



AJAX SKATING CLUB



SKATER'S HANDBOOK

Location: Ajax Community Centre
75 Centennial Drive, Ajax, ON

Mailing Address: P.O. Box 14514, Ajax, ON, L1S 7K0

Club Phone: 905-683-1753

Club E-mail: ajaxskatingclub@hotmail.com

Visit our website for the latest information
www.ajaxskatingclub.ca

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Welcome to the Ajax Skating Club

The Ajax Skating Club (ASC) has been serving the Town of Ajax since 1967 and has been very successful due to:

- A great working partnership with the Town of Ajax
- Qualified, skilled and professional coaching staff certified by Skate Canada
- Family volunteers
- The only Skate Canada sanctioned club in Ajax which offers a structured lessons by professional coaches

Mission Statement

The Ajax Skating Club is a non-profit organization, sanctioned by Skate Canada that is dedicated to providing an opportunity for the community to participate in skating through encouragement, support and training with the expertise of a professional coaching staff, so that all can achieve their personal goals in a fun, safe and nurturing environment.

The mandate of the Ajax Skating Club is to:

- Encourage the instruction, practice, enjoyment and advancement of its members in all aspects of skating;
- Create a positive atmosphere in which a sense of commitment, cooperation, responsibility and good sportsmanship is fostered; and
- Be a responsible, participating member of the Skate Canada Skating community.

Office Hours During the Skating Season

The Ajax Skating Club office is located on the second floor of the Ajax Community Centre at the south end of Pad 2 (75 Centennial Rd. Ajax).

Monday	6:00 p.m. - 8:00 p.m.
Tuesday	6:00 p.m. - 8:00 p.m.
Wednesday	Closed
Thursday	Closed
Friday	6:00 p.m. - 7:30 p.m.
Saturday	9:30 a.m. - 12:30 p.m.
Sunday	Closed

(hours subject to change)

During the off-season (June-August), please send any inquiries by email to ajaxskatingclub@hotmail.com. Please do not leave voice messages.

Board of Directors

A Board of Directors operates the Ajax Skating Club. All board members serve on a voluntary basis and receive no remuneration for their services. The Board of Directors is elected at the Annual General Meeting.

The primary purpose of the ASC and its Board of Directors is to provide the programs required by the local skating community with the welfare and best interests of the skaters uppermost in their minds.

With this goal in mind, the Board of Directors has contracted with skilled Professional Coaches, certified by Skate Canada, who conduct all programs at ice level.

2014 – 2015 Board of Directors & Office Administration

President	Shelly Bugera ascpresident@hotmail.com
Vice President	Janice Martin ascvicepresident@hotmail.com
Treasurer	Madeline Pasnik asctreasurer@hotmail.com
Registrar	Bonnie Jones asc_registrar@hotmail.com
Secretary	Carrie Hardy ascsecretary@hotmail.com
Director	Luigi Fiorino ascdirectorfour@hotmail.com
Director	Lisa Morin ascdirectortwo@hotmail.com
Director	Kristy Taylor ascdirectorthree@hotmail.com
Director	Deena Saldanha ascdirectorone@hotmail.com
Coaches' Rep	Pam Brown asccoachsrep@hotmail.com
Office Administrator	Mary MacKenzie ajaxskatingclub@hotmail.com

Volunteers

The ASC is always looking for volunteers – they are a vital part of our club. We need volunteers to help at the CanSkate sign-in table, to help with special events such as competitions and test days and doing a variety of jobs during Ice Show years (ticket selling, props, dressing room attendants, sewing, etc.).

Program Assistants (PA's)

All STARSkaters eleven years of age or older are encouraged to become Program Assistants for the younger skaters during the Learn-to-Skate sessions. Their duties include assisting the professional coaches during lessons, leading activities in the warm-up and cool-down portion of the sessions, and helping our new skaters to get their balance on the ice. This is an excellent way for STARSkaters who are in high school to earn community service hours! Club credits can also be earned and used towards skating fees for the next season or they can be put towards club clothing. Please let our Program Assistant Director know which sessions and days you are available.

Communication

We try hard to keep all of our members informed of what's happening at the ASC, through several methods:

- Bulletin Boards – We encourage you to check our bulletin boards often for current information. There are two bulletin boards – downstairs outside Arena 2, and upstairs in the hallway overlooking Arena 2.
- ASC Office – Located upstairs at the west end of the hall beside Arena 2, the office is staffed by an office administrator who will answer your questions or direct you to the most appropriate contact. Our office hours are posted on the office door and on our website.
- Website and email – Please check our website www.ajaxskatingclub.ca often, as it is updated regularly with photos and news of upcoming competitions, test days and special events. You will also receive periodic email from the Ajax Skating Club (ajaxskatingclub@hotmail.com or asc_registrar@hotmail.com) reminding you of upcoming events. Make sure you add these addresses to your contacts so they don't end up in your junk/spam folder. Please ensure you provide us with a current email address so we can keep you informed.
- Newsletters - From time to time, the ASC will publish a newsletter containing information on current happenings and upcoming events. We encourage you to pick one up from the CanSkate sign-in table or at the office during regular office hours.

Skate Exchange and Club Clothing

The ASC holds its annual skate exchange at the Ajax Community Centre in early September, where used skates and skating attire (competition dresses, practice dresses, sweaters and more) are sold by the members. This is a great opportunity to purchase good used skates and clothing at reasonable prices.

Some used skates and skating attire are also available for sale at the Club Office during office hours, so please drop by.

