

Skating

Summer 2010



Featuring

- Summer Camps (Figure & Hockey)
- Summer Programs
- Lesson and Training Information
- And more Skating!

Skating Committee

Committee: Cecilia Hay – Chair, Rashim Nand - Vice Chair, Shelley Bowes – Treasurer Doris Audet, Isabella Ciocoiu, Ehren Jaleel

Meetings every 3rd Thursday of the month

Skating Sectional Annual General Meeting – Thursday, May 6TH 6:00 pm to 8:00 pm in the Courtside Room

Susan Bolseng

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Skating Professionals

Ben Ferreira Head Skating Professional 780-482-0377

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David Pelletier	780-482-2371	

Choreographer

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

Sandy Dorfman Power Skating Coordinator sandydorfman@hotmail.com

Off Ice Instructors

Flex & Stretch Cassandra Chau, NCCP Level 3

Performance Dance Jadene Ferreira

Summer School Program Information

July 5 to August 15

Summer School Program Information

The Royal Glenora Club's summer skating school is a 6-week long training camp for competitive and test stream figure skaters. The Royal Glenora Club provides effective on-ice programming for all skating disciplines, including singles, pairs, and ice dance.

The skating school emphasizes training through organized off-ice training programs in the areas of fitness and dance designed to complement skaters' on-ice training. On Ice Programs with Stroking and Spin Sessions.

STROKING

"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.

SPIN SESSIONS

Spin sessions are available for 15 minute timeslots after group stroking sessions. Skaters can work individually or request group lessons from their coach at a cost of \$5.00 per skater.

Summer School Program Information

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

A minimum of 6 skaters is required per session

FLEX & STRETCH

This unique program was designed to help figure skaters meet the technical demands of their sport. Using techniques derived from gymnastics, skaters will develop flexibility, core strength and extension through exercises and movements.

*Note: In addition to the weekly group sessions, it is highly recommended that participants set up one private lesson per month to ensure their personal goals are being met.

For more information about the Flex & Stretch Program, please contact Cassandra Chau, Head Gymnastics Professional at 482-2371 extension 276, or email her at cassandra.chau@royalglenora.com.

A minimum of 5 skaters is required per session

Summer School Program Fees and Schedule

(Program costs calculated based on minimum 6 registrations)

Fitness/Performance Dance

Fitness, M, W, F Performance Dance T, TH

Pre-Preliminary-Pre-Juvenile	2:00pm-2: 45pm	\$42.00 per week
Pre-Juvenile-Pre-Novice	11:30am-12: 30pm	\$55.00 per week
Novice-Senior	3:30pm-4: 30pm	\$55.00 per week

Flex & Stretch

Monday to Friday \$30.00 per week based on 5 skaters per session

Pre-Preliminary-Pre Juvenile	3:15pm-3: 45pm
Pre-Juvenile-Novice	9:00-9:30am
Pre-Novice-Senior	4:15pm-4: 45pm

Stroking

Monday to Friday \$35.00 per week

Pre-Preliminary-Juvenile	4:45-5:15pm
Juvenile-Novice	1:15-1:45pm
Novice-Senior	10:30-11:00am

Spin Sessions

Spin sessions are available for 15min. timeslots after group stroking sessions. Skaters can work individually or request group lessons from their coach at a cost of \$5.00 per skater.

On Ice Fees

Non Member Ice fees

Up to 2 sessions per day	\$225.00/week
3 or more sessions per day	\$275.00/week

Monday to Friday Ice Schedule

6:00 AM	OPEN FIGURE SKATING & DANCE
7:00 AM	OPEN FIGURE SKATING & DANCE
7:45 AM	FLOOD
8:00 AM	PAIRS & COMPETITIVE DANCE & HIGH TEST DANCE LESSONS
9:30 AM	FLOOD
9:45 AM	NOVICE-SENIOR
10:30 AM	STROKING - NOVICE- SENIOR
11:00 AM	SPINS- NOVICE-SENIOR
11:15 AM	FLOOD
11:30 AM	JUVENILE-NOVICE FREESKATE
12:15 PM	FLOOD
12:30 PM	NOVICE-SENIOR FREESKATE
1:15 PM	STROKING - JUVENILE- NOVICE
1:45 PM	SPINS- JUVENILE-NOVICE
2:00 PM	FLOOD
2:15 PM	JUVENILE-NOVICE FREESKATE
3:00 PM	PRE-JUVENILE-PRE-NOVICE FREESKATE
3:45PM	FLOOD
4:00 PM	PRE-PRELIMINARY-JUVENILE FREESKATE
4:45 PM	STROKING PRE-PRELIMINARY-JUVENILE
5:15 PM	SPINS PRE-PRELIMINARY - JUVENILE
5:30 PM	FLOOD
5:45 PM	PRE-PRELIMINARY-JUVENILE FREESKATE
6:30 PM	LOW AND HIGH TEST DANCE
7:15 PM	PRE-NOVICE –SENIOR FREESKATE
8:00 PM	FLOOD
8:15 PM	PRE-NOVICE-SENIOR FREESKATE
9:00 PM	OPEN FIGURE SKATING
10:00 PM	OPEN FIGURE SKATING
11:30 PM	END

