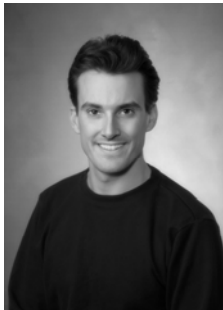


2009 - 2010 SKATING ACTIVITY AND INFORMATION GUIDE

Updated January 15, 2010

SKATING



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780-482-0377
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Susan Bolseng Skating Administrator
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Professional Coaching Staff

Ben Ferreira	Professional	780-482-0377
John Caughell	Professional	780-487-9629
Sandy Dorfman	Professional/Power Skating Coordinator	sandydorfman@hotmail.com
David Howe	Professional	780-758-7071 mrhowe@telus.net
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Bernie Ford	Professional	780-988-0322 bernardford@shaw.ca
David Pelletier	Professional	780-482-2371

Executive: Cecilia Hay (Chair), Rashim Nand (Vice Chair), Shelly Bowes (Treasurer), Doris Audet (Test Chair), Marie Anne Reinson (Merlin Rep.), Barb McCheyne (Fundraising Chair), Debi Robert (Historical Chair), Lisa Hayes (Social Chair), Isabella Ciocoiu (Volunteer Coor.) Ehren Jaleel and Stacey Robert (Skater Reps.)

CANSKATE

CanSkate is Skate Canada's introduction to skating. In this learn-to-skate program, skaters are grouped and instructed by an NCCP qualified Skate Canada Professional Skating Coach with the help of trained Program Assistants. In this seven (7)-stage program, skaters learn skating fundamentals; Forwards, Backwards, Stop, Turn, Spin and Jump. Whether it is hockey, figure, or speed skating, CanSkate is the stepping-stone to all future achievement on the ice.

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

CANSKATE FALL SESSION / Cancelled due to no ice at the Royal Glenora

CANSKATE WINTER SESSION

	Member	Non Member	Skate Canada Membership
1x/week	\$100.00	\$150.00	
2x/week	\$200.00	\$300.00	\$30.65
3x/week	\$300.00	\$450.00	

Dates	Time	Day of Week	Duration	CODE
Jan 5- April 27 2010	4:15 - 5:00 PM	Tuesday	17 Classes	CSFT1
Jan 7- April 29 2010	4:15 – 5:00 PM	Thursday	15 Classes	CSFR1
Jan 9 - May 1 2010	12:45 - 1:30 PM	Saturday	16 Classes	CSFS1

Figure Skating

PRIMARY PROGRAM

This program provides a transition for keen 5-8 year olds with aptitude for figure skating into the Royal Glenora Club's Figure Skating Program. Skaters will rotate amongst the Professional Skating Coaches in small group sizes for maximum progress. With professional coach instruction fee included in the price, this program is a great way to develop to further figure skating skills such as stroking, spins, jumps and dance. Participants must meet the age requirements; have completed minimum CanSkate Stage 5 and/or Coach discretion.

Groups will consist of 3 to 4 skaters.

PRIMARY PROGRAM FALL SESSION / Cancelled due to no Ice at the Royal Glenora

PRIMARY PROGRAM WINTER SESSION

Cost: \$320.00 (Members)
\$480.00 (Non-members)

Date	Time	Day of Week	Duration	CODE
Jan 5 - April 29 2010	4:15 – 5:00 PM	Tues & Thurs	32 Classes	SKP2

ADULT/PARENT & TOT / Winter Session Cancelled due to low enrollment

STROKING/ ANNIE'S EDGES

The Fundamentals, the Basics, the Foundation.

A system developed by the world renowned Anne Schelter, our Annie's Edges Program is essential for any skater from beginner to world class to attain the best edge control and quality.

"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 skate test appropriate for the Annie's Edges class. The Royal Glenora Club Complimentary skate session grid determines the appropriate Annie's Edges 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 – Sport Performance

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 Instructors will work with the athletes to develop body strength, coordination, agility, flexibility and timing, which will enhance progress and reduce injuries.

Linda Blade, PhD Kinesiology, Royal Glenora Club's Sport Performance Manager has experience as a former world class track and field athlete which makes her an essential component in training our athletes to prepare and perform to the best of their ability. Implementing sport specific training, working with trainers and coaches on planning a competitive season, Linda and her team play a vital role in the athlete's performance.

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.

