

Welcome to the



Star

Program

Congratulations!!....

Your child has been moved up to the Star Program! This program is the next step in our progression and is a "Learn to Train" program in the Long Term Development of an athlete. While in this program, your skater will be fully submersed in to the figure skating world.

We are sure that you have many questions along the way and it is our hope that this booklet will help you out with that. Always know that you can ask any SVSC Executive member or any of the club coaches if you do not understand something or should you have questions about procedures or expectations...we've all been there at one time and are more than willing to help you out!

Starting skating season 2012/2013 the SVSC adopted the Group Concept. What this means is that an individual skater won't have her/his own personal coach as in the past. Our Director of Skating (Cynthia Medeiros) will oversee development and programs for each skater. At her and the club's disposition is a variety of club coaches and guest coaches that will train the skaters in a group setting, semi-private setting or during private lessons. The Director of Skating will be the one to contact in regards to your skater's development and dreams. Group lessons are now part of our skater development. Those fees are included in the fees per skating session. Additional group lessons, semi-private lessons and private lessons will be billed to you directly from the coach performing these lessons. The fee structure varies depending on the following factors:

Years of coaching experience, level of certification and background of the coach. It is the club's responsibility to ensure that the coach's your child works with meets the certification level that your child requires. In the Star program your child will receive private, semi-private or group lessons in addition to the club group time. The club's policy requests payment of lessons within 14 days of reception of bill. Should you have any concern with any of our coaches, please contact our Director of Skating or our Club Liaison to discuss the issue.

You will need to be aware of budgeting and other related costs that you would not have encountered in the PreStar or CanSkate program. Costs can include such things as club ice fees, test fees, competition entry fees & expenses, music, skates, costumes and off ice fees.

Let us explain these a bit more for you:

Club Ice Fees: Our club has two different "seasons" that your skater can participate in. We offer a "Summer School" in August and then our "Regular Season" runs from September to May. The fees for these schools include only the ICE COSTS that your child will incur for the times that she/he is on the ice and COACHING COSTS for "Group" classes and "Stroking". *Remember that the*

coaches who give private or group lessons to your child will bill you separately for the lesson costs during these times as well. Our Star program does offer regular coach lead group lessons that are included in this fee but that will not be enough for the development of your skater.

Test Fees: At different times during the skating year, our club, along with other clubs in our region, will hold Test Days. It is at this time that the skaters, when the Director of Skating feels she/he is ready, will take part in testing the disciplines that they have been learning (Dance, Skills, FreeSkate) and when they pass, they will advance to new levels. There are costs involved for each skater – ice fees, judges fees, Skate Canada Test fee & coach fees. Your portion of these fees will be billed to you directly after the test day has been completed regardless if the test was a success or (in some circumstances) not..

Competition Entry Fees: When you enter the Star Program, your child is now eligible to compete in a formal competition setting or Jamboree. Since 2011, our region Cariboo North Central Region uses an online registration system, Karelo, where the parents will register online and make payment directly at that time. If this is something that your skater is interested in participating in, our Director of Skating will explain what events your child is eligible to enter. Watch out for the Monthly Newsletters for upcoming competition notices!! Our Club will be holding the Kla How Ya competition this season and we want EVERY skater in our club to participate!!

Competition Expenses: If the competition is not in Kitimat, you will be responsible to cover your own travel, accommodation and food expenses. Most coaches will also bill you directly for your portion of their travel, meals and accommodation as well as a fee for coaching your child while at the competition. We normally take a large group of skaters to the competition so our coaches expenses are quite minimal.

Music: Once your child moves up to the Star Program, she/he is able to choose music to skate to for her/his own program! What this means is that your child and you, along with the Director of Skating, will choose the music that your child will have a choreographed program to skate to in a freeskate or “solo” setting. Our Director of Skating will work along with you to find something that your child “likes” and that is level appropriate. She/he will then cut the music to suit your child's level requirement and this fee will be billed to you directly. As your child advances in her/his skating, she/he may have 2 or 3 different programs that will require different pieces of music. If you have any questions about what type, length, or style of music your child requires contact our Director of Skating.

Skates: Skates, like everything else out there, come in good, better, and best. You should ensure that your child has proper fitting skates with adequate support for their skating level & body shape. For example: the skates that you can purchase from Canadian Tire are great for the recreational skater, however once your child moves up to the Pre-Star level, is spending more than a couple times a week on the ice and is learning to jump, skates become something that

you will want to invest in. You can talk to a sporting goods store that handles skates and they will be able to direct you to what you should be looking for. We do have a "Swap and Shop" table at the city wide registration days held in September where skates are always available. If you are looking for something in particular, contact our Director of Skating to send out a club-wide email! You can also check on our website under the ``sales`` section.

Costumes: Every skater loves their moment to shine! This is where the perfect costume, or dress, comes in. When choosing a dress for your skater there are a few things to consider:

- Is this dress age appropriate?
- Has this dress been purchased by someone in the club already? Our club tries it's very best to ensure that only ONE skater will have a particular dress, regardless of what age/level they are in.
- Have you discussed with our Director of Skating the type/style of dress/costume she/he had in mind for your piece of music?
- Are there any pieces that could come off during the routine and cause a mishap?
- Can my skater perform all the elements of her/his program in this outfit? That means is the dress too tight so that she/he can't bend properly or is it too loose in the neck area and my child will not be comfortable bending over, etc.

Another portion of the "costumes" would be tights. Some coaches prefer an over the boot style of tight for their students, some don't. These tights can be purchased from a sporting goods store and are made specifically for figure skating. Again, our Director of Skating will tell you her/his preference. Most skaters have their "practice tights" and a set of "competition tights". Some skaters wear a full footed tight under a pair of over the boot tights that helps to keep them warmer. If you have any questions about anything like this I'm sure you can find a Mom in the stands at any given practice that would be willing to explain this to you!

Emergency Kits: Items you should always make sure are in your child's bag during regular sessions or at least during competitions:

- Clean pair of extra tights (no holes), full footed or over the boot depending on how clean the skates are (skates with lots of scuffs need to be covered by tights)
- 1 extra sets of laces
- safety pins
- needle & thread to match color of dress
- screwdriver in case blades gets loose
- extra pair of clean gloves
- water
- snacks for breaks
- small pack of kleenex
- makeup
- bobby pins & hair brush
- 2 CD's with music per program (in parents purse or pocket)

Off Ice Fees: Off-ice or dry land training are mandatory for each skater. These sessions are scheduled either before or right after skating sessions and they are included in your skating package. Missing off-ice sessions for non-valid reasons might exclude your skater from her/his time on the ice. Reasons such as another physical activity might be considered. Please contact the Director of Skating for any request of exemption. Off-ice sessions will be held by our club coaches. Occasionally, we have guest coaches from a dance club that assists with conditioning or choreography. Programs held by guest coaches will come at an additional cost to you. Skaters should wear good running shoes for off ice classes.

Our club has used the services of a great dance coach and when this is offered, you are able to sign up for a 15 min session for your child. The cost for this would then be billed to you directly for your portion of time. This dance coach works along with the Director of Skating and will fine tune some choreography of your child's programs. This is not a mandatory event. Stay tuned to the monthly newsletters for upcoming dates for this type of event! Should you have questions if this is something your child should partake in contact the Director of Skating directly.

That about covers some of the other costs involved when you reach this level of skating! We understand that some of this will be a bit overwhelming at first but always remember...we started in the very same spot that you have...and we are here to help!!