AGAIN THIS YEAR: all articles will be placed with the club on a consignment basis and all parties interested in selling articles must complete the consignment clothing agreement form. Please see the club office for more details.

The ASC is pleased to offer our skaters the opportunity to purchase jackets in our club colours, embroidered with the Ajax Skating Club logo. Order forms are available at the office.

We also have a variety of skating tights, mini gloves, skate guards and blade covers available for sale in the Club Office during office hours.

Town of Ajax Santa Parade

The ASC will once again be participating in the Ajax Santa Parade. It is being held on Saturday, November 8 at 6:00 p.m. Come dressed for the weather in our club colours RED and/or BLACK and march with us in the 2014 Ajax Santa Claus Parade! Details to follow closer to the date.

ASC Club Competition

The ASC will hold its annual club competition on Saturday, April 11, 2015. This event will be open to all ASC STARSkaters and CanSkaters. Each event is divided into levels based on Skate Canada tests passed. Watch the bulletin boards and website for more information.

Ajax Skating Club Code of Conduct

All skaters must comply with the Skate Canada Central Ontario Code of Conduct and the Code of Conduct of the Ajax Community Centre.

- Skaters representing the ASC at any function are expected to conduct themselves in a responsible and respectable manner.
- All Club members must abide by the rules and regulations of the Ajax Community Centre, which includes NO SMOKING ANYWHERE IN THE BUILDING.

Ajax Skating Club Rules

Session Rules

General

- Skaters in lessons and/or having their solo played have the right of way
- Pro requests will be played in the order received
- Pro requests can only be made for a skater during a private lesson, 1 per 15 minute lesson

Free Skate Sessions

- Solos will be played in the order of the solo list provided for each session, continuing each week with the next skater on the list
- Pro requests will be played as requested
- Dances will only be played by Pro request during a lesson

Dance Session

- The dance play list for each session will be followed
- No free skating is permitted unless the skater is in a lesson
- Solos will not be played

Stroking Sessions

- Lessons are permitted during a coached stroking session only at the end of the ice

Skating Skills Sessions

- Skills tapes will be played according to the play list for the session

Safety and Security

- No socializing, games or horseplay on or off the ice
- No gum, food or drinks (other than water) on the ice
- No iPods/MP3 players, cellphones, or other electronic devices on the ice
- No standing in the middle of the ice
- Skaters should not be confined to one area of the ice
- Skaters are not permitted on the ice until the Zamboni doors are closed
- Skaters are not permitted on the ice without a qualified coach accompanying them
- Parents and spectators are not permitted in any area with direct access to the ice surface
- No interference with coaches or skaters during the session
- If a skater has chosen to skate on ice that is not designated as Ajax Skating Club permitted ice, the Ajax Skating club assumes no responsibility for losses, damages or injuries

Code of Conduct of the Ajax Community Centre

To ensure a safe and pleasant environment, the Town of Ajax, Recreation Services, request that everyone using this facility comply with the code of conduct listed below. Above all, staff and visitors must be treated with respect. Non compliance may result in ejection from Town facilities for an indefinite period of time.

The following activities/behaviours/items are prohibited:

- Acting in an intimidating, disrespectful or disruptive fashion
- Behaviour which may interfere with the enjoyment of the facilities for others(ie: running, horseplay, fighting, spitting, swearing, blocking of stairways or exits, littering etc)
- Wearing of clothing or apparel that hides the identity of an individual except for religious purposes
- Use of in-line skates (other than on designated playing surfaces), skateboards, scooters, heeies and other rolling devices, as well as, cleats
- Verbal threats and insults

- Breaking of established rules governing activities run by Recreation Services
- The use of cellular phones (as a camera), personal digital assistants and digital cameras in change rooms, washrooms and dressing rooms

Please be aware that staff have the authority to check back packs, bags and purses. Any person who refuses to allow such an item to be checked may be asked to leave the facilities.

Anyone caught damaging or defacing property will pay ALL repair costs.

Children under the age of 10, not participating in a scheduled activity or program, must remain under the direct supervision of an adult or responsible guardian of at least 14 years of age. Direct supervision is defined as the child or children must be in sight of the parent or guardian at all times.

Supervision of Children at the Ajax Community Centre

While you are visiting Town of Ajax Recreation Facilities, it is our expectation that children under the age of 10, not participating in a scheduled activity or program, will remain under the direct supervision of an adult or responsible guardian of at least 14 years of age. Direct supervision is defined as the child or children must be in sight of the parent or guardian at all times.

For the safety of your child and others in our facilities, we require all patrons to adhere to our Code of Conduct and Spectator Code of Conduct.

Generally, recreation facilities are very busy with many people congregating throughout the building. It is virtually impossible for our staff to see every person and their actions at all times. Therefore, your child may be vulnerable to many dangers.

We appreciate your anticipated cooperation in regards to adequate supervision of your child while using our facilities.

Our Coaches

The Ajax Skating club hires Skate Canada certified coaches to teach skating to our Club members. We pay the coaches to teach group lessons. Coaches may also use the Club ice to teach private lessons for our Club members. Private lesson fees, lesson types and number of lessons per week are determined between the coach and the parent. The fees are paid directly to each coach.

2014-2015 Professional Coaches

Pam Brown	sk8brown@rogers.com
Alex Desroches	alex.desroches@hotmail.com
Sherri Desroches	sherri.desroches@rogers.com
Nancy Eastman	gr8sk8@hotmail.ca
Dawn Forgeard	dawn.forgeard@sympatico.ca
Troy Hockley	ccl.hockley@gmail.com
Monique Mara	monique_mara@hotmail.com
Angie Racioppo	a.racioppo@hotmail.com

When does my skater need a private coach?

