A male and female figure skater are performing a dynamic pose on ice. The male skater, wearing a black long-sleeved shirt and black pants, has his arms wrapped around the female skater's waist. The female skater, wearing a red dress with gold trim and a gold headband, is leaning back, her legs extended. They are positioned in front of a red and white striped barrier.

2016 - 2017
Parent
And
Skater
Handbook

CALALTA
FIGURE SKATING CLUB

About Us

Calalta Figure Skating Club is Calgary's largest skating club. We offer skating programs to skaters of all abilities. Our skaters range from pre-school skaters who are learning to skate through our CanSkate programs, to senior competitive skaters who compete on the international stage, to recreational skaters who enjoy skating as a leisure sport and as a physical activity.

We have over 30 coaches that work with us – they bring a breadth of experience and expertise to the rink including many former World Champions and Olympians.

While Calalta's main office is located at Jimmie Condon Arena, skaters from the club currently skate at two main rinks – Jimmie Condon Arena and Winsport's Arena at Canada Olympic Park.

At Calalta, we strive to teach the magic of skating with quality, creativity and a strong technical standard. It is our goal to provide programs, coaching and recreation that will encourage each skater to achieve their own personal level of performance in a safe and healthy environment.

We thank you for choosing Calalta Figure Skating Club and look forward to another exciting and productive skating season with both our returning and new members!

Contact Information

Calalta Figure Skating Club
Jimmie Condon Arena
502 Heritage Drive SW,
Calgary, AB T2V 2W2
403-245-2425

Website: www.calalta.net
Email inquiries to the office at: info@calalta.net

Facebook: Calalta Figure Skating Club
Instagram: Calaltafsc
Remember to tag **#calaltafsc** or **@calaltafsc** so we can keep in touch with you!

Important Email Addresses

Administration: Natalie and Dianne
Interim Managing Director: Diana Peters
Interim President: Lori Whalley
Director of Group Programs: Jaime-Lyn Jackson

info@calalta.net
director@calalta.net
president@calalta.net
calaltagroupprogramsdirector@gmail.com

Table of Contents

About Us	1
Contact Information.....	1
Table of Contents	2
Message from the President	4
Board Members	5
2016 – 2017 Schedule.....	6
Jimmie Condon Ice Sessions	6
Jimmie Condon Off Ice Sessions	7
COP Ice Sessions.....	8
COP Off Ice Sessions.....	9
CanSkate: Fall Sessions	9
CanSkate: Winter Sessions.....	10
Power Skating	11
Inclusive Skating.....	11
Programs at Calalta	12
Pre-CanSkate Group Program.....	12
CanSkate Group Program.....	12
What comes after CanSkate?.....	12
Skating Progression at Calalta	13
Group Star Program	14
Junior Star	15
Star Skate Competitive.....	16
Junior Prep Program	17
High Performance Program	18
Star Program 1 through 5	20
What happens after Star 5?.....	20
The Disciplines of Figure Skating	22
Singles Program.....	22
Pairs Program.....	24
Ice Dance Program	25
Synchro	25
Competitions.....	26
Competition Grid	26
Off Ice Program	26

Testing.....	26
Test Schedules.....	26
What to do on Test Day?.....	27
Skating Tests.....	28
FAQs on Coaching	29
Skating Equipment.....	30
Skates	30
Skate Sharpening.....	31
Helmets	31
Skating Dress Code.....	31
Club Apparel.....	32
Security and Lockers	32
Lost & Found	32
Club Policies	33
Liability	33
Code of Conduct.....	33
Refund Policy.....	34
Missed Ice Policy	34
2016 – 2017 Pick Up Ice Fees.....	34
Disciplinary Guidelines.....	35
Skating Etiquette	38
Volunteer Requirements.....	39
Volunteer Positions.....	39
Calalta Sponsored Events	40
Annual Spring Event	40
Calgary Winter Invitational Skating Competition	41
Annual Ice Show.....	41
Annual Calalta Banquet.....	42
Have a Question?.....	42
Important Dates for 2016 – 2017 Season for JC and COP.....	43

Message from the President

Welcome to another exciting year of skating with Calalta!

