



## 2023/2024 WINTER SCHOOL

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### DATES: October 2, 2023 – March 22, 2024

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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 schedule 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 17th.
- The Club does not have any fundraising requirements at this time.
- Session fees cover: Stroking, Ice Fees, Dryland Programs, Skate Canada Membership, Human Performance Classes, Testing Ice Fees, Simulation Ice Fees and Admin costs.
- Please carefully read the club policies and become familiar with them.
- **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. There is NO make up ice.**
- Drop In costs \$20. Please email the club and your coach 24 hours prior to the session to confirm availability.
- If you would like a club jacket you can 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>

#### 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.

\*\*\*Full time Club members 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: \$12.00/15min  
Phone: (403)506-1880  
[lanabellmore@gmail.com](mailto:lanabellmore@gmail.com)

##### **PATTI SOMER**

National Coach  
Coaching Since: 1982  
Rate: \$13.00/15 min  
Phone: (403)396-3964  
[pattisomer@gmail.com](mailto:pattisomer@gmail.com)

##### **JESSICA MACKAY**

Provincial Coach  
Coaching Since: 2014  
Rate: \$11.00/15min  
Phone: (780) 999-4192  
[jess.sergeant@hotmail.com](mailto:jess.sergeant@hotmail.com)

##### **JENNIFER SHIGEMATSU**

Regional Coach  
Coaching Since: 1993  
Rate: \$ 11.50/15min  
Phone: (780) 385-0222  
[mjmk@live.ca](mailto:mjmk@live.ca)

##### **MORGAN RATTAI**

Provincial Coach  
Coaching Since: 2002  
Rate: \$11.00/15min  
Phone: (780) 298-3258  
[morganrattai@outlook.com](mailto:morganrattai@outlook.com)

### **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 and your coach 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.

### **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 and times to be announced. There will be no refunds for any sessions missed due to the assessments and no make-up ice for these missed sessions.

### **Dryland Training**

**PRESTAR & FIT** Class (dryland training) will be offered to all Prestarskaters and Junior Starskaters on Monday 515-615pm.

**FIT & FLEX Class** will be offered: Monday 630-730pm, Tuesday 545-645pm and 7-8pm, Thursday 7-8pm. This class is for all Starskaters.

The cost of these programs are covered in your registration fees. The classes will be held in the upstairs Studio. Please add the class to your cart.

### **Human Performance**

#### **TRAIN THE BRAIN**

These classes will be offered to club members, one Wednesday a month at 515-6pm. This class is for Prestars 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. They will learn about focus, positive self-talk and how to train.

#### **PSYCHED 2 PERFORM**

These classes will be offered to club members, one Wednesday a month at 400-445pm. This class is for 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. They will learn about focus, positive self-talk and how to train.

### **Volunteer Commitment - NEW**

The Club requires every member to either: volunteer and earn 8 credits or to pay a \$300.00 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 Studio

Assessment Day Volunteer

Picture Day Helper

Competition Worker

Simulation Ice Captain

### **Fundraising Commitment**

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

### **Mandatory Parent Meeting**

September 20<sup>th</sup> at 7-8pm we will host a mandatory parent information meeting on Zoom.

### **Club Competition**

We are hosting a competition for Star 1-3 on Saturday December 9<sup>th</sup> from 8am-8pm. Please save the date.

## ***Ice Schedule***

<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	OPEN Stroking	
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	FIT & FLEX Class	Dryland 2
		6:30 – 7:30pm	OPEN SKATING	Session 3
		7:30 – 8:30pm	INT/SR SKATING	Session 4

<b>Tuesday</b>	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 5
		5:00 – 5:15pm	OPEN Stroking	
		5:15 – 5:30pm	FLOOD	
		5:30 – 6:30pm	OPEN SKATING	Session 6
		6:30 – 6:45pm	OPEN Stroking	
		5:45 – 6:45pm	FIT & FLEX Class	Dryland 3
		7:00 – 8:00pm	FIT & FLEX class	Dryland 4

<b>Wednesday</b>	Kinsmen A	4:00 – 4:45pm	JUNIOR/PRESTAR*	Session 7
		4:45 – 5:00pm	JUNIOR Stroking *	
		5:00 – 6:00pm	OPEN SKATING	Session 8
		6:00 – 6:15pm	INT/SR Stroking	
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	INT/SR SKATING	Session 9

<b>Thursday</b>	Kinsmen A	4:00 – 5:00pm	OPEN SKATING	Session 10
		5:00 – 5:15pm	OPEN Stroking	
		5:15 – 5:30pm	FLOOD	
		5:30 – 6:30pm	OPEN SKATING	Session 11
		6:30 – 6:45pm	OPEN Stroking	
		7:00 – 8:00pm	FIT & FLEX class	Dryland 5

<b>Friday</b>	Collicutt	12:00 – 1:00pm	OPEN SKATING	Session 12
	Kinsmen A	4:00 – 5:00pm	INT/SENIOR SKATING	Session 13
		5:00 – 5:15pm	OPEN Stroking	
		5:15 – 6:15 pm	OPEN/PRESTAR SKATING	Session 14

\* **Prestarskate will be ice sharing with the Juniors on session #1 & # 7.** 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.

## ***2023/2024 Red Deer Skating Club Executive***

President	Andrea Phagoo
Vice President	Ashley Brant
Secretary/Treasurer	Anya Knebel
Competition Chairperson	Crystal Phillips
Gaming Chairperson	Brandy Lucas
Assessment Chairperson	Ashling Kelly
Media Chairperson	Jessa Addison
PreStarskate Chairperson	Alicia Congdon
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. We appreciate their dedication and commitment.