- If your skater is struggling to keep up in the group lesson, you may want to ask a coach to give some private lessons for a boost
- If you want your skater to develop faster than the group lessons will take him/her
- If you want your skater to compete, even at the CanSkate level
- If your skater has completed the CanSkate program and is continuing in the STARSkate (test stream) program, Private Coaches are **mandatory**

For more information, speak to a coach before or after a session. **Never** interrupt a lesson.

Selecting a Coach

Private lessons are an agreement between the skater, parent and the coach. This is independent of the ASC; the ASC endorses all of our coaches equally and will not recommend a coach. The ASC assumes no responsibility for private lessons, such as fees charged or scheduled times. When you are interested in hiring a private coach, contact is made directly with the coach. Coaches' pictures are displayed in the case beside the ASC office in Arena 2 Upper Lobby. The email addresses are listed in this handbook.

When you are selecting a private coach, you should discuss availability, fees, lesson types and number of lessons per week. In order for the coach to meet all of your needs, contact the coach as early as possible. It is the skater's responsibility to inform their coach if they are going to be absent from a lesson.

Programs for Everyone

The Ajax Skating Club has a program for everyone. Our coaches offer group and private lessons to help you:

- Learn to skate for whatever the reason; recreation, hockey, figure skating, etc.
- Build your skating skills
- Compete in local competitions from CanSkate to Adult
- Earn test medals in 4 skating disciplines – Dance; Skills; Free Skate; and Interpretive

Belonging to our club gives you additional benefits:

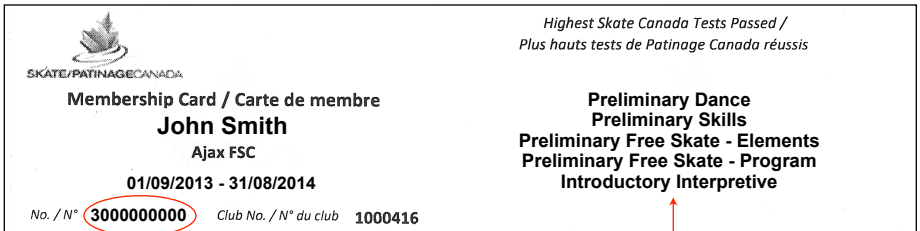
- Develop self-confidence, leadership and team-building skills
- Stay healthy, fit and active
- Make new friends

Programs are available from 3 years old and up. When you/your child registers for a skating program with the ASC, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada.

Benefits of Club Membership

The benefits of belonging to a Skate Canada Club are many. Below are just a few...

When you register for a skating program with the Ajax Skating Club, you will become an Associate member of Skate Canada, the national governing body for figure skating in Canada. You will receive a Skate Canada Membership Registration Card with a unique membership number that is yours for life, even in years you are not an active member. Keep the Membership Card in a safe place, as you will need this registration number to participate in Skate Canada sanctioned events. Annual membership is from September 1 to August 31.



10-digit unique Skate Canada membership number - yours for life

Test achievements listed upon successful completion

- As a member of the Ajax Skating Club, you will be a voting member of the Club. Parents will have the voting rights of their child(ren) under the age of 18
- You will have access to expertly developed and professional delivered Skate Canada Programs
- Access to Nationally Certified Professional Coaches
- An accident insurance benefit included in Skate Canada registration fee
- Opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- The opportunity to participate in interclub and invitational competitions
- Special member prices on merchandise from the Skate Canada on-line store
- Receive the option to purchase selected Skate Canada event tickets prior to the general public or at a discounted prices for members
- Privileges to enter the Members Only website of Skate Canada, that contains all the important information about the association.

www.ajaxskatingclub.ca
www.skatecanada-centralontario.com
www.skatecanada.ca

Good to Know...

Helmets:

- CSA approved hockey helmets are mandatory for ALL skaters registered in the CanSkate, Pre-CanSkate or Hockey & Ringette Skating Skills programs
- The fit should be snug
- Both the strap and the helmet should be adjustable
- Stickers should not be put on the helmet

Clothing:

- Clothing should be warm, allow for movement, and provide some protection from falls
- Layering (sweat suits, sweaters, jacket and long underwear or tights) is recommended
- Waterproof pants are recommended, especially for the beginning skater (to keep from getting too wet if falls are frequent)
- Snow suits are not recommended; although warm, they are bulky and restrict movement
- Warm mittens or gloves are a must
- Long scarves are not recommended

Skates:

Most sporting goods stores sell skating equipment in a wide range of price and quality. Before buying skates, check for proper fit, firm ankle support, good quality (ideally) leather boot, and correct blade placement.

- Sharpen skates immediately after purchase
- Use an experienced professional when having your skates sharpened
- Re-sharpen after 25-30 hours of skating (depending on usage and care)
- Always wear protective (“hard”) guards when not on the ice (e.g. walking to and from the dressing room)
- Loosen the laces sufficiently before taking the skate off your foot
- Dry blades and sole plates thoroughly with a cloth after use
- Remove guards and wrap the blades in blade covers to protect them as well as other equipment in your bag before storing the skates away (hockey players sometimes use old hockey socks instead of blade covers)
- Air out boots after use

Please refer to the *Skating Equipment Guidelines Brochure* on our website for more information (“Resources” page).

