



# Sunshine Coast Skating Club

## STARSKATE

### Fall/Winter 2010 – 2011 Registration Form September 7<sup>th</sup> 2010 – March 18<sup>th</sup> 2011

All areas below **MUST** be filled in to ensure proper registration for your child.  
Please leave no blank spaces, as all information is imperative.

LAST NAME		FIRST NAME		BIRTHDATE (DAY/MONTH/YEAR)	
STREET		TOWN		POSTAL CODE	
PHONE NUMBER		NAME OF PARENT OR GUARDIAN		OCCUPATION	
EMAIL ADDRESS (Mandatory for Club Correspondence)		FAMILY DOCTOR		DOCTOR'S PHONE NUMBER	
PROVINCIAL HEALTH NUMBER		PREFERRED COACH		IF APPLICABLE SKATE CAN REG #	
KNOWN MEDICAL CONDITIONS (EG. ALLERGIES, ASTHMA, DIABETES ETC)					

**1. StarSkate Fun, Fitness/Achievement Skaters**  
(See pages 3 and 4 for details)  
**2 Days Plus 1 Morning**

**2. Test/Competing StarSkate & Test/Competing Competitive Skaters**  
(See pages 3 and 4 for details)  
**Must do full package 1 with an additional morning or 1 day excel or preferably full excel**

**RECEIVE 5% DISCOUNT WHEN PAYING BY CASH OR CHEQUE**

2 Days	TIME	OFF-ICE	FEE Pay by Visa/MC	FEE 5% DISCOUNT (Cash or Chq)	AMOUNT
MONDAY (G)	3:45 – 5:00 pm 6:15 – 7:15 pm	N/A	<b>\$813.75</b>	<b>\$775.00</b>	<b>\$</b>
WEDNESDAY (S)	3:30 – 5:00 pm	6:15 – 7:00			
<b>Plus 1 Morning of Choice</b>					
Wednesday am (G)	6:00 – 8:00 am	Circle One			
Friday am (S)	6:00 – 8:00 am				
<b>EXCEL</b>			<b>\$525.00</b>	<b>\$500.00</b>	<b>\$</b>
Tuesday (G)	12:30 – 3:45	4:00 – 4:45			
Thursday (S)					
<b>ADD – ON</b>			<b>\$157.50</b>	<b>\$150.00</b>	<b>\$</b>
Wednesday am (G)	6:00 – 8:00 am	Circle One			
Friday am (S)	6:00 – 8:00 am				
SKATE CANADA, INSURANCE \$30.65 and CLUB ADMIN FEE \$9.35 ( Valid Sept 1 to Aug 31)					<b>\$ 40.00</b>
<b>There is a \$40 Surcharge on all NSF Cheques</b>					<b>TOTAL</b>
					<b>\$</b>

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DROP IN	Session	1 Hour Rate	Over 1 Hour/ Under 2 Hours
	Open FreeSkate	\$12.00	\$15.00
	Group Instruction	\$15.00	\$18.00
	Full Hour with Group	\$18.00	\$21.00

**Non Sunshine Coast Skating Club member please add \$3.00 to all above Drop-In Fees**

**Liability Agreement:**

I, as parent/guardian of the above registered skater, agree to hold harmless, the Sunshine Coast Skating Club, their officers or employees for any claims or injuries sustained by \_\_\_\_\_ during the skating session, on or off the ice.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Publicity Waiver:**

I hereby give my consent to the Sunshine Coast Skating Club to use the above named skaters image in the form of a photograph, videotape, likeness or any other recording or reproductions for promotional purposes without payment of any fee or charge.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Harness Waiver:**

The Sunshine Coast Skating Club consent, release and indemnification for use of jump harness.

I consent to the use of a jump harness in the teaching my child \_\_\_\_\_ ice-skating. I understand the belt will be attached to my child's waist in order to enable a skating instructor to lift my child three to five feet off the ice surface, to be pulled along and then lifted during the jump.

I fully understand that there may be other risks either not known to me or not foreseen at this time, and I fully accept and assume all such risks and all responsibility for losses, costs, and damages that I/my child may incur as a result of my child's participation in the activity. I hereby release, discharge, and covenant not to sue the Sunshine Coast Skating Club, its respective administrators, directors, agents, officers, volunteers, employees, and/or any sponsors from all or any liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the use of the harness.

