

PROFESSIONAL COACHING STAFF

Jodie Bierko	FS, SK, D, CH	613-830-1895
Darlene Joseph	FS, SK, D, CH	613-835-9723
Emery Leger	FS, SK, D, P, CH	819-561-6117
Elizabeth Manley	FS, CH	Contact the club office
Sheilagh McCaskill	R	613-830-1307
Louise McWade	D	613-443-1333
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 and Conditioning

(Also Available for Private or Small Group Sessions)

Jeff Daunt 613-834-5275

Stefanie Partridge 613-302-8702

Kirill Chour 819-298-9951

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

REGISTRATION

1. 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 May 14th, 2009
2. Payment must be made to GSC by use of cheque, cash, interact, 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 May 14th, 2009.
3. There will be **NO rebates, substitutions or make-ups for missed sessions.**
4. GSC reserves the right to change, and/or cancel skaters' ice time depending on registration, and to accommodate special events or other emergency situations.
5. Out of Town skaters **MUST** submit a video at time of registration if they haven't skated at GSC previously.

REFUNDS

1. Refunds will be issued up to one week prior to the start of the program (June 22nd, 2009). There will be a \$25 administration fee applied to all refunds, with the exception of medical refunds.
2. Credits or refunds for medical reasons will be issued, on a pro-rated basis, upon receipt of a medical note to the GSC Office.
3. Program changes (with the exception of additions) are to be requested in writing by submitting a "Program Change Form" to the club office. Each member will be granted **ONE** change per skating school after which a charge of \$15 will be incurred.
4. 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: Elke Hickey

Bookkeeper: Susan Clement

Closing Date
for Applications:

May 14th, 2009



Skate
Gloucester Skating Club
Skate Canada Member



2009
SUMMER SCHOOL

Pre-Season June 8 - 26, 2009
Elizabeth Manley Rink

Summer
June 29 - Aug 14, 2009
Elizabeth Manley Rink
7 weeks of concentrated skating

Test Day:
August 11, 2009

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

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



MONDAY - THURSDAY SCHEDULE

8:30 - 8:45	Primary StarSkate Edge / Str
8:45 - 9:05	Primary StarSkate Dance / Skills
9:05 - 9:55	Primary StarSkate Freeskate
9:55 - 10:05	Flood
10:05 - 10:55	CompetitiveSkate Freeskate
10:55 - 11:05	Flood
11:05 - 11:55	CompetitiveSkate Freeskate
11:55 - 12:15	CompetitiveSkate Edge / Str
12:15 - 12:30	CompetitiveSkate / Advanced StarSkate Spin
12:30 - 12:40	Flood
12:40 - 1:00	Advanced StarSkate Edge / Str
1:00 - 1:50	Advanced StarSkate Freeskate
1:50 - 2:20	Advanced StarSkate Dance/ Skills
2:20 - 2:30	Flood
2:30 - 3:15	Advanced / Intermediate StarSkate Extra Freeskate
3:15 - 3:25	Flood
3:25 - 4:15	Intermediate StarSkate Freeskate
4:15 - 4:30	Intermediate StarSkate Edge / Str
4:30 - 5:00	Intermediate StarSkate Dance/Skills
5:00 - 5:20	Dance /Skills Extra (20 minutes)
5:20 - 5:30	Flood
5:30 - 6:20	Open Session (Mon & Wed)
5:30 - 6:20	Canskate Lesson (Tuesday)
	Canskate Practice (Thursday)
6:30 - 7:20	CanPowerskate (Wednesday)
6:30 - 7:20	Kaleidoscope Synchro (Tuesday)
7:30 - 8:20	Green Machine Synchro (To be confirmed -Tuesday)
7:30 - 8:20	Fine Line Synchro (Wednesday)

OFF-ICE SCHEDULE MON - THURS

Primary Skaters	10:20 - 11:10am
Intermediate Skaters	2:10 - 3:00pm
Advanced Skaters	11:10 - 12:00pm
Comp. Skaters	12:50 - 1:50pm

FRIDAY SCHEDULE

8:30 - 9:20	CompetitiveSkate Freeskate
9:20 - 9:30	Flood
9:30 - 10:20	CompetitiveSkate Freeskate
10:20 - 10:30	Flood
10:30 - 11:20	Advanced StarSkate Freeskate
11:20 - 11:30	Flood
11:30 - 12:20	Advanced / Intermediate StarSkate Freeskate

OFF-ICE SCHEDULE FRIDAY

Advanced / Intermediate Skaters	9:20 - 10:10am
Competitive Skaters	10:40 - 11:30am

QUALIFICATIONS

The following are guidelines only and the Club reserves the right to move skaters between classifications dependant upon the skater's ability, the date of completing qualifying tests and the number of registrants.

COMPETITIVESKATE:

Passed the Pre-Novice Competitive Test or the complete Senior Silver FreeSkate.

ADVANCED STARSKATE

Passed Juvenile Competitive Test or 1st Year Pre-Juvenile Competitor or Passed complete Junior Bronze Freeskate Test.

INTERMEDIATE STARSKATE

Passed Complete Preliminary Freeskate Test and / or Preliminary Skills and / or Preliminary Dance

PRIMARY STARSKATE

Working on Preliminary Free, Skills and / or Dance

JUNE/JULY

MON	TUES	WED	THURS	FRI
29 1 st Day of Summer School	30 <i>RED AND WHITE DAY</i>	1 Canada Day No Skating	2	3
6 <i>BEACH DAY</i>	7	8	9	10
13	14	15 <i>BEACH DAY</i>	16	17
20	21	22	23 <i>MOVIE STAR DAY</i>	24
27	28	29	30 Minto Comp.	31 Minto Comp.
AUG				
3 Civic Holiday No Skating	4	5	6	7 <i>BACKWARD DAY</i>
10	11 TEST DAY	12	13 Thornhill Comp.	14 Last Day of Summer School

There will be great prizes for the winner's of each special dress-up day. Show your GSC spirit and have some FUN!