Our vision of '**Being the Premier Skating Club in Western Canada**' is well in hand. Our focus for the 2016-2017 season is ambitious:

- Continue to develop a world class coaching team;
- Continue to increase the effectiveness of our programs – both on ice and off ice. We understand that skating is not just about technical skills and strength but about focus, discipline and being mindful which we hope to develop in our skaters to help make them more successful!
- Ensure that we support all of our skaters in staying active and keeping the skates on! Calalta offers many programs to all types of skaters from Inclusive to Synchro and everything in between for all ages and skill levels.

During these challenging times, any monetary support is a great boost to Calalta and we would like to recognize our generous sponsors for their support of not only our club but of our sport - **Petrogas** and **Enerchem** who for the past 3 years have generously donated funds which has made our club that much more successful.

Saying good bye to Scott Davis – Director of Skating for 10 years – was a difficult moment for us all at Calalta. His vision was instrumental in taking Calalta to the next step in the competitive world. Although Scott has resigned his role, he will remain a Calalta coach and teach days at COP and Sunday stroking!

Our volunteers came through again! We have so many critical events that directly benefit the club and members and they all require the time and talent of our families, Board of Directors and coaches. With the thousands of hours that were volunteered this past year, we were able to offer a number of events including a seminar with Yuka Sato (Japanese Olympian), the Calgary Winter Invitational, The Edge of Neverland Ice Show, our annual Spring Event, numerous Test Days, Skate and Dress Sales and Banquet. A heartfelt thank you to our dedicated volunteers; the club simply cannot function without your support.

Thank you and looking forward to another great year!

Lori Whalley

Petrogas
Energy Corp.



Board Members

Executive		Board Members	
Interim President	Lori Whalley	Test Chair	Gayle Stobie
Past President	Vacant	Public Relations	Rose Mastaller
Vice President	Vacant	Director	Michele Whelan
Secretary	Britt Gudmundsen	Director	Susan Poulsom
Treasurer	Terra-Lee Behiel	Director	Mark Halliday
		Coaches Representative	Danielle Fujita

Staff		Administration	
Interim Managing Director	Diana Peters	Natalie Huber	
Director of Group Programs	Jaime-Lyn Jackson	Dianne Daniel	



2016 – 2017 Schedule

Jimmie Condon Ice Sessions

September 6, 2016 – April 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:45-8:15 am OPEN		6:45-8:15 am OPEN	1:45-2:45 pm OPEN	11:15-12:15 pm GROUPSTAR	8:00-9:00 am JUNIOR & INT STROKING
				2:45-3:30 pm JUNIOR & INTERMEDIATE	11:15-12:15 pm JUNIORSTAR	9:00-10:00 am SENIOR & ELITE STROKING
4:15-5:15 pm HP DEVELOPMENT JUNIOR PREP	4:15-5:15 pm HP DEVELOPMENT JUNIOR PREP	4:15-5:15 pm HP DEVELOPMENT JUNIOR PREP	4:15-5:15 pm HP DEVELOPMENT JUNIOR PREP	3:30-4:15 pm JUNIOR & INTERMEDIATE	12:15-1:00 pm JUNIOR	10:15-11:15 am JUNIOR & INT
5:15-6:00 pm JUNIOR	5:15-6:00 pm JUNIOR		5:15-6:00 pm JUNIOR	4:30-5:15 pm INTERMEDIATE	1:00-1:30 pm STROKING	11:30-12:30 pm SENIOR
6:00-6:45 pm JUNIOR	6:00-6:45 pm JUNIOR		6:00-6:45 pm JUNIOR	5:15-6:00 pm HP, INTERMEDIATE AND SENIOR	1:45-2:30 pm JUNIOR & INTERMEDIATE	12:30-1:30 pm JUNIOR & INT
7:00-7:45 pm INTERMEDIATE & SENIOR	7:00-8:00 pm INTERMEDIATE & SENIOR	7:15-8:15 pm INTERMEDIATE & SENIOR	7:00-7:30 pm STROKING		2:30-3:15 pm OPEN	
7:45-8:30 pm INTERMEDIATE & SENIOR	8:00-9:00 pm INTERMEDIATE & SENIOR	8:15-9:15 pm SR & ADULT	7:30-8:15 pm INTERMEDIATE & SENIOR		3:15-4:00 pm OPEN	
8:45-9:45 pm SENIOR & ADULT	9:15-10:45 pm SYNCHRO		8:15-9:00 pm INTERMEDIATE & SENIOR			
		CANSKATE 5:30-6:15 pm 6:15-7:00 pm		CANSKATE 6:15-7:00 pm	CANSKATE 9:30-10:15 am 10:15-11:00 am 4:15-5:00 pm Power Skating 5:00-5:45 pm ECTAS 6:00-6:50 pm	1:45-2:45 pm INTRODUCTION TO FIGURE SKATING Jan to June program only