Pre-CanSkate

A learn-to-skate program geared for 3 and 4 year olds, stressing basic balance and movement on the ice. Each Pre-CanSkate session is 30 minutes in length. Both Professional Coaches and Program Assistants work with the little ones to help them feel comfortable on skates, and make it fun with songs, games and toys. It is a great way to get your younger child out on the ice and ease them into the sport of skating.

CanSkate

A learn-to-skate program designed for children 5 years and up that focuses on fun, participation and basic skill development. Each session consists of a warm up, a 30 minute group lesson time, group activity time and a cool down. The CanSkate program is organized into six progressive stages of learning. Each of these stages will be further broken down into three fundamental areas:

- **Balance:** concentrating on forward skills, pushing technique and edges
- **Control:** concentrating on backwards skills, stopping and speed elements
- **Agility:** concentrating on turning and jumping skills

In addition to the stage badges earned, skaters will earn ribbons as they master the skating skills. By the end of Stage 6, skaters will have learned all the skills necessary to enter the ice sport of their choice.

Elite CanSkate

This program is a continuation of the learn-to-skate program that is designed for more advanced CanSkater. Skaters must have completed the CanSkate Stage 4 badge to qualify and even though private lessons are not mandatory, it is strongly recommended. The program consists of a 15 minute coach led warm-up with the Junior skaters (first 15 minutes) and a 15 minute coach led group lesson (last 15 minutes). During non group lesson times, skaters are expected to work on their own or with other skaters on what they have learned during coach lesson times.

Teen/Adult CanSkate

This program takes all of the elements of our CanSkate and STARSkate programs and combines them in a format appropriate for our adult skaters. It is recommended that individuals aged 15 or older who are learning to skate register in this program, rather than in CanSkate programs. Professional Coaches provide group lessons during this session. Helmets are mandatory for skaters who are just learning, or who have not passed the equivalent of CanSkate level

Skating Skills For Hockey & Ringette

This program focuses on specific skating skills for hockey and ringette and is coached by professional Skate Canada coaches. Lessons emphasize balance, power, agility, speed and endurance. The program will also help to increase the length of stride as well as the efficiency of forward and backward skating.

Please note: This is **NOT** a learn-to-skate program. Skaters must be able to skate forward, backward and stop independently.

CSA approved hockey-style helmets are mandatory for all learn-to-skate programs.

CanSkate Stage Chart

	BALANCE	CONTROL	AGILITY
STAGE 1	SKATE FORWARD ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide	STOP ○ Snow slide steps ○ R ○ L SKATE BACKWARD ○ Bwd 2-foot skating/walking ○ Bwd 2-foot glide	TURN ○ 2-foot turn ○ CW ○ CCW JUMP ○ 2-foot jump EXTREME ○ Fwd skating perimeter of ice
STAGE 2	SKATE FORWARD ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ R ○ L ○ Fwd push/glide sequence EXTREME ○ Fwd 1-foot glide	STOP ○ Fwd stop SKATE BACKWARD ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ R ○ L EXTREME ○ Bwd push/glide sequence	TURN ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180° glide turn ○ CW ○ CCW JUMP ○ Fwd 2-foot jump
STAGE 3	SKATE FORWARD ○ Fwd stationary blade push (T, V or L) ○ R ○ L ○ Fwd 2-foot slalom ○ Fwd circle thrusts ○ CW ○ CCW ○ Walking crosscuts ○ R ○ L EXTREME ○ Fwd 2-foot to 1-foot curve glide ○ R ○ L	STOP ○ Fwd stop with speed ○ R ○ L ○ Both SKATE BACKWARD ○ Bwd 2-foot sculling ○ Bwd 2-foot to 1-foot glide ○ R ○ L ○ Bwd push/glide sequence EXTREME ○ Bwd 1-foot glide ○ R ○ L	TURN ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360° step turn JUMP ○ Bwd 2-foot jump EXTREME ○ Fast fwd perimeter skating ○ CW ○ CCW
STAGE 4	SKATE FORWARD ○ Fwd crosscuts ○ CW ○ CCW ○ Fwd inside slalom ○ Fwd outside slalom EXTREME ○ Fwd drag SPINS & SPIRALS ○ Fwd spiral HOCKEY & RINGETTE ○ Drop down drill ○ Fwd "V" start	STOP ○ Bwd stop SKATE BACKWARD ○ Bwd circle thrusts ○ CW ○ CCW ○ Bwd 2-foot slalom EXTREME ○ Bwd 1-foot glide with speed ○ Fwd 1-foot glide from blue line to blue line SPEED ○ Skate goal line to 1st blue line in 9 seconds or less	TURN ○ Fwd 1-foot turn (small curve) ○ FI ○ FO ○ Bwd 360° step turn JUMP ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump SPINS & SPIRALS ○ 2-foot spin ○ 2-foot sit spin
STAGE 5	SKATE FORWARD ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence EXTREME ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot slalom HOCKEY & RINGETTE ○ Running lateral crossovers	STOP ○ Fwd 2-foot side stop ○ CW ○ CCW ○ Bwd stop with speed ○ R ○ L ○ Both SKATE BACKWARD ○ Bwd crosscuts ○ CW ○ CCW ○ Bwd inside slalom ○ Bwd push/glide sequence SPINS & SPIRALS ○ Bwd spiral SPEED ○ Skate goal line to 2nd blue line in 12 seconds or less	TURN ○ Fwd 1-foot turn (large curve) ○ LFI ○ LFO ○ RFI ○ RFO ○ Fwd 360° glide turn ○ CW ○ CCW JUMP ○ Fwd to bwd 1-foot jump ○ FI ○ FO ○ Fwd power jump SPINS & SPIRALS ○ 1-foot spin ○ Alternating foot spin HOCKEY & RINGETTE ○ Fwd tight glide turns
STAGE 6	SKATE FORWARD ○ Fwd power crosscuts ○ CW ○ CCW ○ Fwd perimeter skating with crosscuts ○ CW ○ CCW ○ Fwd outside edges ○ Fwd 1-foot slalom EXTREME ○ Fwd shoot the duck ○ Fwd perimeter skating with side stops SPINS & SPIRALS ○ Fwd spiral on a curve HOCKEY & RINGETTE ○ Fwd "crossover" acceleration	STOP ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ CW ○ CCW SKATE BACKWARD ○ Bwd outside slalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ CW ○ CCW EXTREME ○ Bwd 1-foot slalom SPIN & SPIRALS ○ Bwd 1-foot spin SPEED ○ Skate perimeter of ice in 35 seconds or less	TURN ○ Fwd 180° step turn (mohawk) ○ R ○ L ○ Bwd 180° step turn (mohawk) ○ R ○ L ○ 2-foot multi-turns JUMP ○ Rotating power jump ○ Bwd toe-assisted jump ○ Bwd 360° 2-foot jump SPIN & SPIRALS ○ Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE ○ Fwd 2-foot reverse pivot turn ○ CW ○ CCW

