

**“Success is the sum of small efforts,
repeated day in and day out...”**

Coaching Staff

Off-Ice Practice

Figure skating is a sport that puts significant strength and flexibility demands on the body. Athletes in other sports may say that figure skating is not a 'sport', and it is more artistic performance, but they are quite wrong! Skaters are some of the strongest athletes in the world. Core strength and stability, balance, strength and power, and flexibility are necessary for skaters to demands of jumping, spinning, and long programs.

Skaters are encouraged to come early to practice and skip, use their spinners and practice off-ice jumping either in the change room or on the top platform in the stands.

Training off-ice trains the brain too!

Try it!



Test Day

Tentative Date of Apr. 23 (subject to change).

Tests fees are not included in the registration and need to be paid before the test is tried. Dances that require partnering will also have a partnering fee applied to the test fee.

Please speak to your coach for more information.

Coaches are invaluable in the development of an athlete's skills. They are teachers and mentors for the thousands of young athletes they interact with in their day-to-day work. They work with not only athletes but also the athlete's parents in setting realistic goals and the training required to reach their potential and their goals. Coaches from other clubs with students who wish to register for spring are welcome to apply for a freelance contract.

All coaches listed are registered Skate Canada Professionals who are certified through the National Coach Certification Program (NCCP).

Janet Dawson 519-386-1851

Quinn Kollontay 519-386-8203

Brittany Sanderson 519-386-1032

Amy Thomson 519-375-1282

Skate Canada – COS Thornhill Fun Competition

April 15 - 17, 2016

Thornhill Community Centre
7755 Bayview Ave. (at John St.)
Thornhill, ON

An invitation is extended to all eligible skaters to participate in the 2016 Skate Canada – Central Ontario Fun Competition. This competition offers individual and group categories for participants of all ages.

Registration:

Registration for this event is an online submission and must be completed in full in order for the entry to be accepted. To register visit:
www.skatecanada-centralontario.com/
Select - Events & Results/2015-16 Events

Closing Date of Entries:

Access to online registration will cease at 11:59pm on **March 2, 2016** Registrations will be accepted on a first-come, first-serve basis.

Join the FUN!

Registration Form

Name: _____ Skate Canada No.: _____

Address: _____

Postal Code: _____ Phone: _____

Email Address: _____

Home Club: _____ **Registration Deadline is Mar.10th**

Contact: ssskatingclub@gmail.com

There will be no refunds for the spring session.

A letter of proof that your Skate Canada Number is in good standing and Permission to test from your Home Club must be attached to the registration form at time of registration. Please include Skate Canada Number, Home Club Number, Contact and Club Address.

Pre-STAR

Open to Canskate Level 4 or higher. Program will consist of a 45 minute group lesson and 45 minutes of free time. Additional Private & Semi Private lessons are available at your request during the 45 minutes of free time.

Junior STARSkate

Open to skaters working on Prelim – Jr. Bronze Skills/Dance

Senior STARSkate

Open to skaters working on Sr. Bronze Skills/Dance and higher

FEES

(Includes 45 min group lesson) Pre-STAR \$215.00

Junior STARSkate \$215.00

Senior STARSkate \$240.00

Male partnering lessons are available on Wednesdays ONLY at an additional cost.

***Please note: With limited lessons available priority will be given to Senior STARSkate members.*

Do you require male partnering? Y N

Cheques payable to SSSC



Inspiring all Canadians to embrace the joy of
skating for fun and fitness and achievement.

Saugeen Shores Skating Club
P.O. Box 6
Port Elgin, Ontario N0H 2C0
www.saugeenshoresskatingclub.com
E-mail: ssskatingclub@gmail.com

 Saugeen Shores Skating Club



STARSkate Program

Skills, Tests, Achievement, Recognition
This is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate and interpretive skating.

Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentive. Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system.

For more information, visit:
www.info.skatecanada.ca
www.skatecanada-centralontario.com

SSSC Etiquette

- Practice Smart! Use your time wisely and keep long chats for the change room.
- Be aware of your surroundings. Check all directions before leaving the boards.
- If you fall get up quickly to avoid collisions. Safety First!
- Know who has the "Right of Way" - Those in a lesson or who has their music playing.
- Its okay to call out "Excuse me" politely if you have the right of way.
- Spins are best practiced between the two blue lines and jumping at the ends.
- Be on time for practice.
- Ask your base coach before leaving the ice during a session. If the base coach is away ask another staff Coach.
- Wear appropriate skating attire and tie long hair back. (no jeans)
- Help coaches with equipment and program materials before and after a session.
- Be courteous and kind.
- Show good sportsmanship - be a good ambassador on and off the ice.
- Smile and have FUN!

Saugeen Shores Skating Club

Spring Skate 2016

At the
Saugeen Shores Community Complex

April 4 – April 23, 2016

Mondays

4:30 – 5:15 Pre-STAR Group Lessons
5:15 – 6:00 Pre-STAR Open
4:30 – 6:00 Junior STARSkate Open
6:00 – 7:20 Senior STARSkate Open

Wednesdays

4:00 – 5:00 Junior STARSkate Open
4:00 – 6:00 Senior STARSkate Open

Thursdays

4:30 – 5:15 Pre-STAR Group Lessons
5:15 – 6:00 Pre-STAR Open
4:30 – 6:00 Junior STARSkate Open
6:00 – 7:20 Senior STARSkate Open

Saturday April 23, 2016

Test Day (tentative)

Spirit
Passion
Commitment
Determination
Inspiration



Saugeen Shores Skating Club
P.O. Box 6
Port Elgin, Ontario
N0H 2C0
www.saugeenshoresskatingclub.com