

## 2020/2021 Executive List

### President

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### Treasurer

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### Registrar

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### Professional Coaching Staff

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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](http://www.listowelskatingclub.ca)

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

## 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:

- (Cancelled) ~~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.



## Skating Schedule

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

4:30pm – 6:00pm – StarSkate (Star 1 - Gold)

4:50pm – 6:00pm – Pre-Star (Stage 5 & 6)

6:00pm – 6:50pm – CanSkate Stages 1 - 4

6:20pm – 6:50pm – PreCanSkate (Cancelled for 2020 season)

### Cost for Programs:

(Cancelled) ~~PreCanSkate:~~

1 day - \$240.00

2 days - \$320.00

**CanSkate:** 1 day - \$330.00

2 days - \$440.00

**Pre-Star (Stage 5 & 6):** \$540.00

**StarSkate:** \$575.00

\*\*Program fees include your Skate Canada Membership and Fundraising Fee\*\*

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



### Listowel Skating Club

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

## Important Dates

**Start Dates:** Wed., October 14, 2020 & Mon., October 19, 2020

**Last Day of Skating before Christmas Break:** Wed., December 16, 2020 (Mon. & Wed. Skaters)

**First Day of skating after Christmas Break:** Mon., January 4 & Wed., January 6, 2021

**Family Day (No Skating):** Monday, February 15, 2021

**Last Day of Regular Season:** Mon., March 8 & Wed., March 10, 2021

## 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 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.

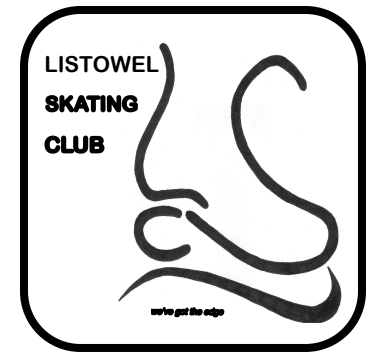
In FreeSkate, skaters will learn jumps, spins, and field movements (like spirals and shoot-the-ducks). They will continue to hone their skills in crosscuts, turns, and edges as well. Jumps skaters begin to learn are waltz jumps, toe loops, salchows, and half flips. Spins will include forward and back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



## 2020-2021 Skating Season



### Registration Night

**Wednesday, September 16<sup>th</sup>, 2020**

**5:00pm – 7:00pm**

**Steve Kerr Memorial Complex**

**Outside Main Doors**

**[www.listowelskatingclub.ca](http://www.listowelskatingclub.ca)**