STARSSkate

Skills, Test, Achievement, Recognition - this is what **STARSSkate** is all about!

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

Skating Skills

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating - edge quality, control, power and speed.

There are six Skating Skills tests in the STARSSkate program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold.

Ice Dance

Ice Dance consists of seven levels of tests. It teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the STARSSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test level, before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The seven Dance Tests are as follows: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver, Gold and Diamond.

Free Skate

Free Skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

There are six Free Skating tests in the STARSSkate Program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold.

Each test consists of 2 parts - Elements in Isolation and a Free Program.

Interpretive

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels: Introductory, Bronze, Silver and Gold.

When you register for a STARSkate program, you will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- complimentary Gold Test pins
- invitational and interclub competitions, including the STARSkate championship stream
- STARSkate Skater of the Year awards program
- Progress updates and report cards
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.

Skaters completing the CanSkate program may enter the STARSkate program (test stream) at the Junior level and progress to Senior and Advanced levels. All of these levels are comprised of a combination of Stroking, Skating Skills, Free skate, Dance and Interpretive. All skaters entering the STARSkate program must have a private coach.

Sessions vary in length and are priced accordingly. The structure of each session will vary slightly depending on its length, but generally will encompass all the above disciplines. The first 10 or 15 minutes is dedicated to warm-up and stroking. This builds strength and endurance, and improves edges for better skating. The last 10 minutes of the session is dedicated to dance, during which dance music will be played according to the Skate Canada guidelines; no free skate is allowed (unless the skater is in a private lesson). The remainder of the session is dedicated to free skate, during which each skater works independently on the skills they have been taught, and receives a private lesson from their coach. Solo music will be played in rotation so that skaters can practice their free skate routines.

Qualifications for STARSkate Levels

All skaters must skate at the level for which they qualify; any exceptions to this require Board approval.

The skater's Skate Canada test levels determine progression from Junior to Senior and from Senior to Advanced. Qualifications are evaluated regularly based on our skating population and ice availability.

Junior

To qualify for a junior session, a skater must:

- have passed CanSkate Badge 6

Junior skaters are introduced to the different disciplines and learn the skills necessary to pass their Preliminary tests.

In addition to the skater's private coaching lesson, all Junior sessions include the following: a coach led warm-up at the beginning of the session and a 15 minute group dance or skating skills lesson, which is usually held at the end of the session.

Senior

To qualify for a Senior session, a skater must:

- have passed two of the following complete tests: Preliminary Free Skate, Preliminary Skills, Preliminary Dances; OR
- be at least 14 years of age and have passed one of the above complete tests

Senior skaters continue to work on all the disciplines, typically at the Junior Bronze and Senior Bronze levels.

Advanced

To qualify for an Advanced session, a skater must:

- have passed the complete Junior Bronze Free Skate test and one of the following complete tests: Senior Bronze Skills, Senior Bronze Dances; OR
- be at least 16 years of age and have passed the complete Preliminary Free Skate test and one of the following complete tests: Senior Bronze Skills or Senior Bronze Dances;

Advanced skaters continue to work on all the disciplines, typically at the Junior

STARSkate Test Levels

Skating Skills

Preliminary	Waltzing Threes
	Waltzing Mohawks
	Preliminary Circles
Junior Bronze	Threes & Power Mohawks
	Power Circles I
	Change 3s
Senior Bronze	Forward Brackets
	Power Circles II
	Expanding Exercise
Junior Silver	Multi Turns & Power Threes
	Snakes & Ladders II
	Flying Choctaws
Senior Silver	Rockers & Choctaws
	Multi-Circle Threes & Brackets
	Expanding Exercise
Gold	Counters & Three Change Threes
	Multi-Circle Double Threes & Mohawks
	Expanding Exercise

