

2019/2020 Executive List

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Registration forms or information regarding programming is available from any Listowel Skating Club Executive Member, Coaches or at www.listowelskatingclub.ca

CanSkate Overview

CanSkate – fundamental skating for all ages.

When you sign up for CanSkate, you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format and led by an NCCP certified professional coach and assisted by Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. The CanSkate program is designed to help the skaters develop basic skating skills needed for hockey, ringette, and figure skating.

There are 6 stages in the CanSkate program – from beginner to advanced levels. Badges are awarded to skaters when completing a Stage or a section within the Stage – Balance, Control or Agility.

This program is offered in two levels:

- **PreCanSkate - for preschoolers and skaters with little skating experience. Skaters learn to skate in fun thirty minute sessions.**
- **Stages 1 to 4 - for skaters who have some experience in skating. Skaters continue to learn the fundamentals of skating during fifty minute sessions.**



Each CanSkate skater **MUST** wear a **CSA** approved helmet, up to and including Stage 5.

Skating Schedule

Monday's and Wednesday's @ Steve Kerr Memorial Complex

4:00pm – 5:30pm – StarSkate (Star 1 - Gold)

4:25pm – 5:30pm – Pre-Star (Stage 5 & 6)

5:30pm – 6:20pm – CanSkate Stages 1 - 4

5:50pm – 6:20pm – PreCanSkate

Cost for Programs:

PreCanSkate: 1 day - \$240.00

2 days - \$320.00

CanSkate: 1 day - \$330.00

2 days - \$440.00

Pre-Star (Stage 5 & 6): \$515.00

StarSkate: \$490.00

Program fees include your Skate Canada Membership and Fundraising Fee

***For a complete breakdown of the costs above please refer to the registration form ***

Important Dates

Start Dates: Wednesday, October 16, 2019 & Monday, October 21, 2019

Last Day of Skating before Christmas Break: Monday, December 23, 2019 (Mon & Wed Skaters)

First Day of skating after Christmas Break: Monday, January 6 & Wednesday, January 8, 2020

Family Day (No Skating): Monday, February 17, 2020

LSC Showcase: Saturday, February 29, 2020

Last Day of Regular Season: Monday, March 9 & Wednesday, March 11, 2020

StarSkate Overview

This StarSkate program is designed to improve basic skills in skating concurrently while preparing skaters for figure skating tests in the test and competitive streams. Skaters will continue to work on some skills learned in CanSkate and new skills related more directly to figure skating.

Skaters will continue to practice in a group, similar to in the CanSkate program, for at least part of a skating session. Pre-Star skaters will be given a club-paid thirty minute group lesson. For the remainder of the time, skaters practice on their own and are encouraged to select a skating coach so that they can receive additional lessons. Skaters may have private, semi-private, or group lessons (or a combination of these) that can be arranged through a professional coach. Of course, group lessons are the most economical, but progress will be faster with private or semi-private lessons.

What do Skaters Learn in StarSkate?

Skaters will begin to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

In FreeSkate, skaters will learn jumps, spins, and field movements (like spirals and shoot-the-ducks). They will continue to hone their skills in crosscuts, turns, and edges as well. Jumps skaters begin to learn are waltz jumps, toe loops, salchows, and half flips. Spins will include forward and back spins.

Dance entails learning a first dance called the Dutch Waltz. Skaters normally learn the pattern of the dance first and as their ability to do the steps improves, they learn musicality by stepping to the beat of the music.

Skating Skills entail learning patterns that are designed to demonstrate ability of skating various edges and turns. This helps to improve the skaters balance and enhances other aspects of skating which are developed through Skating Skills (sort of like practicing scales on the piano enhances the ability to be a pianist).

Skating Progress

Skaters progress at varying rates in skating. Some skaters will enjoy jumping and will learn jumps quickly. Others may be a little cautious, but may love dancing or skills. Some skaters can learn dance steps within a session or two. Others may take a whole season to learn the steps. Skaters can have abilities in a single discipline and yet struggle with another discipline. It is our role as coaches to help skaters develop all aspects of skating. Figure skating, as with most other sports, helps skaters to develop life skills and self-discipline. Coaches try to provide a fun environment in which skaters learn all different skills in skating. The process of improving skills and eventually testing can be very rewarding for skaters. Each skater is unique and will learn in different ways.



Listowel Skating Club

Mailing Address:
P.O. Box 202
Listowel, Ontario
N4W 3H2



2019-2020 Skating Season



SKATECANADA

Registration Night

Wednesday, September 11th, 2019

6:00pm – 8:00pm

Steve Kerr Memorial Complex
Blueline Room

www.listowelskatingclub.ca