

Calalta FSC 2011 2012 Handbook

PreSchool, CanSkate , GroupStar, &
Jr. Prep

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Welcome to Calalta Figure Skating Club

Calalta is a non-profit community based skating club that operates out of Jimmie Condon, Rose Kohn arenas with community programs also operating out of Norma Bush, Brentwood, North East Sports-plex and Cochrane arenas. We strive to teach the magic of skating with quality, creativity and a strong technical standard. We thank you for choosing Calalta figure Skating Club and look forward to another exciting and productive skating season with both our returning and new members.

Mission Statement

It is our goal to provide programs, coaching and recreation that will encourage each skater to achieve their own personal level of highest performance in a safe and healthy environment.

PreSchool Program (Ages 3-5)

This program introduces children to basic skating movements on ice. They will learn balance, standing and forward march etc. The children will progress through specific stations that will teach them ice movements in a fun, friendly, high-energy environment. Helmets and mittens/gloves are mandatory. Report cards are given at the end of the session.

Coaches have the discretion to move skaters to appropriate groups throughout the year.

CanSkate Program (Ages 4 & Up)

The Calalta CanSkate program objective is to provide children aged 4 and up with a high quality of instruction on the basics of ice skating and figure skating. We teach children in a positive, fun, and exciting environment where they constantly receive encouraging feedback from our qualified teaching team. The third objective is to help children progress into Calalta's Skate Canada Test and Competitive Programs. Report cards will be given at the conclusion of the season, and badges are given throughout the entire program. Helmets and mittens/gloves are mandatory.

Coaches have the discretion to move skaters to appropriate groups throughout the year.

GroupStar Program

Skills, Tests, Achievement, Recognition this is what STARSkate is all about! Group STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate. Unique in Canada, this program teaches figure skating skills in a group and/or

private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

Jr. Prep

Group lessons with some individual skating time where skaters learn the basics of figure skating and are introduced to the four disciplines of figure skating; free skating, ice dancing, skating skills and interpretive skating. Fall programs will run Tuesday and Thursday (2X a week) from 4:00 to 5:00 pm. 45 minutes of lesson taught in a group with 15 minutes of stroking.

Private Lessons

Available by contacting any of our qualified coaches (please refer to www.calalta.net) and arranging lesson times. Calalta recommends private lessons to help skaters prepare for competitions.

Skates and Gear

Hockey or Figure skates for PreSchool to CanSkate level 3.

Figure skates recommended for Canskate level 4 and up.

Good quality new and used skates are available at 2 locations in Calgary. Please ensure you have all skates sharpened regularly at least 2 times a season, and have figure skates sharpened at Professional skate service. Hockey skates may be sharpened at any sport check, or hockey skate specific dealers.

Professional Skate Service

Marda Loop

3515 18 Street SW Calgary
403-243-3675

Professional Skate Service Midnapore

15425 Bannister Road Southeast

(403) 254-9653

Please dress skaters appropriately. Sweats, track pants, snow pants and yoga pants are all good bottoms. Layers of long sleeve shirts, hoodies and vests allow for easy movement and warmth also be sure to have a few pairs of Mittens and gloves on hand.

All PreSchool and CanSkate children are required to wear a CSA approved Hockey helmet. Face mask is recommended for Preschool and young Canskaters.

There are no exceptions to this rule, and children will not be allowed on the ice without it. Calalta cannot provide any equipment of this manner, so please ensure you have one on hand for every lesson.


Liability Disclaimer

Calalta Community Figure Skating Club is not liable for personal injuries or loss of or damage to personal property. Each skater may decline to participate in any activity. Please inform your coach of any personal limitations you may have. If you have any doubt about your personal physical abilities, please consult your physician before participating.

Have a Question?