Free Skate

Preliminary
Junior Bronze
Senior Bronze
Junior Silver
Senior Silver
Gold

Interpretive

Introductory
Bronze
Silver
Gold

Dance

Preliminary	Dutch Waltz
	Canasta Tango
	Baby Blues
Junior Bronze	Swing Dance
	Fiesta Tango
	Willow Waltz
Senior Bronze	Ten-Fox
	Fourteenstep
	European Waltz
Junior Silver	Keats' Foxtrot
	HarrisTango
	American Waltz
	Rocker Foxtrot
Senior Silver	Paso Doblé
	Starlight Waltz
	Blues
	Kilian
	Cha Cha Congelado
Gold	Viennese Waltz
	Westminster Waltz
	Quickstep
	Argentine Tango
	Silver Samba
Diamond	Ravensburger
	Tango Romantica
	Yankee Polka
	Rhumba
	Austrian Waltz
	Golden Waltz

Guest Skating, Off-Session Lessons, Make-Up Sessions

- A “guest skater” is an ASC skater coming on the ice on a day that they are not registered to skate on or a skater who is not registered with the ASC.
- Guest skating fees are **\$20.00 for ASC members and \$25.00 for non-ASC members**. All guest skaters must purchase a guest skating pass from the club office in advance of the session. Passes are to be given to the coach when entering the ice.
- Guest skating **will only** be permitted on sessions that **are not full**. Full sessions will be posted on the ASC bulletin board.
- Solo music will not be played for a guest skater until after all registered skaters have had their music played once in rotation.
- Out of club guest skaters will not have their music played.
- Off-session lessons are **ONLY** permitted if pre-arranged between the coach and skater and the music person notified at the beginning of the session. The skater may only remain on the ice for a 5-minute warm-up before the lesson, and must leave the ice immediately after the lesson; otherwise he or she is required to pay a guest skating fee. It is the coach’s responsibility to enforce this.
- Skating down one level (i.e. Advanced skating on Senior sessions, Seniors skating on Junior sessions) is permitted, provided all other rules for music and guest skating are met.
- Make-up sessions are only granted to those skaters that have their **regularly scheduled session cancelled** due to a test day (or other special Club event). Make-up sessions must be taken within one week of the cancelled session.

Guest skating passes may be purchased at the Club office during regular office hours.

ASC Member: 1 pass for \$20.00 or 5 passes for \$80.00

Non-Member: 1 pass for \$25.00

NOTE: There is a maximum of 10 guest skates per skater, per season.

**NO GUEST SKATING, OFF-SESSION LESSON OR MAKE-UP
SESSION WILL BE ALLOWED ON FULL SESSIONS**

STARSkate Sessions - Test Days

Skate Canada nationally standardized tests are the method of evaluating a skater's progression in the STARSkate program. These tests fall into disciplines recognized by Skate Canada – Free Skate, Dance, Skating Skills and Interpretive Skating.

The skater's Skate Canada test levels determine progression from Junior to Senior and from Senior to Advanced. Qualifications are evaluated regularly based on our skating population and ice availability.

The ASC holds two types of test days throughout the season.

Low Tests: for skaters working on Preliminary, Junior Bronze, and Senior Bronze levels.

High Tests: for skaters working on Junior Silver, Senior Silver, Gold and Diamond levels.

All levels of Interpretive tests are evaluated on high test days.

Tentative Test days for the 2014-2015 season are as follows:

November 20, 2014 - High & Low tests

January 22, 2015 - Low tests only

March 5, 2015 - High & Low tests

May, 2015 TBA - High & Low tests

On test days, skaters on the Junior, Senior and Advanced sessions have the opportunity to try a Skate Canada test in front of an independent Skate Canada evaluator.

There are fees to try each test. Test fees/envelopes are due one week prior to test day. The Skate Canada fee is sent to Skate Canada. The Administration fee is used to help defray the cost of the ice and the evaluators' expenses. If test fees and appropriate membership fees are not paid, the skater will not be able to try the test(s). Please note if the skater is taking a dance test there could be a partnering fee. Please discuss this with your coach.

Some tests may be held during school hours; this is dependent upon the availability of the Skate Canada evaluator(s).

Skaters will be required to be at the arena approximately 45-60 minutes prior to test time. **Please verify times and proper test day attire with your coach prior to test day.**

Dress Code

CanSkaters & Pre-CanSkaters

- Clothing should be warm, allow for movement, and provide some protection against falls
- Layering (sweat suits, sweaters, jacket and long underwear or tights) is recommended
- Waterproof pants are recommended, especially for the beginner skater (to keep from getting too wet if falls are frequent)
- Snow suits are not recommended; although warm, they are bulky and restrict movement
- Warm mittens or gloves are a must
- Long scarves are not recommended
- CSA approved hockey-style helmets are mandatory; the fit should be snug; both the strap and helmet should be adjustable; stickers should not be put on the helmet

STARSkaters

We don't like to see our skaters in jeans or bulky jackets while on the ice as it inhibits movement. Therefore, we require ALL STARSkaters to wear appropriate skating attire:

- Skating dresses, skirts, leggings or yoga pants (for girls) or skating pants (for boys) are always best.
- The following will NOT be acceptable – crop or belly tops, jeans, pants with wide flairs, or pants that are longer than the ankle of the skate.

Also, a reminder that no food or drinks are allowed on the ice (with the exception of water bottles).

Refund Policy

Skate Canada recommends an accessible and flexible registration program, including refunds. The ASC undertakes to ensure refunds for all of its programs are flexible, accessible and provided in a timely manner, where they fall within the parameters of the policy.

