

Calalta FSC 2008 2009 Handbook

502 Heritage Drive SW T2V 2W2
Jimmie Condon Arena



Figure@telus.net 403-245-2425

Table of Contents

Club Information.....	3
Mission Statement.....	3
Ice Etiquette for Skaters.....	3
Code of Behavior.....	4
Calalta Coaches.....	5
Liability Disclaimer.....	10
Pick ups and Missed Ice Policy.....	10
Withdrawal Policy	11
Off Ice Training.....	11
Volunteer Requirement.....	11
Calendar of Events.....	12

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.

Ice Etiquette for Skaters

A skater in their program has the right of way, but all skaters need to be aware of their surroundings and respect everyone on the ice.

Coaches doing choreography also have the right of way if they are using the arena's sound system

Exit the jumping zone towards the ends of the arena.

Spin in the spinning zone only

No loitering in the music room. Keep conversations to a minimum- if there is need to talk, move to the side of the rink

Each skater is to remain in his or her respective dressing room



Code of Behavior



Represent the Calalta Community Figure Skating Club in a courteous and professional manner

Create and maintain cooperative relationships with skaters/parents/coaches

Non-payment of Club fees will result in withdrawal of skating privileges

All Calalta Community Figure Skating Club skaters and guests are expected to dress and behave in an appropriate manner that reflects good taste, good moral attitude

Everyone **must** leave the ice during a flood and promptly at the end of the session

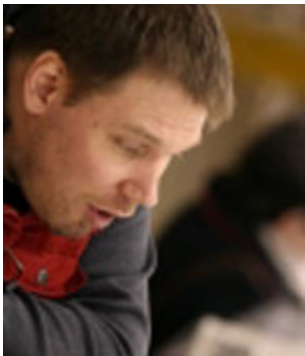
Profanity and disrespect to fellow skaters or coaches will not be tolerated

Calalta Coaches



SCOTT DAVIS - Director of Skating
 (403) 209-5014
calaltadirector@hotmail.com

2 time United States Champion
 US Olympic and World Team Member - Ranked 6th in the World
 ISU Technical Specialist and Moderator
 Performed with Champions on Ice / Stars on Ice and Feld Entertainment
 Coach and trainer of Divisional, National and International Medallists
 Coach and trainer of National Team member and Sr. Grand Prix
 Competitor, Vaughn Chipeur
 NCCP Level III Certified



GREG BEREZOWSKI
 (403) 698-2056
zow@shaw.ca
 Gold Figure, Gold Freeskate, Gold Dance
 Junior Competitive and Novice Competitive Pairs
 Trainer of National Competitors in Singles and
 Pairs
 NCCP Level II Certified in Singles and Pairs
 NCCP Level III Technical and Theory
 Former National Competitor in Singles and Pairs.
 Over 18 Year of Coaching Experience



LAURIE FINNEY
 (403) 287-3229
 Gold Figure, Gold Freeskate, Gold Dance
 Gold Free Dance, Gold Pairs
 Former Alberta Senior Champion and National
 Competitor - Novice, Junior and Senior
 32 Years Coaching experience
 Coach & Trainer of Provincial Champions,
 Divisional Competitors, National & International
 Competitors
 Coach & Trainer of Divisional, National, and
 International Medalist
 Coach of Canada Winter Games Competitors
 Mentor Coach Level I, II and III
 NCCP Level I, II, & III Certified



GREG FOLK
 (403) 245-0833
gfolk@telus.net
 NCCP Level 4 Certified
 NCCP Level 3 & 4 Course Conductor
 Certified Corporate Performance Coach
 Over 36 Years Coaching Experience
 Master Coach Rating by NCI, PSA(PSGA), and the
 FSCC
 Coach and Trainer of Provincial, Challenge and
 National Champions
 Coach and Trainer of International, Junior World
 and World Competitors
 Skate Canada Triple Gold Medallist - National
 Medallist in Junior and Senior Singles, Junior &
 Senior Fours



VALEEN HOLLAND
 (403) 720-3592
hollandv@shaw.ca

Gold Figure, Gold Freeskate, Gold Dance
 3rd and 4th Class I.S.U. Dance
 2nd and 3rd Class I.S.U. Figure
 33 Years Coaching experience
 NCCP Level I & II Certified
 NCCP Level III Technical and Theory



JAIME-LYN JACKSON
 (403) 276-9598
jl.jackson@shaw.ca

Co-Head Coach, CanSkate/Group StarSkate
 5th Figure, Jr Silver Skills, Sr Silver Freeskate
 Elements, Partial Gold Dances
 Level 1 NCCP Certified for Figure Skating, Level
 2 NCCP Theory
 Former "Disney on Ice" Chorus Skater
 Former Competitive Senior Synchro Skater
 Skate Canada professional coaching member
 since 2003



SHARON LARIVIERE
 (403) 243-3592
calaltadirector@hotmail.com

Coch and Trainer of:
 Provincial, Western Challenge, National and
 International Medalists and
 Junior World Competitor
 Coach of Canada Winter Games Competitors
 46 Years Coaching Experience
 NCCP Level I, II & III Technical Course
 Conductor
 Mentor Coach
 NCCP Level I, II & III Certified
 Senior Instructor / Master Coach