A minimum of 6 skaters is required per session

Pre Novice - Senior Program Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 PM					
1:15 PM	Pre Novice	Pre Novice	Pre Novice	Pre Novice	Pre Novice
1:30 PM	Senior	Senior	Senior	Senior	Senior
1:45 PM	On-Ice	On-Ice	On-Ice	On-Ice	On-Ice
2:00 PM	Flood	Flood	Flood	Flood	Flood
2:15 PM	Pre Novice	Pre Novice	Pre Novice	Pre Novice	Pre Novice
2:30 PM	Senior	Senior	Senior	Senior	Senior
2:45 PM	On-Ice	On-Ice	On-Ice	On-Ice	On-Ice
3:00 PM	Pre N - S Stroking	Pre N - S Stroking	Pre N - S Stroking	Pre N - S Stroking	Pre N - S Stroking
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM	Sport Performance to 4:50 PM				Sport Performance to 4:50 PM
4:15 PM					
4:30 PM					
4:45 PM	Juv - Novice Stroking				Juv - Novice Stroking
5:00 PM	Flood				Flood
5:15 PM					
5:30 PM					
6:00 PM	Flex & Stretch 6:05 - 6:35		Flex & Stretch 6:05 - 6:35		Flex & Stretch 6:05 - 6:35
6:30 PM	Pre Novice Senior				P Nov. -Senior 6:30 - 7:15 On ice
6:45 PM	On-Ice				
7:00 PM	Flood	Flood	Flood	Flood	Flood
7:15 PM	Pre Novice	Pre Novice	Pre Novice	Pre Novice	Pre Novice
7:30 PM	Senior	Senior	Senior	Senior	Senior
7:45 PM	On-Ice	On-Ice	On-Ice	On-Ice	On-Ice
8:00 PM					
8:15 PM	Flood		Flood		
8:30 PM	Pre Novice Senior On-Ice		Pre Novice Senior On-Ice		
8:45 PM					
9:00 PM					
9:15 PM					

Pre Prelim - Juvenile Program Schedule					
	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM		Sport		Sport	
4:15 PM	Pre Preliminary	Performance	Pre Preliminary	Performance	Pre Preliminary
4:30 PM	Juvenile	to	Juvenile	to	Juvenile
4:45 PM	On Ice	4:50 PM	On Ice	4:50 PM	On Ice
5:00 PM	Juv - Novice	Pre P - Juvenile	Juv - Novice	Pre P - Juvenile	Juv - Novice
5:15 PM	Stroking	Stroking	Stroking	Stroking	Stroking
5:30 PM	Flood	Flood	Flood	Flood	Flood
5:45 PM	Preliminary - Pre N	Pre Pre. - Juv	Preliminary - Pre N	Pre Pre. - Juv	Preliminary - Pre N
6:00 PM	& Ice Dance	On Ice 5:45-6:15	& Ice Dance	On Ice 5:45-6:15	Ice Dance 5:45 - 6:15
6:15 PM	On Ice	Flex & Stretch	On Ice	Flex & Stretch	Flex & Stretch
6:30 PM		6:05 - 6:35		6:05 - 6:35	6:05 - 6:35

Fall 2009 - 2010 Stroking and Off -Ice Programs Schedule

			Fall Sept 7 - Dec 18, 2009		Winter Jan 4 - May 14 2010	
Time	Level	Monday, Wednesday & Friday	# Classes	Cost *	# Classes	Cost *
3:00 - 3:15 PM	Pre Novice - Senior	Power Stroking	71	\$215.00	91	\$275.00
3:30 - 4:30 PM	Juvenile - Novice	Training to Train Fundamentals	41	\$340.00	54	\$450.00
4:30 - 5:30 PM	Novice - Senior	Training to Train Advanced	41	\$340.00	54	\$450.00
5:00 - 5:45 PM	Pre Prelim - Pre Juvenile	Performance Dance (Mon Wed only)	29	\$218.00	36	\$270.00
5:00 - 5:30 PM	Juvenile - Pre Novice	Stroking	42	\$260.00	54	\$350.00

