



## 2021/2022 WINTER SCHOOL

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### DATES: October 4, 2021 – March 25, 2022

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Club Administrator: Patti Somer  
(403) 358-1701  
[skatereddeer@hotmail.com](mailto:skatereddeer@hotmail.com)  
[skatereddeer.com](http://skatereddeer.com)

#### General Information

- Register at: **[www.skatereddeer.com](http://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 19th.
- 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.
- 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.

**\*\*\*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 3<sup>rd</sup> session for the entire season.

**Associate Member:** \$350.00 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 Avenue and Friday daytime sessions are at the Collicutt Center 3031 30<sup>th</sup> Avenue. 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 4 **Freeskate** tests.
- **INTERMEDIATE SKATERS** are skaters who are working on their Star 5 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](mailto:lanabellmore@gmail.com)

**PATTI SOMER**  
National Coach  
Coaching Since: 1984  
Rate: \$13.00  
Phone: (403)396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

**JESSICA MACKAY**  
Provincial Coach  
Coaching Since: 2014  
Rate: \$11.00  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

**JENNIFER SHIGEMATSU**  
Regional Coach  
Coaching Since: 1993  
Rate: \$ 11.50  
Phone: (780) 385-0222  
[mjmk@live.ca](mailto: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**

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. Cost is \$20.00 per hour.

### **Make-Up**

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 \$350.00 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**

Assessment days have been requested for December and March. There will be no refunds for any sessions missed due to the assessments and no make up ice for these missed sessions.

### **Dryland Training**

**NEW \*\*\* PRESTAR & FIT** Class (dryland training) will be offered to all Prestarskaters and Junior Starskaters. The cost of this program will be covered in your registration fees. The classes will be held in the upstairs Dryland Training Room. Please add the class to your cart.

**FIT & FLEX** class will be offered to all Starskaters. The cost of this program will be covered in your registration fees. The classes will be held in the upstairs Dryland Training Room. Please add the class to your cart.

\*\*\*We have created 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 Senior Starskaters. 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, Junior and Intermediate Starskaters. 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  
Clean Dryland Training Room

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 23<sup>rd</sup> at 7-8pm we will host a mandatory parent information meeting on Zoom.



## **2021/2022 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	Lyndsey Swanepoel
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***

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<b>Monday</b>	Kinsmen A	4:00 – 4:45pm	JUNIOR/PRESTAR*	Session 1
		4:45 – 5:00pm	JUNIOR STROKING*	
		5:15 – 6:15pm	JUNIOR/PRESTAR FIT Class	Dryland 1
		5:00 – 6:00pm	OPEN SKATING	Session 2
		6:00 – 6:15pm	INT/SR STROKING	
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	FIT & FLEX Class	Dryland 2
		6:30 – 7:30pm	INT/SR SKATING	Session 3

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<b>Tuesday</b>	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 4
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 5
		5:30 – 6:30pm	FIT & FLEX Class	Dryland 3
		6:30 – 7:30pm	FIT & FLEX class	Dryland 4

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<b>Wednesday</b>	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

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<b>Thursday</b>	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 9
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 10
		6:30 – 7:30pm	FIT & FLEX class	Dryland 5

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

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\* 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.