RENE LAUENSTEIN
 Co-Head Coach, CanSkate/Group StarSkate
 6th Figure, Senior Bronze Freeskate Elements,
 Junior Silver Dances and still taking more dances
 Level 1 & 2 NCCP Theory
 Level 1 NCCP Certified for Figure Skating
 Skate Canada professional coaching member
 since 2002:
 St Johns Ambulance First Aid Level C
 Work in Progress: NCCP Level 2 Technical



WENDY NIEFER
 (403) 287-0642
magical5@telus.net

Gold Figure, Gold Freeskate, Gold Dance
 Former National Competitor and Professional
 Show Skater
 22 Years Coaching experience
 Coach of National and Divisional Competitors
 Coach of Provincial Medalists and Canada Winter
 Games Competitors
 Mentor Coach Level I, II and III
 NCCP Level I, II, & III Certified



CATHY SAHALUK
 (403) 244-9020 (h)
 (403) 650-8390 (c)
cathy_sahaluk@shaw.ca

35 Years Coaching Experience
 NCCP Level I & II Certified
 Certifid Can-Power Coach
 6th Figure, Sr. Bronze Freeskate, and Gold
 Dance
 Mentor Coach Level 1
 Fee per 15 min. lesson: \$10.00



PAUL THOMAS
(403) 272-5125
wpthomas@telusplanet.net

Former British, European and World Ice Dance Champion
Senior Instructor with 42 Years Coaching experience
Test and National Competitive Coach - Singles and Dance
Coach of National Medalists
Coach of Canada Winter Games Competitors
NCCP Level I, II, & III Certified



VICKI WILSON
(403) 281-4318
vickiskate@shaw.ca

Gold Figure, Gold Freeskate, Senior Silver Dance
37 Years Coaching Experience
Freeskate, Skating Skills, and Dance Coach
NCCP Level I Certified
NCCP Level II Technical & Practical

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 Skating (Scott Davis). All other questions can be answered by the Calalta office administrator by email figure@telus.net or phone 403-245-2425

Pick Up or Missed Ice Policy

Ice canceled by CALALTA for tests, competitions or other special events can be made up at no additional charge

Skaters that are only getting a lesson are only allowed on the ice for the duration of a 15 minute lesson. If they stay on the ice longer they must pay for the entire session.

Pick up passes can be purchased from the Rink Chairperson or any Coach.

Withdrawal Policy

Calalta figure Skating Club will provide refunds for medical/injury purposes only and must be accompanied with a medical note.

Calalta membership fees are non refundable.

Off Ice Training

PILATES MAT CLASS

Tuesday 5:45 – 6:45 pm

Thursday 5:30 – 6:30 pm

Sunday Jr/Int 10:15 – 11:15 am

Sunday Sr 11:30 – 12:30 pm

Price: \$100.00
10 Session pass
Payable to DLE

YOGA

Saturday 9:30 am

Price: \$50.00
5 Session pass
Payable to Greg Berezowski

Off Ice Training Rules

Off ice training equipment is available to all Calalta members who receive supervised training from our off ice training instructors

Members over 14 years old who have received a program and orientation from DLE Health may use the off ice training equipment on their own

Equipment must be wiped down after each use. All equipment must be put away after use.

No food allowed in the off ice training area (please eat downstairs)

Members must clean up after themselves

Volunteer Requirement

Family participation is required for the successful operation of CALALTA. Every family is required to do volunteer time. The minimum time is Ten (10) hours for regular skaters

Each family must submit one cheque at registration and they will be cashed on March 1 2008, if commitment has not been fulfilled. Regular Calalta skaters must submit one cheque of \$300.00, dated March 1, 2009.

Volunteer opportunities include but are not limited to:

Food for test days
Food for competitions
Ice Captain Test days
Ice Captain Competition
Music Player test days

Music Player competition
Announcer Test days
Announcer for competition
Registration for competition
Used dress sale

Please contact Dianne Daniel at drdanile@telusplanet.net for further information on volunteer opportunities

Adults are always welcome but not obligated to fulfill volunteer requirements

Calendar Of Events

First day of Fall Skating

Tuesday September 2, 2008

SGI Sask Skate Competition

October 10–12, 2008, Saskatoon

Royal Glenora Invitational

Oct 17–19, 2008

Royal Glenora, Edmonton

BMO Skate Canada Sectionals

Nov 6–9, 2008

St. Albert, AB

Edmonton Region Open

Nov 28–30, 2008

Stony Plain, AB

Christmas Break (No Skating)

December 24–26, 2008 December 31–January 1, 2009

Modified Pick up Schedule

December 27–31, January 2, 3 2009

Winter Schedule Resumes

Sunday January 4, 2009

2009 BMO Skate Canada Canadian Championships

Jan 15–18, 2009

Calgary Region FunSkate

Feb 6–8, 2009

High River, AB

CareyLimo.com Figure Skating Competition

Feb 13–16, 2009

Alberta–NWT/Nunavut STARSkate Championships

Feb 27– March 1, 2009

Club Competition

Saturday March 14, 2009

Banquet and AGM/Last day of winter season skating

Saturday April 18, 2009