

PROFESSIONAL COACHING STAFF

| | | |
|--------------------|----------------|---------------------|
| Jodie Bierko | (FS,SK,D,CH) | 613-830-1895 |
| Michael Coreno | (FS,SK,D,CH) | 519-427-6693 |
| Allie Hann-McCurdy | (FS,SK,D,CH) | 778-836-0524 |
| Darlene Joseph | (FS,SK,D,CH) | 613-835-9723 |
| Emery Leger | (FS,SK,D,P,CH) | 819-561-6117 |
| Elizabeth Manley | (FS,CH) | Contact club office |
| Kelly McKinnon | (FS,SK,D,CH) | 613-824-5867 |
| Sheilagh McCaskill | (R) | 613-830-1307 |
| Debbie Montgomery | (FS,SK,D,CH) | 613-822-6137 |
| Stefanie Partridge | (FS,SK,D,CH) | 613-302-8702 |
| Nathalie Roy | (FS,SK,D,CH) | 613-841-4609 |
| Cathy Skinner | (FS,SK,D,CH) | 613-836-7953 |
| Krista Smith | (CH,R) | 613-837-1488 |

Area of Coaching Code

FS - FreeSkate, SK - Skating Skills, D - Dance
P - Pairs, CH - Choreography, R - Resource

Mental Training

Kavita Prakash 613-256-0081

Athletic Strength, Conditioning and Ballet

(Available for Private or Small Group Lessons)

Kirill Chour 613-298-9951

Meghan Lynch 613-837-5501

Stefanie Partridge 613-302-8702

Private Lessons are to be booked directly with the coach and payment made directly to them.

| | |
|------------------------|--|
| KALEIDOSCOPE Synchro: | Meredith.rocchi@gmail.com |
| FINE LINE Synchro: | CatherineHodgkinson@cma.ca |
| GREEN MACHINE Synchro: | jj.sleigh@gmail.com |
| QUEST Synchro: | Meredith.rocchi@gmail.com |

REGISTRATION

Registrations will be processed on a first come first serve basis. Priority will be given to skaters training with GSC year round. Visiting applications will be processed beginning August 13th, 2010.

Payment must be made to GSC by use of **cheque, cash, interac, Visa or MasterCard**. The outlined fee schedule on the registration form must be adhered to. There will be a \$25 late fee for applications received after August 13th, 2010.

There will be **NO rebates, substitutions or make-ups for missed sessions**.

GSC reserves the right to change, and/or cancel skaters' ice time depending on registration, and to accommodate special events or other emergency situations.

Out of Town skaters **MUST** submit a video at time of registration if they haven't skated at GSC previously.

REFUNDS

Refunds will be issued up to one week prior to the start of the program (August 23rd, 2010). There will be a \$25 administration fee applied to all refunds, with the exception of medical refunds.

Credits or refunds for medical reasons will be issued, on a pro-rated basis, upon receipt of a medical note to the GSC Office.

Program changes or additions are to be requested in writing by submitting a "Program Change Form" to the club office. Each member is granted **ONE** free change per skating school after which a charge of \$15 will be incurred per change.

Any NSF cheque will be charged a \$25 administration fee. A second NSF cheque within one year will result in GSC's refusal to accept any further cheques for a period of one year.

TESTS:

A LETTER OF PERMISSION FROM THE "HOME CLUB" PRESIDENT OR TEST CHAIR MUST ACCOMPANY THE APPLICATION FROM NON-GSC MEMBERS WISHING TO TRY SKATE CANADA TESTS.

OFFICE HOURS: Please call the office at 613-830-1610

Club Administrator: Cindy Lacelle

Bookkeeper: Lorraine Methe

Closing Date for Applications:

August 13th, 2010 @ 3:00pm



Skate

Gloucester Skating Club
Skate Canada Member



2010 FALL SCHOOL

August 30th, 2010 -
Dec. 31st, 2010

Elizabeth Manley Rink
Roger Senecal Arena

Test Day:

December 10th, 2010

1490 Youville Dr
Orleans, ON K1C 2X8
Tel: (613) 830-1610
Fax: (613) 830-3464

E-Mail: info@gloucesterskatingclub.ca
Website: www.gloucesterskatingclub.ca



GLOUCESTER SKATING CLUB - 2010 FALL SCHOOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | OFF-ICE |
|---|--|--|---|---|---|--|
| Manley Rink | Manley Rink | Manley Rink | Manley Rink | Manley Rink | Manley Rink | CLASSES |
| | 6:30 – 7:25 am Advanced / Competitive Free | 6:30 – 7:25 am Primary / Intermediate StarSkate Free | | | 9:30 – 10:00 am Primary StarSkate Edge/Stroking | COMPETITIVE MON 6:30 - 7:10pm WED 6:20 - 7:10pm FRI 6:40 - 7:30pm SAT 2:20 - 3:10pm |
| | 7:25 – 8:20 am Advanced / Competitive Free | 7:25 – 8:20 am Primary / Intermediate StarSkate Free | 1:30 – 2:20 CanSkate 1 | | 10:00 – 10:30 am Primary StarSkate Dance/Skills | ADVANCED MON 7:20 - 8:10pm WED 5:30 - 6:20pm FRI 5:40 - 6:30pm SAT 12:50 - 1:40pm |
| 2:30 – 3:20 Competitive Ticket Ice | 2:30 – 3:20 Competitive Ticket Ice | | 2:30 – 3:20 Competitive Ticket Ice | 2:30 – 3:20 Competitive Ticket Ice | 10:40 – 11:10 Intermediate StarSkate Dance /Skills | INTERMEDIATE MON 5:30 - 6:20pm TUE 6:30 - 7:20 FRI 7:30 - 8:10 SAT 11:50am - 12:30 |
| 3:30 – 4:20 Competitive Ticket Ice | 3:30 – 4:20 Competitive Ticket Ice | 3:30 – 4:20 Competitive Ticket Ice | 3:30 – 4:20 Competitive Ticket Ice | 3:30 – 4:20 Competitive Ticket Ice | 11:10 – 11:40 Intermediate StarSkate | PRIMARY MON 4:50 - 5:20pm TUE 5:50 - 6:30pm THU 6:20 - 7:10pm SAT 11:00am - 11:50 |
| 4:30 – 5:20 Intermediate StarSkate Free | 4:30 – 5:15 Primary StarSkate Free | 4:20 – 5:20 Advanced StarSkate Free | 4:30 – 5:15 Competitive Free | 4:30 – 5:20 Advanced StarSkate Free | 11:50 – 12:30 Competitive Edge / Stroking | |
| 5:30 – 6:20 Primary StarSkate Free | 5:15 – 5:35 Primary StarSkate Dance / Skills | | 5:25 – 6:10 Primary StarSkate Free | 5:30 – 6:20 Competitive Free | 12:40 – 1:10 Competitive Dance / Skills | |
| 6:20 – 7:10 Advanced StarSkate Free | 5:45 – 6:30 CanSkate 1 | | 6:20 – 7:05 Special Juniors | 6:30 – 7:20 Intermediate StarSkate Free | 1:10 – 2:00 Open Dance / Open Session | |
| 7:20 – 8:20 Competitive Free | 6:30 – 7:20 CanSkate 2 | | 7:05 – 7:50 Intermediate StarSkate Free | | 2:00 – 2:30 Advanced StarSkate Skills / Dance | |
| 8:20 – 9:20 Open Session Dance, Adult | 7:30 – 8:20 Intermediate StarSkate Free | | 7:50-8:20 Intermediate/ Advanced StarSkate Dance / Skills | | 2:40 – 3:20 Advanced StarSkate Edge / Stroking | |
| | 8:30 – 9:20 GREEN MACHINE SYNCHRO | 8:30 – 10:20 FINE LINE SYNCHRO | 8:30 – 9:20 Advanced StarSkate Free | | SATURDAY CANSKATE | SUNDAY CANSKATE |
| | 9:30 – 11:20 QUEST SYNCHRO | | | | 3:20 – 3:50pm Pre-CanSkate | 10:30 – 11:00am Pre-CanSkate |
| Senecal Arena | Senecal Arena | Senecal Arena | | Senecal Arena | 3:50 – 4:35 CanSkate 1 | 11:00 – 11:45 CanSkate 1 |
| 5:00 – 5:50 CanSkate2 | 6:00 – 6:50 CanPowerSkate | 5:00 – 5:50 Competitive Free | | 4:00 – 4:50 Open Session | 4:45 – 5:35 CanSkate 2 | 11:50 – 12:35 CanSkate 2 |
| 6:00 – 6:50 KALEIDOSCOPE SYNCHRO | | 6:00 – 6:50 CanSkate 3 | | | 5:35 – 6:20 CanSkate 1 | 12:45 – 1:35 CanSkate 3 |
| | | | | | | 1:35 – 2:20 Teen / Adult CanSkate |

Competitive Ticket Ice – Available to Competitive Skaters Juvenile to Senior. Purchased as “Competitive Ticket Ice” on your Fall School Application Form through the Club Office.

QUALIFICATIONS:

| | |
|-------------------------|---|
| COMPETITIVESKATE: | Passed Novice Competitive Test or Complete Senior Silver FreeSkate and up. |
| ADVANCED STARSKATE: | Passed Juvenile Competitive Test or Passed Complete Senior Bronze FreeSkate Test. |
| INTERMEDIATE STARSKATE: | Passed Complete Preliminary FreeSkate Test. |
| PRIMARY STARSKATE: | Working on Preliminary Freeskate / Skills and or Dance. |
| SKILLS / DANCE: | Preliminary and Up |
| OPEN SESSION: | Open Session for FreeSkate, Dance or Skills |

