



# **GLOUCESTER SKATING CLUB**

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## **Parent Information Handbook**



1490 Youville Drive,  
Ottawa, Ontario K1C 2X8  
Phone: (613) 830-1610  
Fax: (613) 830-3464  
[www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca)

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## About this Booklet

Welcome to the Gloucester Skating Club. In this information booklet we will try to provide you with information on the Gloucester Skating Club, its background, its programs as well as some basic information and tips on the sport of figure skating. It is not intended to be exhaustive but rather to provide a general introduction to the world of figure skating in Canada.

If, after reading the information provided here, you have questions that remain unanswered, please do not hesitate to contact the Club Office or your child's coach.





# **CHAPTER 1**

## **Gloucester Skating Club**

The Gloucester Skating Club was originally founded by volunteers and celebrated 37 years of existence in May 2008. Today the club employs one part-time office administrator, one part-time bookkeeper and continues to be run by many volunteers. We have a membership of approximately 900 skaters ranging from preschoolers learning to skate through to STARSkate Gold Level, Competitive Skaters and Synchronized Skating Teams. Our Club is one of the largest Skating Clubs in Canada.

A Board of Directors consisting of approximately 15 volunteer members governs the Club. A chart showing the make-up of the Board is attached as Appendix A. The Board meets on a monthly basis to discuss issues and make decisions surrounding the operation of the Club. In addition, an Annual General Meeting is held each spring during which a new Board is elected for the year. This meeting is open to the general public and all parents are encouraged to attend. This is an opportunity for you to understand more about the internal workings of the Club and is also a chance for you to become more involved as a volunteer.

As in any organization run by volunteers, we are always looking for more people to contribute by volunteering. Volunteering can be a very satisfying personal experience as you get to contribute to a great organization committed to ensuring your kids have the best skating instruction and development found anywhere. For the 2007-7008 skating season, the Gloucester Skating Club implemented a new volunteer policy to ensure that the Club acquires the volunteer support it needs to continue to offer programs and events which provide our skaters with the support they need to learn, succeed, and reach their goals. For more information on contributing to the success of the Club and ultimately to your child's skating experience, please see Appendix E or speak to anyone on the Board or call the Club office. There are many different ways you can contribute. Without the commitment of our volunteers the Gloucester Skating Club would not be what it is today.

## **The Skating Season**

We are fortunate at GSC to have the opportunity to skate year round. All our sessions are run from the Bob MacQuarrie Recreational Complex (formerly Orleans Recreational Complex) on Youville Drive.

Our skating season is generally divided as follows:

- Fall School – September to December
- Winter / Spring School – January to May
- Summer School – June to August

A separate schedule detailing ice times and costs is produced for each season, generally 3-4 weeks ahead of the start date of the season. Information is emailed to all members once they are registered with the club and are in the Club's system. For those just getting started in CanSkate, schedules are available from the Club Office. For those skaters moving on from CanSkate to Special Juniors or the STARSkate/CompetitiveSkate Program, the schedule for the next session can be obtained through your child's coach.



## **Staying Informed**

At the Gloucester Skating Club we do our best to try to keep you informed of upcoming news, changes, etc. Due to the diversity of schedules and large number of skaters within our Club it is up to you to keep yourself informed through the Club's web site, rink bulletin boards, Club office, and your skater's coach. We encourage all parents to regularly visit the Club's web site ([www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca)) to access program and registration information, ice cancellations, upcoming events, test day schedules, competition results, news, and much more. The bulletin board in the dressing room area is also updated on a regular basis with information on seminars, extra ice time, sign-up sheets for volunteering, test day schedules, etc. Watch for the Club's newsletter, the GSC Glider, published periodically throughout the year.

## **The Programs – Where do you fit?**

The Gloucester Skating Club offers a number of Skate Canada sanctioned programs. Appendix F shows a diagram outlining the programs we offer and the typical progression of a skater who starts at an early age and progresses to a senior skating level. Each of the programs is described in more detail in the next chapter.