Jimmie Condon Off Ice Sessions

September 6, 2016 to April 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				4:20-5:05 pm HP, INT & SR Hip Hop Justin	10:25 -11:10 am JUNIORSTAR Jaime Lyn Jump Class	9:15-10:00 am HP, JUNIOR & INTERMEDIATE Rotation
5:20-6:05 pm JUNIOR PREP Uschi	5:20-6:05 pm JUNIOR PREP Uschi	5:20-6:05 pm JUNIOR PREP Dustin	5:20-6:05 pm JUNIOR PREP Dustin		12:20 -1:05 pm GROUPSTAR Hip Hop Ajay	10:15-11:15 am SR & ELITE OFF ICE/SEMINAR Rotation Seminar scheduled for 1x month
6:10-6:55 pm HP, INTERMEDIATE & SENIOR Uschi	6:10-6:55 pm HP, INTERMEDIATE & SENIOR Uschi	6:15-7:00 pm HP, INTERMEDIATE & SENIOR Dustin	6:10-6:55 pm HP, INTERMEDIATE & SENIOR Dustin			

COP Ice Sessions

September 6, 2016 to April 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am Rink C Dance Teams				
6:30-7:30am Int & Senior FreeSkate				
8:30-9:45 am Rink C Dance Teams				
11:45-12:45 pm FreeSkate				
1:00-1:45 pm FreeSkate				
2:00-2:45 pm FreeSkate				
3:00-3:45 pm FreeSkate				
4:00-5:00 pm Intermediate FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Intermediate FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-4:45 pm Int & Senior FreeSkate
5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	4:45-5:45 pm Int & Senior FreeSkate
6:00-7:00 pm Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	6:00-7:00 pm Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	

Programs and sessions at COP are geared for competitive skaters ONLY in both StarSkate and traditional Sectional level athletes. The intention is to have Monday's and Wednesdays open to both tracks of skaters. Afternoon sessions are not designated but are expected to be strong Pre Novice to Elite. If you are Juvenile and would like to register for afternoon ice (any session between 11:45 am to 3:45 pm), please contact the office to check on availability.

COP Off Ice Sessions

September 6, 2016 to April 23, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
7:35-7:55 am Rinkside Jump Class		7:35-7:55 am Rinkside Jump Class		7:35-7:55 am Rinkside Jump Class
3:50-4:50 pm Ballet at BNTC Jenn	4:00-5:00 pm Gym PTC with Ellen	3:50-4:50 pm Pilates @ BNTC Steph	4:00-5:00 pm Gym PTC with Ellen	
5:10-5:55 pm Rinkside Dryland Intermediate Spencer		5:10-5:55 pm Rinkside Jump Class Intermediate Kurtis		
6:00-6:45 pm Rinkside Dryland Int & Senior Spencer		6:00-6:45 pm Rinkside Jump Class Int & Senior Kurtis		

CanSkate: Fall Sessions

Session 1: Wednesday September 21, 2016 to December 14, 2016
 12 Wednesdays – no session on Wednesday October 12
 5:30 pm to 6:15 pm
 All sessions held at Jimmie Condon arena
 \$225.75 + Skate Canada Fee of \$38.00

Session 2: Wednesday September 21, 2016 to December 14, 2016
 12 Wednesdays – no session on Wednesday October 12
 6:15 pm to 7:00 pm
 All sessions held at Jimmie Condon arena
 \$225.75 + Skate Canada Fee of \$38.00

