the upstairs meeting room at the Kinsmen Arena. It's for Prestarskaters and Starskaters ages 5-10. They will learn about focus, positive self-talk and how to train.

Volunteer Commitment

The Club requires every member to either: volunteer and earn 8 credits or to pay a \$100.00 commitment fee. You will see the buy-out option as you are registering. When you register your child for skating you will need to select a volunteer position so that your registration will process. Please review the following options prior to registration; credit information is on the website in more detail:

Bingo Worker
Canskate Welcome Desk
Log In/Music Player

Assessment Day Volunteer
Picture Day Helper
Simulation Ice Captain

Fundraising Commitment

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

Mandatory Parent Meeting

September 17th at 630pm we will host a mandatory parent information meeting on Zoom.



2020/2021 Red Deer Skating Club Executive

President	Lana Marchinko
Vice President	Trisha Kelly
Secretary/Treasurer	Ashley Brant
Competition Chairperson	Andrea Phagoo
Gaming Chairperson	Carla Noble
Assessment Chairperson	Ashling Kelly
Media Chairperson	Ara Cho
PreStarskate Chairperson	Jessa Addison
Special Events Chairperson	Tracy Brehmer
Coaches Representative	Lana Bellmore

The Red Deer Skating Club is a volunteer organization. The people serving on the Executive graciously donate their time and talents so that all children may have the opportunity to skate in the club. All parents are welcome to be a part of the executive. Contact any one of our directors for information.

Ice Schedule

Monday	Kinsmen A	4:00 – 4:45pm	JUNIOR/PRESTAR*	Session 1
		4:45 – 5:00pm	JUNIOR STROKING**	
		5:00 – 6:00pm	OPEN SKATING	Session 2
		6:00 – 6:15pm	INT/SR STROKING	
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	INT/SR SKATING	Session 3

Tuesday	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 4
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 5
		6:45 – 7:45pm	FIT & FLEX class	Zoom

Wednesday	Kinsmen A	4:00 – 4:45pm	JUNIOR/PRESTAR*	Session 6
		4:45 – 5:00pm	JUNIOR STROKING**	
		5:00 – 6:00pm	OPEN SKATING	Session 7
		6:00 – 6:15pm	INT/SR STROKING	
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	INT/SR SKATING	Session 8

Thursday	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 9
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 10
		6:45 – 7:45pm	FIT & FLEX class	Zoom

Friday	Kinsmen A	4:00 – 5:00pm	INT/SENIOR SKATING	Session 11
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15 pm	OPEN SKATING	Session 12
	Collicutt	11:45am – 12:45pm	OPEN SKATING	Session 13

* **Prestarskate will be ice sharing with the Junior session.** Numbers are limited on this session.

** There will be stroking sessions on Monday through Friday. The cost of coaching fees for stroking is included in your registration fee. All skaters must take part in the stroking sessions.