



2022/2023 WINTER SCHOOL

DATES: October 3, 2022 – March 24, 2023

Club Administrator: Patti Somer
(403) 358-1701
skatereddeer@hotmail.com
skatereddeer.com

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 19th.
- 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.**

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: \$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 30th 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

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

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 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

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 530-630pm and 630-730pm, Thursday 630-730pm. The cost of this program will be covered in your registration fees. This class is for Junior and Intermediate skaters. The classes will be held in the upstairs Dryland Training Room. 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.

FOCUS

These classes will be offered to club members, one Wednesday a month at 400-445pm. This class is for Junior and Intermediate 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 Wednesdays a month from 745-845pm in the upstairs meeting room at the Kinsmen Arena. This class is 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.

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

***** The above volunteer commitment is for the normal operations of our club. This season each member will also be expected to work a shift at the Central Region Competition that we are hosting. Competition Date: January 27-29, 2023.**

Fundraising Commitment

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

Mandatory Parent Meeting

September 21st at 7-8pm we will host a mandatory parent information meeting on Zoom.

2022/2023 Red Deer Skating Club Executive

President	Lana Marchinko
Vice President	Ashley Brant
Secretary/Treasurer	Anya Knebel
Competition Chairperson	Andrea Phagoo
Gaming Chairperson	Brandy Lucas
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. We appreciate their dedication and commitment.

Ice Schedule

Monday	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	
		6:00 – 6:15pm	INT/SR STROKING	Session 2
		6:15 – 6:30pm	FLOOD	
		6:30 – 7:30pm	FIT & FLEX Class	
		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
		5:30 – 6:30pm	FIT & FLEX Class	Dryland 3
		6:30 – 7:30pm	FIT & FLEX class	Dryland 4
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
		6:30 – 7:30pm	FIT & FLEX class	Dryland 5
Friday	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

* 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.