* Program Costs bases upon 6 registrants

			Fall Sept 7 - Dec 18 2009		Winter Jan 4 - May 14 2010	
Time	Level	Tuesday & Thursday	# Classes	Cost *	# Classes	Cost *
3:00 - 3:15 PM	Pre Novice - Senior	Power Stroking	71	\$215.00	91	\$275.00
3:30 - 4:30 PM	Juvenile - Novice	Performance Dance	29	\$290.00	37	\$370.00
4:00 - 4:45 PM	Pre Preliminary - Pre-Juvenile	Learning to Train Fundamentals	29	\$175.00	37	\$240.00
4:30 - 5:30 PM	Novice - Senior	Performance Dance	29	\$290.00	37	\$370.00

* Program Costs bases upon 6 registrants

Fall Off Ice and On Ice Program Packages		Package A	Package B	Package C
Dates:	Sept 7 - Dec 18 2009	Pre Novice to Senior	Juvenile to Pre Novice	Pre Prelim-Pre-Juvenile
Packages include:	Stroking	M/T/W/TH/F	M/W/F	T/TH
	Sports Performance (Learning to Train, Training to train, & Advanced)	M/W/F	M/W/F	T/TH
	Performance Dance	T/TH	T/TH	M/W
Total		\$855.00	\$900.00	\$500.00
Monthly		\$220.00	\$230.00	\$125.00

Winter Off Ice and On Ice Program Packages		Package A	Package B	Package C
Dates:	Jan 4 - May 14, 2010	Pre Novice to Senior	Juvenile to Pre Novice	Pre Prelim-Pre-Juvenile
Packages includes:	Stroking	M/T/W/TH/F	M/W/F	T/TH
	Sports Performance (Learning to Train, Training to train, & Advanced)	M/W/F	M/W/F	T/TH
	Performance Dance	T/TH	T/TH	M/W
Total		\$1,095.00	\$1,170.00	\$750.00
Monthly		\$280.00	\$300.00	\$190.00

Oct 2-4	RGC Invitational Competition	Feb 15	Family Day
Oct 12	Thanksgiving	March 4-7	2010 STARSkate Championships
Oct 29 - Nov 1	2009 Alberta Sectional Championships	April 1-4	Glencoe Invitational
Dec 21 - Jan 3	Christmas Break	April 23-25	Sunsational Invitational
Feb 12-14	2010 Carey Limo (CODA)		

Power Skating



Sandy Dorfman
Power Skating Professional
482-2371
sandydorfman@hotmail.com

Winter Power Skating Program: October 2009 to March 2010

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	Backward Snow Plow Stop
Forward two foot side stops	Forward Crossovers	Backward Crossovers
V-Starts	Tight Turns	Pivots
Forward transition of speed	Lateral Movement both Forward and Backward.	Crossover Side Start

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 Sandy Dorfman.

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

Class Schedule:

<u>Date</u>	<u>Age</u>	<u>Time</u>	<u>Day of Week</u>	<u>Code</u>
October 10 or 11	6-8 years	2:30 - 3:15 pm	Sat or Sun	PS01
October 10 or 11	9-11 years	3:15 - 4:00 pm	Sat or Sun	PS02
October 10 or 11	12-17 years	4:00 - 5:00 pm	Sat or Sun	PS03
October 10	ADULTS	5:00 - 6:00 pm	SAT ONLY	PS04

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.

Power Skating Cost:
20 WEEKS FOR:
\$225.00 (members)
\$325.00 (non-members)

Register Today On Line or at the Members Service Desk

GENERAL SKATE TIMES

Saturdays	1:30 to 2:15 PM
Saturdays	6:15 to 8:00 PM
Sundays	12:30 to 2:15 PM

On-Ice Skating Programs not offered on the following dates 2009/10

October 2 nd 2009	Royal Glenora Invitational
October 12 th 2009	Thanksgiving
October 29 th -30 th	2009 Alberta Sectional Championships
December 21 st - January 3 rd 2010	Christmas Break
February 14 th 2010	Carey Limo (CODA)
February 15 th	Family Day 2010
March 4 th -7 th	2010 Alberta Starskate Championships
April 1 st -4 th	2010 Glencoe Invitational
April 23 rd -25 th	2010 Sunsational Invitational