General Principles:

1. The Policy applies to all of the ASC's regularly-scheduled sessions and activities, hereinafter referred to as the ASC's 'programs'.
2. ALL refunds must be requested in writing to the Board, using the Refund Requisition Form, addressed to the attention of the Registrar. The date of receipt will be the date used for the purpose of assessing the refund.
3. All refunds are considered on a case by case basis and the outcome is determined at the next Board meeting.
4. An administrative charge will be deducted from any refund request received. The deduction will include the full mandatory fees paid to Skate Canada upon initial registration and the ASC's administration fee.
5. All refunds will be pro-rated based on the number of lessons that occurred between the time of registration and receipt of request for refund.

Requests made up to and including week 2 (two) of program start

6. Refunds (minus administration charge) for registration will be provided for any reason up to and including two (2) weeks of the commencement of the program in which the skater was registered. All requests must be accompanied by a completed Refund Request form. These requests are not subject to a pro-rated fee or Board approval.

Requests made three (3) weeks after program commencement:

7. Any requests made three (3) weeks after the commencement of the program will be considered by the Board on a case-by case basis. All requests must be accompanied by a Request Refund Form. All requests will be subject to the administration charge PLUS a pro-rated fee for the sessions skated. Refunds will be given ONLY for the following circumstances:

a) **Medical reasons:** Any refund request for medical reasons must be accompanied by a medical certificate. The Registrar will keep the medical certificate in confidence and the document will only be used for the purposes of confirming the refund request.

b) **Extraordinary reasons:** Reasons beyond the control of the skater, including but not limited to serious illness in the family or moving from the area.

8. The above list in no way limits the discretion of the Board to allow or decline refund requests for any reason.

Agreement to Refund:

9. When a request is made under Section 7 above, the Board will vote to grant or to decline the refund request.
10. If the Board votes to grant the refund request, the Board undertakes that the refund will be provided to the requestor in a timely manner.
11. The exact calculation of the refund amount will be determined by the Treasurer and the Registrar as per the guidelines indicated in Section 6 and 7 (referring to section 3); the requestor will be provided a breakdown of the final calculation.

Refund Refusal:

12. If the Board declines the refund request, the Registrar or the Office Administrator will promptly inform the requestor of the Board's Decision.

Refund Policy Awareness:

13. The Refund Policy will be posted on the Bulletin Boards and on the website.
14. All Program brochures will include an outline of the Refund policy, and provide a link to the website for the full policy.

Children's Fitness Tax Credit

Starting in 2007, registration fees were eligible for a tax credit of up to \$500 per year for each child under 16 years of age. Receipts for skating registration fees are available on-line, by logging into your QuickEnrollment account. For assistance, please contact the Registrar at asc_registrar@hotmail.com.

Fall / Winter Schedule

AJAX SKATING CLUB FALL / WINTER SCHEDULE - SEPTEMBER 15, 2014 - MARCH 28, 2015

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	
PAD 2	PAD 2		PAD 2		PAD 2	PAD 2	PAD 2	
4:00 PM - FLOOD			4:00 PM - FLOOD				10:00 AM - FLOOD	
ADVANCED 4:10 - 5:30 (80 min)			SENIOR/ADVANCED 4:10 - 5:30 (80 min)				CANSKATE 10:10 - 11:00 (50 min)	PRE-CANSKATE 10:10 - 11:05 (30 min)
	5:00 PM - FLOOD				5:00 PM - FLOOD	5:00 PM - FLOOD		
CANSKATE 5:30 - 6:20 (50min)	PRE-CANSKATE 5:45 - 6:15 (30 min)	ELITE CANSKATE 5:10 - 6:20 (70 min)	JUNIOR 5:10 - 6:20 (70 min)	CANSKATE 5:30 - 6:20 (50 min)	PRE-CANSKATE 5:45 - 6:15 (30 min)	SENIOR 5:10 - 6:20 (70 min)	ELITE CANSKATE 5:10 - 6:10 (60 min)	JUNIOR 5:10 - 6:10 (60 min)
6:20 PM - FLOOD		CANSKATE 6:20 - 7:10 (50 min)	PRE-CANSKATE 6:25 - 7:05 (30 min)	6:20 - FLOOD		CANSKATE 6:10 - 7:00 (50 min)		PRE-CANSKATE 6:25 - 6:55 (30 min)
JUNIOR 6:30 - 7:40 (70 min)	SKATING SKILLS FOR HOCKEY & RINGETTE 7:10 - 8:00 (50 min)		SENIOR/ADVANCED 6:30 - 8:00 (90 min)		6:20 PM - FLOOD		OPEN SESSION 12:00 - 1:00	
7:40 PM FLOOD				7:40 PM - FLOOD				
SENIOR 7:50 - 9:00 (70 min)					7:40 PM - FLOOD			
					ADVANCED 7:50 - 9:00 (70 min)			

Schedule subject to change
Please see session qualifications
All skaters on learn-to-skate sessions (Pre-Canskate, CanSkate & Elite CanSkate) & Skating Skills for Hockey & Ringette must wear a CSA approved hockey-style helmet.

