

Royal
GLENORA
CLUB

Skating 50
years
1961 - 2011

Fall/ Winter 2010



Featuring

- Figure Skating & Power Skating
 - Programs
- Lesson and Training Information

Skating Committee

Committee: Cecilia Hay (Chair), Rashim Nand (Vice Chair), Shelly Bowes (Treasurer), Doris Audet (Test Chair), Marie Anne Reinson (Merlin Rep.), Isabella Ciocoiu (Chair), Ehren Jaleel (Skater Rep.), Elly Paslawsky (Chair), Judy Hanson (Chair), Marg Gregory (Chair), Diane McNeil (Chair), David Howe (Coaches Rep.), Susan Bolseng (Skating Administrator).

Meetings every 3rd Thursday of the month

Susan Bolseng

Skating Administrator 780-482-2371 ext. 303 susan.bolseng@royalglenora.com

Skating Professionals

Ben Ferreira	780-482-0377	benbiarritz@gmail.com
John Caughell	780-487-9629	
David Howe	780-554-2484	mrhowe@telus.net
Michelle Janzen	780-222-3006	dmjanzen@telus.net
Michael Jiranek	780-372-2364	rjiranek@telus.net
Lise-Lotte Kinding	780-435-7868	lkinding@telus.net
Louie Liu	708-483-1567	liulouie88@hotmail.com
Allison MacLean	780-444-7050	konstantwolf@nucleus.com
Jan Ullmark	780-722-8981	janullmark@shaw.ca
Bernard Ford	780-988-0322	bernardford@shaw.ca
David Pelletier	780-482-2371	

Choreographer

Jadene Ferreira 780-995-3770 jadenecreativecoach@yahoo.com

Power Skating Coordinator

Sandy Dorfman sandydorfman@hotmail.com

Off Ice Instructors

Flex & Stretch

Cassandra Chau, NCCP Level 3 cassandra.chau@royalglenora.com

Performance Dance

Jadene Ferreira

Program Information

CanSKATE

CanSkate is Skate Canada’s introduction to skating. The Royal Glenora Club is excited to bring back our new improved CanSkate program. In this learn-to-skate program, skaters are divided into groups and instructed by one of our top level NCCP qualified Skate Canada Professional Coaches with the help of trained Program Assistants. Skaters will learn basic skating skills as they work through the 7-stage program. Hockey, figure skating, speed skating or what ever is your desire; our CanSkate program is your gateway to all your skating dreams. Pleased to be offering new this year, our sessions will include our Adult CanSkate program.

ADULT CANSKATE.

Adults need to learn to skate to develop their skills in order to socialize and go to the pond with their children. You may even want to learn dance or compete in a Skate Canada Adult Competition. Our Adult CanSkate group will run simultaneously on our regular CanSkate sessions. This is the path to take if you want to utilize the great Coaches at the Royal Glenora that can get you pointed into the right direction.

*CanSkate is not a prerequisite to taking private lessons in Figure Skating

CANSKATE FALL AND WINTER SESSIONS

	Member	Non Member	Skate Canada Membership	
1 x week	\$90.00	\$135.00	\$30.65	
2 x week	\$180.00	\$270.00		
3 x week	\$270.00	\$405.00		
Dates	Time	Day of Week	Duration	CODE
Sept 14 – Dec. 14, 2010	4:15 - 5:00 PM	Tuesday	14 Classes	CSFT1
Sept 16 – Dec. 16, 2010	4:15 – 5:00 PM	Thursday	14 Classes	CSFR1
Sept 11 – Dec. 18, 2010	12:45 - 1:30 PM	Saturday	14 Classes	CSFS1
Jan 11- April 12, 2011	4:15 - 5:00 PM	Tuesday	14 Classes	CSFT2
Jan 13- April 14, 2011	4:15 – 5:00 PM	Thursday	14 Classes	CSFR2
Jan 8 – April 9, 2011	12:45 - 1:30 PM	Saturday	14 Classes	CSFS2

Programs

Primary Program

This program provides a transition for keen skaters with an interest in figure skating. Skaters learn in smaller groups than the regular CanSkate and will be instructed by top NCCP Skate Canada Coaches. With professional coach instruction fee included in the price, this program is a great way to develop further figure skating skills such as stroking, spins, jumps and dance.