## **Etiquette and Rules**

### **GSC Etiquette & Rules**

- Extended ice conversations are not permitted.
- No food, drink or gum should be taken on the ice; water bottles are encouraged.
- Kicking the ice or foul language will not be tolerated. Each skater is granted one warning by a coach; the next offence will result in the skater being asked to leave the ice for the remainder of the session.
- Skaters and coaches are asked to clear the ice promptly at the end of each session so we can keep the schedule on time. The zamboni is not permitted to start movement until all skaters and coaches have left the ice.

### **GSC Free Skate Etiquette and Rules**

- Be alert for other skaters at all times. Listen for the announcement of the solo music and look to ensure you know whose solo is being played. Give that person the right of way.
- When your name is called for your solo, raise your hand. This helps the music person find you, as well as helping other skaters to recognize you as the soloist.
- Skaters are not permitted to request their solo.
- A solo waved off will not be played again during that session.
- In the playing of music, priority will be given to lesson.

### **GSC Dance Rules**

- Free skating is not allowed during dance sessions.
- In the playing of dance music, preference will be given to lessons.
- The music program for each session will be selected to meet the needs of the registered skaters.



## Tips on Equipment

### Skates

For the beginner, skates need not be expensive. They can be purchased at retail outlets specializing in figure skates. There are also plenty of used skates available. The most important thing for the beginning skater is the fit of the boot. A common mistake is to purchase skates that are too large in order to accommodate extra room for growth. This strategy is not in the best interest of your child as they will not be able to perform to the best of their abilities. To allow for adequate room to grow, a general rule of thumb is to have the child push their foot all the way to the front of the boot with the boot unlaced. You should be able to slide a pencil down between the back of the boot and the child's heel. If there is more than one pencil width of space the boot is probably too large.

As a skater moves into the Skate Canada STARSkate Program it is appropriate to move to better quality boots and blades. These can be purchased at local stores specializing in figure skates. Generally you can also find a good selection of used skates at a somewhat lower cost. Specialty stores will have staff experienced in fitting figure skates. Again, the fit of the boot is extremely important for best results.

### Skate Care

Skate guards must be worn whenever the skater is walking on any surface other than the ice. Guards should never be left on for extended periods. After use, boots and blades should be towel dried. Guards should be removed when skates are put away to avoid the possibility of rust. Cloth blade covers can also be purchased at a reasonable cost to help protect the blades while the skates are being stored. Skates should be taken out of the skater's bag between skating sessions to allow the boot to dry at normal room temperature to prevent rotting of the leather.

Skates should be sharpened periodically; 25 to 30 hours of ice time per sharpening is a good rule of thumb. It is important to choose a reputable skate sharpener as a poorly sharpened blade can cause frustration to the skater trying to master skating skills as well as potentially ruining the blade. Your coach would be happy to guide you to a reputable skate sharpener.

There is a good resale market for figure skates. Figure skating specialty stores will usually be willing to resell skates on consignment when your child is finished with them. As well, GSC holds two annual skate and dress exchanges. One is held in the fall and the other in winter where good quality skates and skating attire can be purchased at a reduced cost.



## **Clothing & Accessories**

Young skaters just beginning lessons should take to the ice comfortably and warmly dressed. Young girls will soon graduate to a skating skirt, warm sweater and leggings while boys will move to a neat sweater and slacks. This approach to clothing will allow the best freedom of movement. Keep in mind that a layered approach usually works best. We do not recommend skaters wear jeans or baggy pants for safety purposes as well as comfort while skating. Hair should be pulled back from the face.

Most skaters will want to carry a skate bag to organize their skating equipment. Generally the skating bag would contain the following:

- skate guards
- cloth blade covers
- small towel to wipe blades,
- plastic water bottle
- extra mittens/gloves
- extra pair of laces
- kleenex box
- jump rope
- bandaids
- compeed or 2<sup>nd</sup> skin (helps accelerate healing of blisters)
- large ziplock bags (can be used as ice packs)
- quarters for phone calls
- emergency contact list with name and phone # in the event of an emergency.