Social Calendar for Skating TBA

Seminars/ Sport Performance Workshops TBA

Skating AGM TBA

Test Days TBA

Family Day Schedule TBA

Easter Schedule TBA

Fall 2009 - 2010 Ice Schedule - Programming Schedule

Sept 7- Dec 18 & Jan 4- May 14

Time	Monday, Wednesday, Friday	Time	Tuesday, Thursday	Time	Saturday	Time	Sunday
6:00 AM	Open Figure Skating	6:00 AM	Open Figure Skating	6:00 AM	Open Figure Skating	6:00 AM	Open Figure Skating
7:00 AM	Ice Dance and Competitive Dance & Coach Assignment	7:00 AM	Ice Dance and Competitive Dance & Coach Assignment	6:45 AM	Dance	7:00 AM	Open Figure Skating
8:00 AM	Flood	8:00 AM	Flood	8:15 AM	Pre-Prelim Juvenile, Dance & Skills	8:00 AM	Dance & Competitive Dance
8:15 AM	Pairs and Competitive Ice Dance & Coach Assignment	8:15 AM	Pairs and Competitive Ice Dance & Coach Assignment	9:00 AM	Flood	8:45 AM	Dance & Competitive Dance
9:15 AM	Novice - Senior Freeskate	9:15 AM	Parent and Tot	9:15 AM	Juvenile-Novice Skills	9:30 AM	Pairs & Competitive Dance
10:15 AM	Flood	10:00 AM	Novice - Senior Freeskate	10:15 AM	Flood	10:15 AM	Flood
10:30 AM	Novice - Senior Freeskate	10:45 AM	Flood	10:30 AM	Pre-Novice-Senior	10:30 AM	N I T C
11:30 AM	Open Figure Skating	11:00 AM	Novice - Senior Freeskate	11:30 AM	Flood	11:00 AM	N I T C
12:00 PM	Open Figure Skating	12:00 PM	Flood	11:45 AM	Open Figure Skating	11:45 AM	N I T C
12:15 PM	Flood	12:15 PM	Pairs and Competitive Ice Dance & Coach Assignments	12:30 PM	Flood	12:30 PM	General Skate
12:30 PM	Pairs and Competitive Ice Dance & Coach Assignments	1:15 PM	Pre-Novice-Senior	12:45 PM	CanSkate	1:30 PM	General Skate
1:15 PM	Pre-Novice-Senior	2:00 PM	Flood	1:30 PM	General Skate	2:15 PM	Flood
2:00 PM	Flood	2:15 PM	Pre-Novice-Senior Freeskate	2:15pm	Flood	2:30 PM	Power Skating Ages 6-8
2:15 PM	Pre-Novice-Senior Freeskate	3:00 PM	Stroking Pre-Novice-Senior	2:30pm	Power Skating Ages 6-8	3:15 PM	Power Skating Ages 9-11
3:00 PM	Stroking Pre-Novice-Senior	3:15 PM	Open Figure Skating & Ice Dance	3:15pm	Power Skating Ages 9-11	4:00 PM	Power Skating Ages 12-17
3:15 PM	Open Figure Skating & Ice Dance	4:00 PM	Flood	4:00pm	Power Skating Ages 12-17	5:00 PM	Flood
4:00 PM	Flood	4:15 PM	CANSKATE	5:00pm	Power Skating Adults	5:15 PM	Open singles/Simulations
4:15 PM	Pre-Preliminary-Juvenile & Low Dance Lessons	5:00 PM	Stroking Pre-Prelim-Pre-Juvenile	6:00pm	Flood	6:00 PM	Open singles/Simulations
5:00 PM	Stroking Juvenile-Novice	5:30 PM	Flood	6:15pm	General Skate	6:45 PM	Flood
5:30 PM	Flood	5:45 PM	Pre-Prelim-Juv & Low Dance Lessons	7:00pm	General Skate	7:00 PM	Pairs
5:45 PM	Preliminary-Pre-Novice and Ice Dance	6:30 PM	Preliminary-Pre-Novice and Ice Dance	8:00pm	Open Figure Skating	7:45 PM	Open Singles
6:30 PM	Pre-Novice-Senior	7:15 PM	Flood	9:00pm	Open Figure Skating	8:30 PM	Open Figure Skating
7:15 PM	Flood	7:30 PM	Pre-Novice-Senior Freeskate	10:00pm	Open Figure Skating	9:15 PM	Open Figure Skating
7:30 PM	Pre-Novice-Senior	8:15 PM	Flood	11:00pm	End	10:00 PM	End
8:15 PM	Open Figure Skating	8:30 PM	Pre-Novice-Senior Freeskate				
9:15 PM	Open Figure Skating	9:15 PM	General Skate				
10:00 PM	General Skate						