Session 3: Friday September 16, 2016 to Friday December 16, 2016
 12 Fridays – no session on Friday October 7 nor November 11, 2016
 6:15 pm to 7:00 pm
 All sessions held at Jimmie Condon arena

 \$225.75 + Skate Canada Fee of \$38.00

Session 4: Saturday September 17, 2016 to Saturday December 17, 2016
 12 Saturdays – no session Saturday October 8 and November 12, 2016
 9:30 am to 10:15 am

All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00

- Session 5: Saturday September 17, 2016 to Saturday December 17, 2016
12 Saturdays – no session Saturday October 8 and November 12, 2016
10:15 am to 11:00 am
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00
- Session 6: Saturday September 17, 2016 to Saturday December 17, 2016
12 Saturdays – no session Saturday October 8 and November 12, 2016
4:15 pm to 5:00 pm
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00

CanSkate: Winter Sessions

- Session 1: Wednesday January 11, 2017 to April 12, 2017
12 Wednesdays – no sessions on Wednesday Feb 15 and March 29;
5:30 pm to 6:15 pm
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00
- Session 2: Wednesday January 6, 2017 to April 13, 2017
12 Wednesdays – no sessions on Wednesday Feb 15 and March 29;
6:15 pm to 7:00 pm
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00
- Session 3: Friday January 8, 2017 to Friday April 7, 2017
12 Fridays – no sessions on Friday Feb 17 and March 31;
6:15 pm to 7:00 pm
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00
- Session 4: Saturday January 7, 2017 to Saturday April 8, 2017
12 Saturdays – no sessions Saturday Feb 18 and April 1;
9:30 am to 10:15 am
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00
- Session 5: Saturday January 7, 2017 to Saturday April 8, 2017
12 Saturdays – no sessions Saturday Feb 18 and April 1;
10:15 am to 11:00 am
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00

Session 6: Saturday January 7, 2017 to Saturday April 8, 2017
12 Saturdays – no sessions Saturday Feb 18 and April 1;
4:15 pm to 5:00 pm
All sessions held at Jimmie Condon arena
\$225.75 + Skate Canada Fee of \$38.00

Stay tuned for CanSkate sessions and Power Skating coming in the Spring!!

Power Skating

Saturday September 17, 2016 to Saturday December 3, 2016
10 Saturdays – no session Saturday October 8 and November 12, 2016
5:00 pm to 5:45 pm
All sessions held at Jimmie Condon arena
\$173.00 + Skate Canada Fee of \$38.00

Saturday January 7, 2017 to Saturday March 18, 2017
10 Saturdays – no session Saturday February 18, 2017
5:00 pm to 5:45 pm
All sessions held at Jimmie Condon arena
\$173.00 + Skate Canada Fee of \$38.00

Inclusive Skating

Calalta is pleased to offer inclusive skating for skaters with physical and/or intellectual disabilities within Calalta's skating programs.

If you have a skater who would like to learn to skate or you would like more information/questions on inclusive skating, please contact the office at info@calalta.net



Programs at Calalta

At Calalta, we care about your progress. All our skaters are tested regularly for progress and readiness. While we want our skaters to develop at their own pace, we will provide the appropriate amount of challenge to encourage growth and development within the sport. As a full-service club, skaters can join us at any level of skating ability – from Pre-CanSkate to Senior – and be ensured of our commitment to your progress and development.

The following gives a detailed overview of programs offered at the club.

Pre-CanSkate Group Program

This program introduces skaters to basic skating movements on ice. They will learn skating skills such as: balance, standing and forward march. Skaters will progress through specific stations that will teach them ice movements in a fun, and friendly environment. During the year, coaches will use their discretion to progress skaters through appropriate group levels according to their skating ability.

CanSkate Group Program

The CanSkate program teaches skaters aged 4 and up the foundations of ice-skating. Skaters will learn key skills that will form the basis for excelling at all ice sports such as figure skating, hockey, ringette and speed skating. Skaters are immersed in a positive and fun environment where they constantly receive feedback and encouragement from our coaching team.