I have read and agree to the above conditions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Any requests for refunds must be put in writing and addressed to the Board of Directors. No refunds will be given to skaters leaving on their own accord. All refunds will be at the discretion of the Board and will be Prorated. The Skate Canada fees and insurance are non-refundable. A \$25.00 administration fee will be charged for any refund or credit. Should a refund be granted it will be in the form of a credit voucher. A voucher may be transferable to alternate family members and useable within a 1-year period, upon which time it will expire. Refunds will only be considered and potentially given for major medical conditions or injuries affecting the skater and confirmed by a physician's statement. The skater must miss a minimum of 5 consecutive registered skating days to qualify. A cash refund will only be considered for those moving off the Coast with sufficient documentation.**

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

\_\_\_\_\_  
DATE

**Office Use Only**

FEES REC'D					
Cash	Chq#	Chq#	Chq#	Chq#	Credit Card
\$	\$	\$	\$	\$	\$

## WHAT IS LONG TERM ATHLETE DEVELOPMENT?

- “LTAD outlines a staged approach to appropriate training, competition and recovery programming in relation to the developmental age of the individual.”
- **‘LTAD is not just another plan, it is a philosophy, a real tool for change.’**  
Istvan Balyi, World Wide Expert on LTAD
- LTAD is for ALL skaters and ALL clubs in Canada.

Some years ago, an impressive and influential group of sport scientists began discussing the questions of how could sport in Canada be a more positive and more successful experience. These sport scientists had been experts in their own specialties – and had analyzed sport all over the world, but when they came together to discuss the broader issues new and exciting ideas began to form. In the end, they developed something called the ‘Long Term Athlete Development Model’ – or LTAD for short.

Skate Canada has now developed a figure skating specific LTAD to ensure that Sport Canada’s mandate is fulfilled – that all athletes, young and old in Canada have the most positive sport experience possible.

The Sunshine Coast Skating Club has adapted its programming this year to help fit the new LTAD structure.

The packages are:

**‘Fun and Fitness/ Achievement’** for skaters wishing to participate, have fun, learn, and stay fit. This is recommended for skaters in the StarSkate stream who wish to develop their skills and who may eventually choose to move toward the next phase pkg. Test/Competitive. These skaters fit into the Learn to Train category. No competitions but work on skill presentation in isolation to standard. Skating 3 days/wk.

**‘Test/Competing StarSkate & Test/Competing Competitive’** for skaters wishing to make the necessary time commitment required to test and/or compete. These skaters are from entry level to the latter part of the Learn to Train phase, may have a program (solo) toward exit of stage and may go to a competition and up to 2-3 competitions per year at point of exiting program for next phase. Club, Interclub and Invitational level competitions. May wish to do Excel Pkg. (must be coach approved) in addition. Skating 4 or more days/wk.

We have had to include the next phase **Learn to Compete** within our Test/Competitive pkg. as we do not have enough skaters (currently 3) at this level to constitute a session pkg. just for them however the Excel pkg. is recommended for this stage in addition to the Test/Competitive pkg. These skaters are Pre-Juvenile to Pre-Novice. They skate 4-5 days per week 44-46 weeks per year. They have programs and compete at Regional/ Provincial level competitions.

## Understanding the Importance of a Well-Rounded Skater

All disciplines have specific developmental values that are a great asset to ensuring the development of strong basics.

- ✓ **Skating Skills** – Identifies all edges and turns that are very important in the development of balance, edge quality, flow, flexibility, understanding how the body works in relation to the ice; specifically enhances the variety and ability for footwork sequences in Free Skate, assists in the development of power, edge quality, agility and lean for all disciplines.
- ✓ **Dance** – Focuses on posture, body alignment, lean, edges, introduces skater to a variety of rhythms and music. Specifically assists in the development of a well-rounded skater for all disciplines.
- ✓ **Free Skate** - This is where the athleticism of Figure skating is required. It helps to develop strength, power, balance and coordination. The skater uses the skills developed in all other disciplines to promote a total package.
- ✓ **Stroking** – This is the foundation to all disciplines. It develops cardiovascular and muscular endurance, power, speed and agility. Stroking should be a mandatory session, effectively worked into to your schedule for all skaters.

## Sunshine Coast Skating Club Skating Sessions

See Schedule

**FreeSkate**, skaters practice jumps, spins, footwork and programs independently. Private lessons are booked with a coach during these ice times.

**Stroking or Group Enrichment**, skaters receive group instruction from a professional coach. Coaching fees are included in the group or stroking session fees.

**Skating Skills**, skaters again work independently unless they have a booked lesson with their coach. There are several levels, which contains specific exercises and elements such as turns, stops and field movements.

**Dance**, has levels of specific dances the skaters learn. The skaters work independently on the dance sessions unless in a booked lesson with their coach.

**StarSkate Open**, means the skater may work on Skills, Dance, Interpretive or FreeSkate

**Spin Patch**, skaters practice spins; coach circulates helps and gives group instruction on spins.