## CHAPTER 2

### The Programs

#### **STARSkate Program - Skills, Tests, Achievement, Recognition**

The Skate Canada STARSkate Program is often the next step after CanSkate for the skater who is interested in continuing to improve their skating ability. The program consists of four different disciplines of skating: free skate, skating skills, dance, and interpretive skating. This program is characterized by a series of tests as the skater's skills improve. A listing of test categories is included as Appendices C and D. A skater can work toward becoming a "gold medallist" in each of the disciplines. The majority of skaters beyond the "learn to skate" level are registered in this program.

Registration takes place at the Club Office. New skaters to the STARSkate Program will generally only register for free skate in their first session. The coach will advise when your child is ready to begin skating skills, dance, or interpretive skating.

Once a skater enters the STARSkate Program, lessons are arranged directly with the coach. Coaches give individual or semi-private lessons for each skating discipline and lessons usually last 10-15 minutes. The number of lessons your child should take per week will depend on many factors. Some items to consider are the age of the child, how fast your child progresses with new material, how much the parent is willing to spend per week on lessons, the desires of the child etc. Avoid the temptation to compare your child to others when setting lesson schedules. Each child is an individual and their weekly schedule should be set in accordance with their needs and after discussion with their coach.



Coaching fees are billed periodically throughout the session and are in addition to the GSC registration fee. The cost per lesson will vary from coach to coach depending on their qualifications and experience. At GSC we are fortunate to have a large coaching staff that includes coaches at various levels. Coaches are available for individual consultations by phone or by appointment. You are encouraged to contact them away from the rink - remember that most coaches only get a 10-minute break between each ice session.

Skaters interested in testing their skill in a competitive situation can compete at the local club level at the regional qualifying competition – Eastern Ontario Section Invitational Championships (EOSIC), or even qualify for the National STARSkate Invitational Championship. This stream provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing at the regional or national level. The GSC is pleased to offer additional training sessions in January to prepare skaters for the EOSIC competition. EOSIC team skaters benefit from on-ice technical sessions conducted by guest coaches, on-ice simulations, and feedback from judges.



## Special Juniors

The Special Junior program is an optional program intended to provide both the skater and the parent an “Introduction to Figure Skating”. This program runs in conjunction with the CanSkate program and helps accelerate skaters through the badge system and provides a transition to the STARSkate Program. Identified skaters working at the CanSkate Stage 3 level or higher will learn basic edge skills, stroking skills and free skating skills (jumping, spinning, footwork, field movements etc.). Skaters must be registered in either CanSkate or the Primary StarSkate session to participate in Special Juniors.

Coaching is in a group lesson format (maximum 6 skaters per group). Skaters have an opportunity to work with each of the Club’s full-time professional coaches. Classes are limited to 48 skaters. Ice costs are paid at the time of registration along with one installment for coaching fees. Three additional installments for coaching fees are required and follow a set fee schedule.

## Competitive Program

The competitive training program is for those skaters who have advanced high enough technically in the Skate Canada STARSkate Program, and who wish to train and compete at higher technical levels. We are fortunate at GSC to have a team of extremely well qualified coaches able to maintain and teach at this high level of competitive skating. Year-round competitive day time training ice is available for the competitive single skater, dance teams, and pairs skaters.

Tests are taken at different levels but each competitive test is more technically demanding than those in the STARSkate Program. There is a progression of “qualifying” competitions leading up to the Canadian National Championships each year. The first regional qualifying competition of each skating season is commonly known as “Sectionals” where skaters compete within their own “Section” across Canada. At GSC, we are part of the Eastern Ontario Section. Skaters compete at Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior, and Senior levels in singles, pairs and ice dance.

The GSC is pleased to offer additional training sessions in October to prepare skaters for the Sectional championships. Competitive team skaters benefit from on-ice technical sessions conducted by guest coaches, on-ice simulations, and feedback from judges.