Our program is accredited through Skate Canada and is designed to facilitate progress towards Skate Canada's Tests and Competitive Programs. Report cards will be given at the conclusion of the season, and achievement ribbons are given throughout the entire program. During the year, coaches will use their discretion to progress skaters through appropriate group levels according to their skating ability.

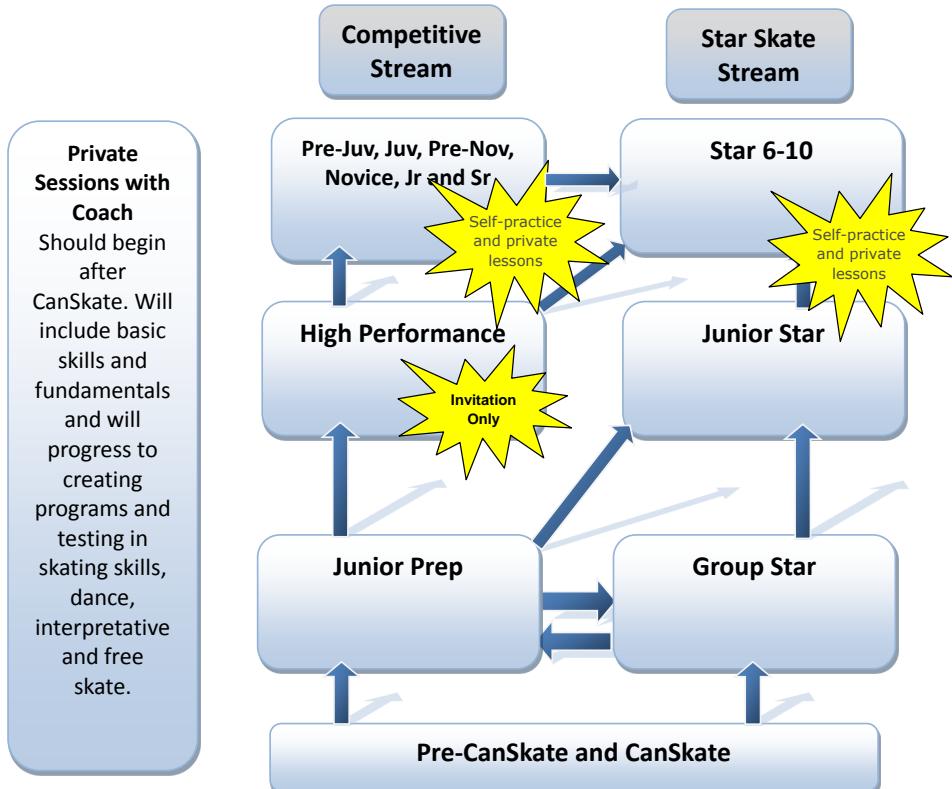
What comes after CanSkate?

CanSkate graduates who have passed CanSkate Stage 4 or higher, may choose to progress their skating skills further by entering our figure skating programs. Skaters can choose from the Group Star program or Junior Prep program – depending on skater's interest, and the amount of time they are able to commit to skating on a weekly basis.

Skating Progression at Calalta

Typically a child learns to skate in Pre-CanSkate or CanSkate. Once the skater has graduated from CanSkate, they can select one of two streams:

- Competitive Stream: Typically more demanding and intense than the StarSkate Stream; Also requires more of a time commitment on and off the ice;
- Star Skate Stream: Less demanding and requires less of a time commitment on and off the ice.



Group Star Program

- The Group Star program is suited for skaters that have successfully completed the CanSkate program (level 4 or higher) and who wish to continue in group lessons;
- This program will offer the skater the opportunity to begin their tests in skills and dance;
- Hiring a coach is required at this level;
- Age Range: 6 - 8 years of age;
- This program is less intense and requires less of a time commitment than Junior Prep.