June 11, 2014

Spring Schedule

AJAX SKATING CLUB SPRING SCHEDULE - MARCH 30, 2015 - MAY 15, 2015

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
PAD 2	PAD 2		PAD 2		PAD 2	PAD 2	
4:00 PM - FLOOD			4:00 PM - FLOOD				
ADVANCED 4:10 - 5:30 (80 min)			SENIOR/ADVANCED 4:10 - 5:30 (80 min)				
	5:00 PM - FLOOD				5:00 PM - FLOOD	5:00 PM - FLOOD	
CANSKATE 5:30 - 6:20 (50min)	PRE-CANSKATE 5:45 - 6:15 (30 min)	ELITE CANSKATE 5:10 - 6:20 (70 min)	JUNIOR 5:10 - 6:20 (70 min)	CANSKATE 5:30 - 6:20 (50 min)	PRE-CANSKATE 5:45 - 6:15 (30 min)	SENIOR 5:10 - 6:20 (70 min)	
6:20 PM - FLOOD		CANSKATE 6:20 - 7:10 (50 min)	PRE-CANSKATE 6:25 - 7:05 (30 min)	6:20 - FLOOD		CANSKATE 6:10 - 7:00 (50 min)	
JUNIOR 6:30 - 7:40 (70 min)	ADULT CANSKATE 7:10 - 8:00 (50 min)		SENIOR/ADVANCED 6:30 - 8:00 (90 min)		6:20 PM - FLOOD		
7:40 PM FLOOD				7:40 PM - FLOOD			
SENIOR 7:50 - 9:00 (70 min)					7:40 PM - FLOOD		
					ADVANCED 7:50 - 9:00 (70 min)		



Schedule subject to change
Please see session qualifications
All skaters on learn-to-skate sessions (Pre-Canskate, CanSkate & Elite CanSkate) & Skating Skills for Hockey & Ringette must wear a CSA approved hockey-style helmet.

June 11, 2014

Schedules subject to change

2014- 2015 AJAX SKATING CLUB CALENDAR OF EVENTS AND EXCEPTION DAYS

	SUN	MON	TUE	WED	THU	FRI	SAT	
SEPT 2014			2	3	4	5	6	
	7	8	9	10	11	12	13	<i>Sat Sept 13, 2014: Open registration, skate exchange and Come Try It Day, 10am-1pm</i> <i>Sept 15: 2014-15 Season Begins</i>
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29	30					
OCT 2014	5	6	7	1	2	3	4	
	12	13	14	15	16	17	18	Oct 13: Thanksgiving Monday - no skating
	19	20	21	22	23	24	25	Oct 16: Skater Development Day
	26	27	28	29	30			Oct 31: Halloween - Regular Sessions Cancelled - Ticket Ice Only
NOV 2014							1	
	2	3	4	5	6	7	8	AOHL Tournament - no skating / Santa Parade @ 6:00 pm
	9	10	11	12	13	14	15	
	16	17	18	19	20	21	22	Nov 20: High/Low Test Day for STARSkaters
	23	24	25	26	27	28	29	Nov 28 - Nov 29: DWGHA Tournament - no skating
DEC 2014		1	2	3	4	5	6	
	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	Dec 21-Jan 5: Christmas / New Year's Break - no skating
	28	29	30					
JAN 2014								
		5	6	7	8	9	10	Jan 5: Winter Sessions begin
	11	12	13	14	15	16	17	
	18	19	20	21	22	23	24	Jan 22: Low Test Day for STARSkaters
	25	26	27	28	29	30	31	
FEB 2014	1	2	3	4	5			Feb 6-8: Ringette Tournament - no skating
	8	9	10	11	12	13	14	
	15	16	17	18	19	20	21	Feb 16: Family Day - no skating
	22	23	24	25	26	27	28	
MAR 2014	1	2	3	4	5	6	7	
	8	9	10	11	12	13	14	Mar 5: High/Low Test Day for STARSkaters
	15	16	17	18	19	20	21	
	22	23	24	25	26	27	28	Mar 27-28: AMHA Tournament - no skating
	29	30	31					Mar 30: Spring Session Begins
APR 2014				1	2		4	Apr 3: Good Friday and Apr 6: Easter Monday - no skating
	5	6	7	8	9	10	11	Apr 11: Club Competition
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30			
MAY 2014						1	2	May TBD: High/Low Test Day for STARSkaters
	3	4	5	6	7	8	9	
	10	11	12	13	14	15	16	May 15: 2014-2015 Season Ends
	17	18	19	20	21	22	23	
	24	25	26	27	28	29	30	
31								

 Denotes NO REGULARLY SCHEDULED SKATING SESSIONS
 Test days - regularly scheduled sessions may be modified or cancelled

Learn to Skate Sessions Per Day of the Week						
	MON	TUE	WED	THU	FRI	SAT
Fall	13	14	14	14	12	12
Winter	11	12	12	12	10	11
Spring	6	7	7	7	6	0
Comb.	30	33	33	33	28	23

Subject to change.

www.ajaxskatingclub.ca

July 2014

Dates subject to change

Websites and Resources

Ajax Skating Club – stay updated on the news and events for our Club:
www.ajaxskatingclub.ca

Uplifter - please register using our new registration module found at:

<https://ajaxsc.uplifterinc.com>

Skate Canada – the official website for amateur and professional skating in Canada: www.skatecanada.ca

Skate Canada-Central Ontario (COS) – the Ajax Skating Club is affiliated with this section of Skate Canada. Stay updated on competitions and events in the area: www.skatecanada-centralontario.com

We recommend that you visit any of the following professionals for skate sharpening/care:

Figure Skating Boutique
North York
416-225-1377

Sonny Hynes
Ajax
905-686-7720
(call to make an appointment)

Jon Lane
Ajax
905-686-1674
(call to make an appointment)

Edge Performance
Oshawa
905-723-5151
(call to make an appointment)

Thank you for choosing the Ajax Skating Club!