## The Disciplines

### Free Skating

Free skating is the more exciting and athletic part of figure skating. As mentioned, it is usually the starting point into the STARSkate Program. Shortly after starting the free skating program, the coach will choreograph a program (usually called the Solo) to music that they think is suitable for the child. The solo will consist of different jumps and spins with interconnecting footwork and stroking. A one-time fee will be charged by the coach to develop the music and the solo for your child. The duration of free skate ice is normally between 45 minutes and an hour. Normally each child will receive a 15-minute lesson (pre-arranged with the coach) and will be expected to practice on his or her own for the remainder of the session.



## Ice Dancing

Ice dancing is really ballroom dancing on ice. It is distinguished from pairs skating by the absence of jumps, spins and lifts above the shoulders. Each dance is a set of required steps performed to music. There are 21 compulsory dances in the test stream (a listing of the dances is included as Appendix D). The coach will recommend when your child is ready to begin dance. Dance sessions are scheduled separately from free skate and include a separate registration fee with the Club and a separate lesson from the coach. Often a partner will also give a skater lessons to prepare them for a test. Additional fees will be charged for the partner.



## Skating Skills

Skating skills are exercises containing edges, turns, and field movements designed to teach fundamental movements to skaters at all levels. The basic components of all disciplines of figure skating are incorporated into the program. The objectives of the skating skills program are to develop edge quality for all edges, control of turns, power and speed, flow, correct posture, agility, flexibility, and musicality.

The skating skills program is divided into 6 classes, beginning with preliminary and proceeding to gold. Each class consists of 3 exercises and is skated to music. Coaches are capable of teaching these skills either one on one, semi-private or to small groups of skaters. As with dance, there is a separate registration fee with the Club for these sessions and additional lessons from a coach. Generally, the coach will advise when a child is ready to begin skating skills, normally after some time has been spent in the Free Skate sessions.

## Interpretive Skating

Interpretive skating is another component of the STARSkate Program. Interpretive skating is a form of skating in which emphasis is placed on the skater's ability to use their skills to interpret music rather than on their technical prowess. Skaters have the ability to try tests and compete in the interpretive stream of skating.



## **Tests and Competitions**

### **Test Day - How does it work?**

Unlike the CanSkate program, there are special days set aside for skaters to take tests. There is at least one test session for each school (i.e. fall/winter, spring and summer) with the longer schools often having more than one. There are separate tests for each level in free skate, dance, skating skills, and interpretive skating. The date(s) of test days are published with each school schedule.

This is the time set aside for skaters who have mastered certain skills to show evaluators and adjudicators that they have learned the required skills for progression to the next level. The test itself consists of specific moves and elements required for the particular level being tested.

Coaches submit test lists in advance of test days when they feel a skater is ready to try a particular test. A fee is charged for each test taken and will be charged to the skater's account. Once the number of skaters for each test is known, the Test Chairman can put the schedule together. The schedule will be posted on the bulletin board in the dressing room area approximately one week before the test session starts.

Test skaters should arrive at the rink at least an hour before the scheduled test time as tests can run early. Skaters need time to prepare, as most skaters establish a routine they use before taking a test. Costumes and skates should be carefully checked before leaving home to ensure top condition, especially laces. It is not recommended that you sharpen skates immediately prior to taking a test. It is a good idea to have a few practice sessions on newly sharpened skates before testing.

Trained evaluators and adjudicators volunteer their time to come and evaluate our skaters. Test scores are categorized as excellent, good, satisfactory, or needs improvement for the particular level being tested. The skater needs to obtain a certain number of satisfactory or better rankings to successfully complete the test.

Remember, not meeting the requirement does not mean failure. Everyone has good days and bad days. There is no limit to the number of times a skater can take a particular test.



## **Competitions - What should I expect?**

Skating at competitions exposes the skater to yet another side of figure skating. Normally the coach will recommend that a skater take part in a competition when they feel that the skater is ready to participate. Competitions are held locally as well as out of town. Each year the Club organizes an in-house competition and hosts an invitational competition. Coaches will charge a fee for the time spent with the skater at the competition. For out of town competitions, generally, the coaches' travel expenses will be shared amongst their skaters competing. It is recommended you discuss specifics with your coach prior to entering the competition.