Group Star Package Details

Time Commitment Per Week

1	Weekly On-Ice Group Session
1	Weekly Off-Ice Session
1	FreeSkate Session
2	Total Days per Week Child is Skating

Skills Taught in the Group Star Program

Jumps		Spins		Other Moves		Bonus Moves
Waltz	1W	Upright Spin	USp	Three Turns	Spirals	Lutz Jump 1Lz
Salchow	1S	Back Spin	BUSp	Spread Eagle	Edges	Camel Sit Spin Combo
Toe Loop	1T	Camel Spin	CSp	Mohawks	Stops	Fwd/Back Spin in H position
Loop	1L			Bunny Hops		Single Jump + Toe Combo
Flip	1F			Shoot the Duck		Waltz Loop
				Crossovers – Fwd and Bwds		Waltz Backspin

Tests

Skaters must work with their coach in determining what tests they should be working on or taking

Skills	Dance	FreeSkate	Interpretive
Preliminary	Preliminary <ul style="list-style-type: none"> Dutch Waltz Canasta Tango Baby Blues 	Not required	Not required at this level

Competitions

A skater progressing through the Group Star program may compete at the Star 1, 2 and 3 levels. Please work with your coach in determining which level your skater should be competing at and which competition they may want to attend during the 2016-2017 skating season.

Junior Star

- The Junior Star program is suited for skaters that have successfully completed the GroupStar program and want to progress further;
- Hiring a coach is required at this level;
- Skaters will be working on their first Skate Canada tests;
- Age Range: 9 - 15 years of age;
- This program is suited for the skater that loves to skate and learn new skills without the intensity or time commitment of a competitive program.

Junior Star Package Details

Time Commitment Per Week

1	Weekly On-Ice Group Session
1	Weekly Off-Ice Group Session
2	FreeSkate Session

2-3 Total Days per Week Child is Skating

Skills Taught in the Jr Star Program										
Jumps				Spins				Field Moves		
Waltz	1W	Lutz	1Lz	Upright Spin	USp	Camel/Sit Combo	BCSp	Spiral Fwd	Russian Stroking Edges	
Salchow	1S	Axel	1A	Back Spin	BUSp	Back Sit	BSp	Spiral Bwd	Gliding turns	
Toe Loop	1T	Double Sal	2S	Camel Spin	CSp	Back Camel	BCSp	Pivot	Turns on Patterns	
Loop	1L	Double	2T	Sit Spin	SSp	Flying Camel	FCSp	Spread Eagle	Full perimeter Stroking Fwd & Bwd	
Flip	1F	Toe						Ina Bauer		

Tests

Skaters must work with their coach in determining what tests they should be working on or taking

Skills	Dance	FreeSkate	Interpretive
Preliminary	Preliminary <ul style="list-style-type: none"> Dutch Waltz Canasta Tango Baby Blues 	Preliminary and higher	Not required at this level

Competitions

A skater progressing through the Junior Star program may compete at the Star 3, 4 or 5 levels.

Please work with your coach in determining which level your skater should be competing at and which competition they may want to attend during the 2016-2017 skating season.

Star Skate Competitive

- The StarSkate Competitive program is suited for skaters that have successfully completed the HP program or Jr Star program (or have equivalent skills) and has shown the commitment, enthusiasm and potential to excel;
- A skater will begin in September at Jimmie Condon on the intermediate sessions;
- A skater must have a head coach at this level;
- Age Range: 9 years of age and up;

StarSkate Competitive Details

Time Commitment Recommended Per Week

3 Weekly Off-Ice Group Sessions

4-6 FreeSkate Sessions

4-5 Total Days per Week Child is Skating

Skills							
Jumps		Spins				Field Moves	
Double Sal	2S	Upright Spin	USp	Camel/Sit	BCSp	Spiral Forward	
Double Toe	2T	Back Spin	BUSp	Combo	FCSp	Spiral Backward	
Double Loop	2L	Camel Spin	CSp	Back Sit	BSp	Pivot	
Double Flip	2F	Sit Spin	SSp	Back Camel	BCSp	Spread Eagle	
Double Lutz	2Lz	Layback Spin		Flying Camel	FCSp	Ina Bauer	
Axel	1A						

Tests

Skaters must work with their coach in determining what tests they should be working on or taking

Skills	Dance	FreeSkate	Interpretive
Must be working on skills, dance and freeskate requirements throughout this program.		Must have passed the Preliminary FreeSkate	As required by Coach

Competitions

A skater progressing through the StarSkate Competitive program may compete at the Star Skate Championships at the Star 5, 6 and 7 levels (Jr Bronze, Sr Bronze or Jr Silver levels). Please work with your coach in determining which level your skater should be competing at and which competition they may want to attend during the 2016-2017 skating season.