If you have a problem or question, please refer to your coach. Questions regarding club policy should be directed towards the Board of Directors. Scheduling and programming questions can be directed to the Director of CanSkate (Jaime-Lyn Jackson). All other questions can be answered by the Calalta office administrator by email [*figure@telus.net*](mailto:figure@telus.net) or phone 403-245-2425

Calalta Head CanSkate Coach

	<p>JAIME-LYN JACKSON/Director of Canskate Head Coach, PreSchool. CanSkate, Group StarSkate, Jr Prep & Power Skating 5th Figure, Sr Silver Skills, Sr Silver Freeskate Elements, Partial Gold Dances Level 1 NCCP Certified for Figure Skating, Level 2 NCCP Theory Certified CanPower Skate Coach Former "Disney on Ice" Chorus Skater</p>
	<p>Certified CanSkate Coaches Candace Craven Ashlea Kilpatrick Janine Gobiel Kelsi Lemna Cathy Sahaluk Kim Weeks Laurie Finney</p>

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

When you/your child register for a CanSkate program, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada.

Christmas Pop Concert

There will be 2 different showcases On December 17th at the Rose Kohn Arena. The 9:30 AM show will combine classes from Groupstarskate program, Monday, Wednesday and Saturday AM Canskate and Preschool classes as well as special guest skaters. The 2:30 PM show will combine the Saturday PM Canskate and Preschool classes, as well as Jr Prep and special guest skaters.

Year end Calalta Carnival

All skaters participate in a number at the Carnival so they can show off their progress from the last season. Parents will be asked to participate in a voluntary role to ensure the show is successful. Roles needed for the event will open in November 2011, and the Carnival committee meetings will take place in the Winter session which will include all aspects of the organization for the show. Costumes will be included in your registration fees. The Carnival will be held at Max Bell Arena on Saturday April 14th 2:00–4:00 pm. Ticket sales and other details will be announced.

Exploring Private lessons

- Contact any one of our Calalta coaches and arrange a time that fits in your schedule. Coaching fees range from \$10.00 to \$17.50 for a private 15 minute lesson. Billed to you directly by the coach. Typically you will receive one 15 minute private lesson per session of ice.
- Pay as you go ice pick up fees are \$15 for a one hour session or \$10 for 45 minutes. Payable to the person (Rink Chair) working in the music room, if no Rink Chair is available then you can pay your coach for the ice session.

- If you plan to skate the same session on a weekly basis you will save up to 50% on ice costs by filling out a registration form (available on-line at www.calalta.net) or the bulletin board. Calalta will contact you to confirm exact ice fees. Please include your start date on the registration form.
- You are allowed to go on an ice session at no ice cost for a maximum time of 15 minutes for a private lesson only and no more than once a week. If you choose to skate longer than the 15 minute lesson you must pay a pick up fee.
- Calalta Figure Skating Club is a non-profit skating club and payment is by cheque (preferable) or cash only. Sorry, no credit or debt at this time.



Important Dates

Monday 4-5 Canskate dates Fall 2011

September 19, 26 Oct 3,17,24 Nov 7,14,21, 28 Dec
5,12 and Saturday December 17 (Pop Concert)

No Class on Monday October 10th (Thanksgiving)

No class on Monday October 31st (Halloween)

Monday 4–5 Canskate dates Winter 2012

January 9,16,23,30 Feb 6,13,27 March 5,12,19,26

Dress rehearsal Saturday April 7 Carnival Saturday April

14

No Class Monday February 20th (Family Day)

Wednesday Canskate/Preschool dates Fall 2011

October 5,12,19,26 Nov 2,9,16,23,30 Dec 7,14 and

Saturday December 17 (Pop Concert)

Wednesday Canskate/Preschool dates Winter 2012

January 18,25 Feb 1,8,15,22,29 March 7,14,21,28

Dress rehearsal Saturday April 7 Carnival Saturday April

14

Saturday Canskate/Preschool dates Fall 2011

September 24 Oct 1,8,15,22,29 Nov 5,12,26 Dec 3,10

December 17 (Pop Concert)

No Class Saturday November 19

Saturday Canskate/Preschool dates Winter 2012

January 14,21,28 Feb 4,11,18,25 March 3,10,24,31

Dress rehearsal Saturday April 7 Carnival Saturday April

14

No class Saturday March 17 (Club Competition)

Got a question? Email or call Natalie at the
Calalta office at figure@telus.net or 403-245-
2425

HAPPY SKATING