An entry form (either the coach or the club office will have a supply) will need to be completed and the fee enclosed and forwarded to the club holding the competition by a specified date; late entries carry a monetary penalty. If the competition requires travel time, it is wise to make arrangements for accommodation at a local motel/hotel. Actual skate times will be confirmed to you either in writing or on the competition web site approximately 1-2 weeks prior to the competition. Skaters should arrive one hour prior to skate time to ensure that they have registered, adjusted costumes and make-up, and have sufficient preparation time.

If there are many skaters competing at the same level they are divided into "flights". There is a draw to determine the starting order. Some competitions will choose place winners following the one flight while other competitions choose top skaters in each flight to advance to a final.

The majority of skaters love the air of competition, but it may not be for everyone. Remember that competitions are optional – if your child is not interested in competing it is not required. Competitions offer a chance to meet, compete, and make friends with other skaters from different clubs. In spite of competing against each other, skaters are always supportive of each other's efforts and always behave in a sportsmanlike fashion.

## **CHAPTER 3**

### **Recreational Programs**

#### **Preschool**

This program is offered for children 3 to 5 years of age. Skaters are taught basic skating fundamentals with a focus on continuous movement and creative play to music. A maximum skater to coach ratio of 8:1 per group provides a quality-learning environment. A badge system teaches a progression of skills from standing on their own to being able to skate forwards, backwards, stop, glide on one foot etc. The skaters will also receive incentives such as stickers, ribbons and coloring sheets throughout the season. The classes are 30 or 45 minutes long and are normally offered both throughout the week and on weekends. All children must wear a helmet. After completion of the first three stages of skill progression, the skater may advance to CanSkate.



## **CanSkate**

This program is for children 6 years of age and up, or younger if the child has completed Stage 3 in the Preschool program. Lessons are normally 45 - 50 minutes long and are offered both on weeknights and weekends. It is normal for a child to take an hour to two hours of instruction per week, depending on their goals. CanSkate is a learn-to-skate program that teaches the fundamental movements of “go”, “stop”, “turn”, “spin”, and “jump”. A progression in each of these fundamental movements is taught in 7 stages. Skaters progress at their own speed as coaches test on a continual basis. Skate Canada certified coaches provide a “focus on fun” that creates the best quality-learning environment possible. A maximum skater to coach ratio of 8:1 is maintained. Hockey and ringette players can also enhance their game by improving their skills within this program. As the skater progresses through the stages in the CanSkate program they will become eligible to move into Special Juniors or the Skate Canada STARSkate Program.

## **Synchronized Skating**

Synchronized skating is a group of 12 or more skaters, both male and female, skating in unison to music. Synchronized skating combines athleticism and artistry while encouraging fun and participation. This sport is much like synchronized swimming since the objective is to have all team members perform precisely in unison.

Synchronized teams skate as a single unit over the entire ice surface to perform a variety of intricate and exciting manoeuvres and formations. It is important for all synchronized skaters to improve their skating skills and therefore they are typically also enrolled in the Skate Canada STARSkate stream.

### **Green Machine Synchronized Skating Team**

The Green Machine Masters Festival Synchronized Team is comprised of up to 20 members of women and men who are 25 years of age and older. The mandate of the Green Machine is to foster a team with a positive, co-operative, supportive attitude, to encourage the development of skills, to play together in a fun, safe, and healthy environment, and TO DO OUR INDIVIDUAL BEST TO MAKE OUR TEAM THE BEST! Tryouts are usually held in September.

### **Fine Line Synchronized Skating Team**

The Fine Line Adult Synchronized Skating Team competes at the Adult Festival level. The team is comprised of 20 to 24 women who are 19 years of age and older. Our goal is to be the best we can while enjoying every minute on and off the ice as a team. Tryouts are usually held in September.