* Groups will consist of 3 to 6 skaters and skate twice a week

Primary Program Fall & Winter Sessions

Cost: \$280.00 (Members)
 \$420.00 (Non-Members)
 Plus Skate Canada membership fee \$30.65

Date	Time	Day of Week	Duration	Code
Sept 14-Dec 16	4:14-5:00 pm	Tues & Thurs	28 Classes	SKP1
Jan 11-Apr 14	4:14-5:00 pm	Tues & Thurs	28 Classes	SKP2

Stroking

The Fundamentals, the Basics, the Foundation.

“The best skaters are going to have the best edges, and they are going to have the best edges because they have the best balance”.

This program is in a group format and is available to all skating levels and ability. These sessions require that the skaters have the designated STARSkate / Competitive complimentary test appropriate for the stroking class. The Royal Glenora Club skating session grid determines the appropriate stroking session level. Skaters are not allowed to participate on stroking sessions outside their designated test level.

A minimum of 6 skaters is required per session.

Fitness

The Royal Glenora Club is equipped with a Fitness and Sport Performance Centre. Off-ice training is essential to an athlete's success in this sport. Off-ice programs designed specifically for skaters are essential to the development and success of figure skaters at all levels. Qualified Fitness instructors will work with the athletes and coaches to develop a program to enhance body strength, coordination, agility, flexibility and timing. Training in fitness as part of your figure skating training is important to enhance progress and reduce injuries.

A minimum of 6 skaters is required per session.

Performance Dance

Specifically for figure skaters, these dance classes focus on developing body awareness, flexibility, and performance enhancement. Classes draw on different dance genres, including ballet, jazz, hip-hop, and lyrical dance, to create this sport-specific dance experience. With many years of training in both dance and figure skating, Jadene Ferreira will be leading these classes to complement and develop your on-ice performance.

Performance Dance Classes will be held in the Fall/Winter of 2010-2011 on Tuesdays and Thursdays. Class times and dates will be arranged based upon interest in the program. Please contact Jadene Ferreira directly to be put on the list for Performance Dance Class and have fun dancing! jadenecreativecoach@yahoo.com

See website for updated Ice Schedules.

Winter CanSkate and Primary Program:

Sept. 11, 2010 – Dec. 18, 2010

Jan. 8, 2011 – April 9, 2011

Winter Power Skating

Oct. 2, 2010 – March 2011

Christmas Break

Dec. 18, 2010 – Jan. 3, 2011

Figure Skating Competitions

Royal Glenora Competition	October 15 – 17, 2010	
2011 BMO Skate Canada Sectionals	November 4-7, 2010	Ft. Mc Murray
Edmonton Region Open	December 3–5, 2010	St. Albert
Edmonton Region FunSkate	February 4-6, 2011	Spruce Grove
2011 STARSkate Championships	March 17-20, 2011	Okotoks
Chinook Invitational	April 8- 10, 2011	Lethbridge
Sunsational Invitational	April 15-17, 2011	Edmonton
Glencoe Invitational	April 21- 23, 2011	Calgary

Power Skating

October 2010 to March 2011

Power Skating is an instructional program that teaches skating skills and techniques to Hockey and Ringette Players. The program focuses on conditioning, stamina, power, speed, and endurance, and is designed to reinforce the skills previously taught to participants as well as improve their anaerobic and aerobic capabilities. Power Skating is adaptable to skaters of all levels of age and ability. It is recommended for skaters who can skate the length of the ice forward and the width of the ice backwards. This is not intended to be a learn to skate program.

