



2019/2020 WINTER SCHOOL

DATES: September 30, 2019 – March 20, 2020

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General Information

- There will be **NO** registrations accepted by phone. 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 September 20th.
- 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.

*****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)

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.
- **JUNIOR SKATERS** are skaters who are working on their Star 1 to 3 Freeskate Tests. And have completed the Prestarskate program and have 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 7-10 Freeskate test.
- **PRESTARSKATE SKATERS** are skaters working in the Prestar group with a private lesson coach.

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.

TAMMIE PAUL
NCCP Level III
Coaching Since: 1977
Rate: \$15.00
Phone:(403)506-3531
skatetammie@telus.net

LANA BELLMORE
NCCP LEVEL II
Coaching Since: 1991
Rate: \$12.00
Phone: (403)506-1880
lanabellmore@gmail.com

PATTI SOMER
NCCP LEVEL III
Coaching Since: 1984
Rate: \$13.00
Phone: (403)396-3964
pattisomer@gmail.com

JESSICA MACKAY
NCCP Level II
Coaching Since: 2014
Rate: \$10.00
Phone: (780) 999-4192
jess.sergeant@hotmail.com

JENNIFER SHIGEMATSU
NCCP Level II (partial)
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

Skaters are welcome to pick up ice on a drop-in basis as long as the session is not full. A sign-up sheet will be posted at the rink, please check that the session you want to skate on is not already full. Please sign up BEFORE you go onto the ice. A minimum of a ½ hour will be posted to your account. Cost is \$16.00 per hour for members and \$21.00 per hour for non-members.

Make Up Ice (REVISED)

A skater may make up a session they missed on another day. To do this you must email the Club Administrator to notify the club of the change and CC your Coach on the email, prior to skating on the session. The session you are switching to must not be full. It needs to be noted that you are a guest on that session. All sessions must be made up within the season that they were missed. Ie: winter sessions can only be made up during the winter season. Subject to club approval. **NO MAKE UP** ice allowed for ice missed due to: Stat Holidays, test days, simulation, carnival or any club planned activities. If you miss due to a family holiday there is **NO MAKE UP** sessions.

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!

Test Days

Test days have been requested for December and March. There will be no refunds for any sessions missed due the test day and no make up ice for these missed sessions.

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 and will be offered for free. The classes will be at Annie L. Gaetz School Tuesdays and Thursdays from 700-800pm. Please bring a yoga mat and runners. Please add class to your cart. **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 and will be offered for free. The classes will be at Annie L. Gaetz School on Tuesday and Thursdays from 6-645pm. Please bring a yoga mat and runners. Please add the class to your cart.

Psyched 2 Perform

These classes will be offered for free 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. They 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 615-715pm 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:

Executive Position

Canskate Welcome Desk

High Test Ice Captain

Carnival Dressing Room

Carnival Ice Captain

Carnival 50/50 Tickets Sales

Bingo Worker

Picture Day Helper

High Test Registration Desk

Carnival Admission

Carnival Announcer

Simulation Ice Captain

Low Test Ice Captain

Low Test Registration Desk

Carnival Costume Desk

Carnival Set Up & Take Down

Carnival Music Player

Fundraising Commitment

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



2019/2020 Red Deer Skating Club Executive

President	Lana Marchinko
Vice President	Trisha Kelly
Past President	Jenn Macleod
Secretary/Treasurer	Teresa Bauer
Competition/Media Chairperson	Andrea Phagoo
Gaming Chairperson	Carla Noble
Test Chairperson	Ashling Kelly
Assistant Test Chairperson	Ara Cho
PreStarskate Chairperson	Ashley Brant
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	Kin City 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	Kin City A	4:00 – 5:00pm	OPEN SKATING	Session 4
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 5
		6:00 – 6:45pm	FIT class	Annie L Gaetz School
		7:00 – 8:00pm	FLEX class	Annie L. Gaetz School
Wednesday	Kin City 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	Kin City A	4:00 – 5:00pm	OPEN SKATING	Session 9
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15pm	OPEN SKATING	Session 10
		6:00 – 6:45pm	FIT class	Annie L. Gaetz School
		7:00 – 8:00pm	FLEX class	Annie L. Gaetz School
Friday	Kin City A	4:00 – 5:00pm	INT/SENIOR SKATING	Session 11
		5:00 – 5:15pm	OPEN STROKING	
		5:15 – 6:15 pm	JUNIOR/PRESTAR*	Session 12

* **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.