### **Youth Synchro Skating Team**

GSC offers a Youth Synchro program as an optional program intended to provide skaters with an opportunity to practice and perform fundamental skating elements in a team situation. GSC’s youth synchro team is registered to compete in the Festival SynchroSkate stream. Skaters who participate in this program tend to be in the Intermediate level.



Festival SynchroSkate provides recreational synchronized skating teams the opportunity to qualify for National level competition in a program specifically designed to meet the needs of this type of team and skater. The team plans to compete in at least one competition per year at a minimum. Coaching fees and ice costs are included in the registration fee.

If you would like further information regarding the Synchronized Skating Teams at the Gloucester Skating Club, please contact the Club Office.

## **CanSkate Family/Adult**

Our CanSkate Family/Adult program is a recreational “learn-to-skate” through to advanced program designed for families, teenagers, and adults. It is also a program where one may begin or enhance their skills. The classes are broken up into groups based on the elements they are working on.

## **CHAPTER 4**

### **The Three Way Partnership**

#### **Role of the Skater**

- Be honest.
- Remember, you only get out of something what you put into it.
- Know your strengths and weaknesses. Take pride in your strengths. Work on your weaknesses.
- Be committed to being an athlete.
- Always be supportive of your fellow skaters.
- Make a point to learn something every day of your life.
- Keep your mind open. Stay away from people who will try to close it.
- Stick to the task.
- Each test or competition is only a rung up the ladder of success. When you reach the top, the joy is not in being there but the realization of how much effort you put forth in order to get there.

#### **Role of the Coach**

- Be honest.
- Love children.
- Know your strengths and weaknesses. Take pride in your strengths. Work on your weaknesses.
- Establish personal standards in dress, lifestyle, ethics and morals.
- Accept the responsibility of your role and realize the effect you have on children.
- Communicate with the skater and parents regularly. Sometimes the parents don’t know all of the questions to ask.
- Commit to learn something every day of your life. Know more tomorrow than you know today.
- Realize that there are teachers, coaches and managers; you may not be all three.
- The end result is not the tests passed or the competitions won, but the quality of your work in helping the skater become more prepared for the next challenges in skating and in life.



## **Role of the Parent**

- Love your child for what he/she is.
- Be realistic about their ability.
- Be realistic about their strengths and weaknesses.
- Don't live your desires through your child.
- Understand their skating career will have peaks and valleys.
- Accept the judges' decisions. Do not blame a poor mark on a judge. Everyone has good days and bad days. To fail a test does not mean the child is a failure.
- Measure success by their development as a person, not as a skater.
- Communicate with the coach. Make sure you ask questions and understand the total commitment and involvement.
- Be a person your child can be proud of.
- In consultation with your child and your coach, set realistic goals.
- Understand that rink gossip can only be harmful to your child, the coaching team and yourself.
- Be supportive of all coaches and skaters.
- Avoid the temptation to make comparisons between your child and other skaters.
- Offer positive encouragement, rather than criticism.



## **Appendix A**

### **GSC Board of Directors**

The GSC Board of Directors is made up entirely of volunteers. Elections are held at the Annual General Meeting each spring. The following are the positions on the board:

#### **Executive:**

President  
Sr. Vice President  
Vice President (2)  
Treasurer

#### **Directors:**

Director of Communications  
Director of Hospitality  
Director of Volunteers  
Director of Special Events  
Director of Sponsorship and Fundraising  
Director of Synchronized Skating  
Director of Test (Test Chairperson)  
Director of Skating  
Director of CanSkate  
Director-at-Large /Athlete Representative



## **Appendix B**

### **GSC Professional Coaches**

Jodie Bierko  
Darlene Joseph  
Emery Leger  
Elizabeth Manley  
Sheilagh McCaskill  
Louise McWade  
Debbie Montgomery  
Stefanie Partridge  
Nathalie Roy  
Cathy Skinner  
Krista Smith (Choreographer and Resource only)