Some of the skills taught are: The Forward Stride, Backward Stride, Tight Turns, Backward Snow Plow Stop, Forward two foot side stops, Forward Crossovers, Backward Crossovers, Starts V, Crossover Side Start, Pivots, Forward transition of speed, Lateral Movement both Forward and Backward.

These are just some of the skills worked on.

The Power skating program can be used by any age, size, maturity and strength. The skills taught in the program are achievable by each participant through constant practice and repetition. Power skating classes provide extra ice time in addition to practices and games, which is a real asset.

An entire team can register to do these classes with the approval of SandyDorfman.

Full Equipment with the proper stick is required for this program. Stick handling with the Skating Skills is introduced.

Classes are as follows:

6-8 years Sat/Sun 2:30 p.m. To 3:15 p.m.

9-11 years Sat/Sun 3:15 p.m. to 4:00 p.m.

12-17 years Sat/Sun 4:00 p.m, to 5:00 p.m.

ADULTS SATURDAY ONLY

5:00p.m. To 6:00 pm.

Classes start Saturday October 2& Sunday October 3

Please Note: You have the option to register in a Saturday Class, for example 2:30 p.m. to 3:15 p.m., and if you have a conflict with attending then you can come to the exact same class on Sunday 2:30 p.m. to 3:15 p.m. This gives you the flexibility of being able to make-up your class.

**Cost for the classes is as follows: \$225.00 for members
\$325.00 for non-members**

Sandy DorfmanProfessional/Power Skating Coordinator
sandydorfman@hotmail.com

Register Today by logging onto www.royalglenora.com or in person at Members Services!

IMPORTANT NOTES!

In order for a skater to skate on any given session, they must show on their registration form that they meet the test requirements for those sessions. Test requirements are given in the registration package.

Each singles skater is only able to register for two prime-time singles sessions per day (between 6:00 AM and 6:00 PM). A third session will be possible only after all members have received their sessions. A wait list will be produced for each session with a greater number of registrations than space. A skater on a wait list may skate on a session when there is less than the maximum number of skaters allowed on that particular session.

Pairs skaters who do not compete in singles but who wish to do singles sessions will be given the opportunity to do so once all singles skaters have been accommodated for that session. Further, pairs skaters must meet the singles test requirements for those sessions.

Skating lessons should be arranged directly with the Coach of your choice. For non-members, coaching must be arranged prior to registration approval. Members must have their Coach approval (sign their registration form) before it can be accepted.

For non-members, payment for lessons must be made prior to leaving the Club at the Member Services desk where the Coach will leave your bill.

Registration forms will be processed in the order they are received. Members will be given priority until May 14th, after which registration will be accepted on a first-come first-serve basis. Non-members will be notified once they have been accepted.

Forms arriving at the skating office on or after June 1st will be subject to a \$ 25.00 administration fee. Any changes made to a skater's schedule that has already been processed will also be subject to a \$ 10.00 administration fee for each time a change is made.

Members' accounts will be billed in August for all summer school programs. Non-members must have payment for on-ice and off-ice programs (excluding lessons) accompany their registration form before their forms can be processed

Session Designation

Competitive skaters will use the ice on the sessions, which are designated to their level of skating. The level of skating will be determined by the highest test passed.

STARSkate skaters who are not actively competing will be allowed to skate on the following competitive sessions.

SESSION DESIGNATIONS

A SKATER, WHO HAS PASSED THE STARSKATE TEST IN THE LEFT COLUMN, MAY SKATE ON THE COMPETITIVE SESSION AS LISTED IN THE RIGHT COLUMN.

HIGHEST STARSKATE TEST PASSED	HIGHEST COMPETITIVE TEST PASSED
N/A	SENIOR
N/A	JUNIOR
GOLD	NOVICE
SENIOR SILVER	PRE-NOVICE
JUNIOR SILVER	JUVENILE
JUNIOR BRONZE & SENIOR BRONZE	PRE-JUVENILE
PRELIMINARY	
PRE-PRELIMINARY	