Saturday & Sunday Ice Schedule

6:00 AM	OPEN FIGURE SKATING
6:45 AM	OPEN FIGURE SKATING
7:30 AM	OPEN DANCE & SKATING SKILLS
8:30 AM	PAIRS
8:45 AM	OPEN DANCE & SKATING SKILLS
9:45 AM	PRE-PRELIMINARY - JUVENILE
10:45 AM	FLOOD
11:00 AM	PRE-NOVICE - NOVICE
12:00 PM	NOVICE- SENIOR
1:00 PM	FLOOD
1:15 PM	PAIRS
2:15 PM	TEST DANCE
3:15 PM	FLOOD
3:30 PM	GENERAL SKATE
4:30 PM	GENERAL SKATE
5:30 PM	FLOOD
5:45 PM	OPEN FIGURE SKATING
6:30 PM	OPEN FIGURE SKATING
7:00 PM	GENERAL SKATE
8:00 PM	FLOOD
8:15 PM	OPEN FIGURE SKATING
9:00 PM	OPEN FIGURE SKATING
10:00 PM	END - SUNDAY
11:00 PM	END - SATURDAY

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	

Summer Hockey School Program Information

This is full day camp designed for children 6 and up. The camp includes over 2 hours of on ice instruction with power skating specialist, Sandy Dorfman and qualified hockey instructors. The children will also participate in off ice activities including swimming, soccer, cross training, and other fitness activities. This camp offers the opportunity for each participant to improve their skills, get in shape for the upcoming season, and make long lasting friendships in a fun, positive environment. Camp participants leave camp prepared and excited about the upcoming hockey season.

Summer Hockey Schedule (Group 1: 6-8 years)

August 23 to August 27, 2010 Monday to Friday
8:30 a.m. to 2:15 p.m.

Schedule for Group 1:

- 8:30- 9:30 a.m. Power skating
 - 9:30- 9:45 a.m. Change for Fitness Session
 - 9:45- 10:45 a.m. Fitness Activity
 - 10:45- 11:15 a.m. Snack/ Change for Hockey Skills
 - 11:15 – 12:30 p.m. Hockey Skills
 - 12:30 – 1:00 p.m. Lunch
 - 1:00- 2:15 p.m. Activity Swimming
 - 2:15 p.m. End of Day
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Summer Hockey Schedule (Group 2: 9 years +)

August 23 to August 27, 2010

Monday to Friday

8:30 a.m. to 2:15 p.m.

Schedule for Group 2:

- 8:30-9:30 a.m. Fitness Activity
- 9:30-9:45 a.m. Change for Power Skating
- 9:45- 10:45 a.m. Power Skating
- 10:45- 11:15 a.m. Change for Fitness and lunch
- 11:15- 12:15 p.m. Fitness Activity (probably swimming)
- 12:15- 12:45 p.m. Change for hockey skills
- 12:45-2:15 p.m. Hockey Skills
- 2:15 p.m. End of Day

Cost for either Group 1 or 2: \$225.00 for Members (\$325.00 for Non-Members)

Add GST if participant is 15 years or older.

Conditioning Classes Information

Often times, people show up for their tryouts out of shape and ill prepared for their hockey tryouts resulting in their placement on a lower level team than expected. These high paced classes are geared towards preparing you for your upcoming hockey tryouts. Participants in these classes find that they have better wind and more confidence at tryouts having refined their skills following the summer layoff.

Classes run from August 16 to August 20,2010

Ages 6-8 yrs. 7:00 p.m.- 8:00 p.m.

Ages 9-13 yrs. 8:00 p.m.- 9:00 p.m.

Ages 14 & up 9:00 p.m. -10:00 p.m.

***Start next hockey season out with a bang and register yourself or your son or daughter today!
Classes fill up quick so don't hesitate, call or drop by member services today!***

See you on the ice this summer!

**Cost: \$80.00 for Members (\$120.00 for Non-Members)
Add GST if participant is 15 years or older.**