### **Mental Trainer**

Kavita Prakash

### **Athletic Trainers**

Jeff Daunt  
Stefanie Partridge  
Kirill Chour



## Appendix C

### Levels in Free Skate and Skills

The various tests in the free skate and skills disciplines are set by Skate Canada and are standard across Canada. The following are the current tests listed in order of their progression:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

At GSC, in order to properly schedule groups of children on the ice, we break the above categories into four different ice sessions. The grouping of each test level into a specific ice session will depend on enrollment numbers but would generally look something like this:

<b>Skate Canada Test Category</b>	<b>GSC Ice Session</b>
Working on Preliminary or higher	Primary StarSkate
Preliminary/Junior Bronze	Intermediate StarSkate
2nd year Pre-Juvenile Competitive/Juvenile	Advanced StarSkate
Senior Bronze	Advanced StarSkate
Junior Silver	Advanced StarSkate
Pre-Novice Competitive	Advanced StarSkate
Senior Silver	CompetitiveSkate
Gold	CompetitiveSkate
Novice Competitive & up	CompetitiveSkate



## Appendix D

### Listing of Compulsory Dances

In the dance stream, there are 30 compulsory dances set by Skate Canada. A separate test is held for each dance. They are grouped into categories that align with the free skate levels:

#### **Preliminary**

Dutch Waltz  
Canasta Tango  
Baby Blues

#### **Junior Bronze**

Swing Dance  
Fiesta Tango  
Willow Waltz

#### **Senior Bronze**

Ten-Fox  
Fourteenstep  
European Waltz

#### **Junior Silver**

Foxtrot  
Harris Tango  
American Waltz  
Rocker Foxtrot

#### **Senior Silver**

Paso Doble  
Starlight Waltz  
Blues  
Kilian  
Cha Cha Congelado

#### **Gold**

Viennese Waltz  
Westminster Waltz  
Quickstep  
Argentine Tango  
Silver Samba

#### **Diamond**

Ravensburger Waltz  
Tango Romantica  
Yankee Polka  
Rhumba  
Austrian Waltz  
Golden Waltz  
Midnight Blues



## **Appendix E**

### **Volunteer Information**

#### **Our Mission....**

We are committed to personal excellence through skating. We support and strive to embrace the passion for skating in each individual within our community by providing a full range of quality programs and skilled and dedicated coaches, in a safe, fair, and motivating environment.

#### **Together we all win...**

For the Gloucester Skating Club to fulfil its vision and mission **WE NEED VOLUNTEERS!**

We have volunteer roles that need to be filled to enable the skaters to have the club support they need to learn, succeed and reach their goals. To help ensure we recruit enough volunteers to help us meet our goals and objectives a volunteer fee has been added to your membership

#### **What is a volunteer fee?**

Your membership with the Gloucester Skating Club includes a \$50.00 volunteer fee. This fee ensures that the club can access the resources necessary to support our skaters and our club's skater development and fundraising events. This \$50.00 is fully refundable - all you have to do is help us help our skaters by committing 6 hours of your time, per family, throughout the season. If you choose not to volunteer, your contribution will help the club acquire the resources necessary to support our skaters and our club's events. We hope that in the future we can develop a vibrant volunteer network to support the club and thus eliminate the need for a volunteer fee or the need to raise club fees so that GSC can continue to offer programs and events, which supplement your child's skating experience with the club.

#### **Why volunteer?**

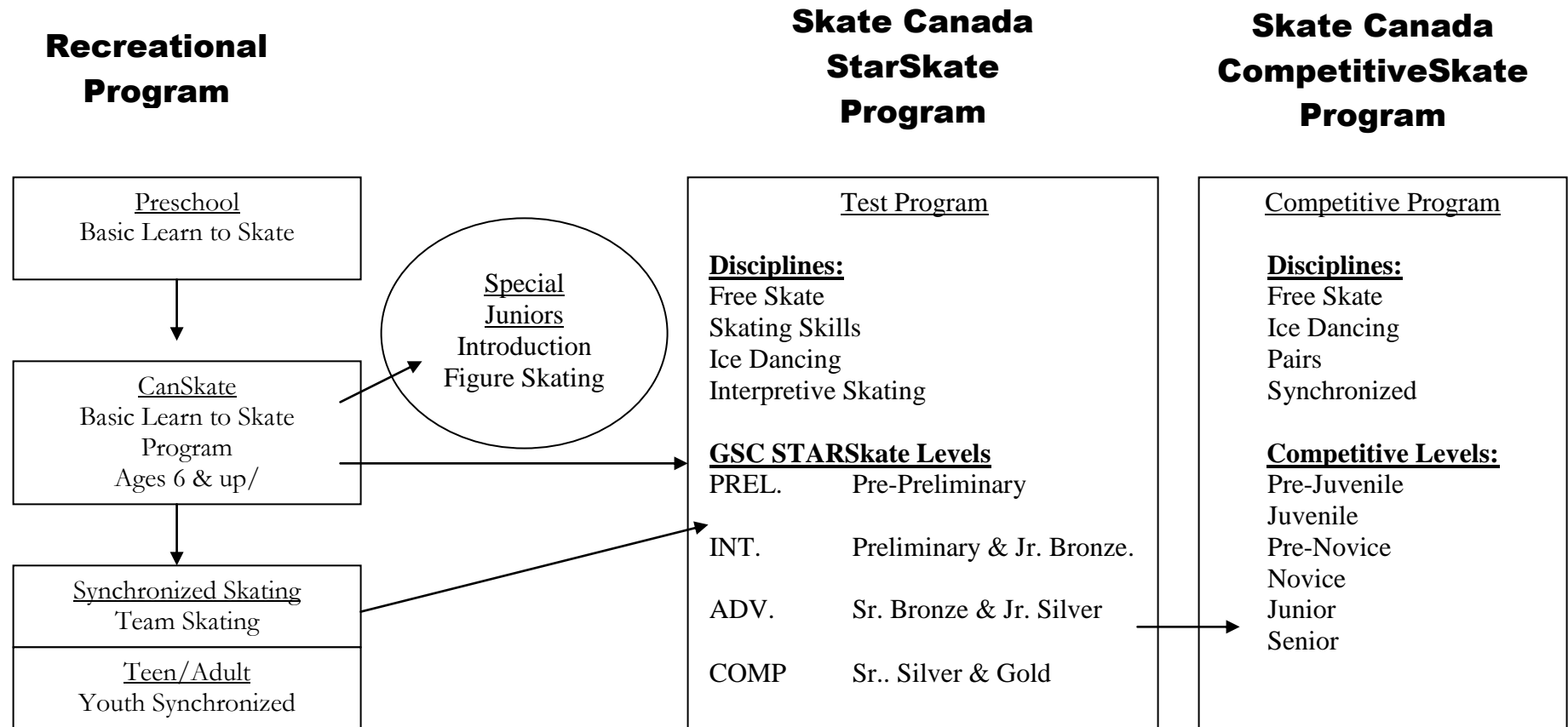
1. You get to contribute to a great organization committed to ensuring your kids have the best skating instruction and development found anywhere.
2. You get to work with great people who are equally committed to making a difference for each and every skater.
3. It costs you nothing but your time and you can decide how much time is enough. GSC wants you to know that each and every contribution counts and is appreciated.
4. Skating is an individual sport and the CLUB is the TEAM that supports and connects our members — we need you to help build our team.
5. Whether you're a first-time skater or an aspiring young athlete who dares to dream, skating is a life long sport for fun, for competition, for life

GSC regularly hosts a number of events throughout the skating season including competitions, an ice show, and test days that offer lots of opportunities to commit your six volunteer hours. Volunteering as part of the board of directors, on the fundraising committee, acting as a parent rep, and helping out with hospitality are just some of the other volunteer opportunities available. Parents are generally asked to identify their preferred volunteer opportunities for the year during registration for the fall session.



# Appendix F

## Where Do You Fit?



This diagram shows the typical progression of a skater who starts the program at an early age. Your child's experience may be somewhat different depending on circumstances.