Junior Prep Program

- The Jr Prep program is suited for skaters that have successfully completed the CanSkate program (stage 5 or higher) and who wish to continue in group lessons;
- This program will offer the skater the opportunity to begin their tests in skills and dance;
- Hiring a coach is required at this level;
- Age Range: 6 - 9 years of age;
- It will take a skater 1-2 years to progress through this program;
- Upon completion of the Jr Prep program, skaters may be invited to attend the High Performance Development group program (competitive), move into the StarSkate group program or skate on their own.

Jr Prep Package Details

Time Commitment Per Week

2	Weekly On-Ice Group Sessions
2	Weekly Off-Ice Group Sessions
1	FreeSkate Session
3 Total Days per Week Child is Skating	

Skills Taught in the Jr Prep Program

Jumps		Spins		Other Moves		Bonus Moves
Waltz	1W	Upright Spin	USp	Three Turns	Spirals	Lutz Jump 1Lz
Salchow	1S	Back Spin	BUSp	Spread Eagle	Edges	Camel Sit Spin Combo
Toe Loop	1T	Camel Spin	CSp	Mohawks	Stops	CCoSp
Loop	1L			Bunny Hops		Fwd/Back Spin in H position
Flip	1F			Shoot the Duck		Single Jump + Toe Combo
						Waltz Loop
						Waltz Backspin
						Whalley

Tests

Skaters must work with their coach in determining what tests they should be working on or taking

Skills	Dance	FreeSkate	Interpretive
Preliminary	Preliminary <ul style="list-style-type: none"> Dutch Waltz Canasta Tango Baby Blues 	Preliminary FreeSkate may be taken in Year 2 of the Jr Prep program.	Not required at this level

Competitions

A skater progressing through the Jr Prep program may compete at the Star 1, 2 and 3 levels. Please work with your coach in determining which level your skater should be competing at and which competition they may want to attend during the 2016-2017 skating season.

High Performance Program

By Invitation Only

- The HP Development program is suited for skaters that have successfully completed the Junior Prep program and have shown the commitment, enthusiasm and potential to excel;
- Hiring a coach is required at this level;
- Age Range: 7 - 9 years of age;
- It may take a skater 1-2 years to progress through this program;
- Upon completion of the HP program, skaters may be invited to attend the Junior Competitive group program (competitive), can move into the StarSkate group program or skate on their own.

HP Development Package Details

Time Commitment Per Week

2	Weekly On-Ice Group Sessions
2	Weekly Off-Ice Group Sessions
2	FreeSkate Sessions
1	Sunday Stroking Session
1	Sunday Off Ice Session

4-5 Total Days per Week Child is Skating

Skills Taught in the HP Program

Jumps				Spins				Field Moves	
Waltz	1W	Lutz	1Lz	Upright Spin	USp	Camel/Sit	BCSp	Spiral Forward	
Salchow	1S	Axel	1A	Back Spin	BUSp	Combo	FCSp	Spiral Backward	
Toe Loop	1T	Double Sal	2S	Camel Spin	CSp	Back Sit	BSp	Pivot	
Loop	1L	Double Toe	2T	Sit Spin	SSp	Back Camel	BCSp	Spread Eagle	
Flip	1F					Flying Camel	FCSp	Ina Bauer	

Tests

Skaters must work with their coach in determining what tests they should be working on or taking

Skills	Dance	FreeSkate	Interpretive
Preliminary	Preliminary <ul style="list-style-type: none"> Dutch Waltz Canasta Tango Baby Blues 	Year 1: Preliminary FreeSkate Year 2: Jr Bronze Free Skate	Not required at this level

Competitions

A skater progressing through the HP program may compete at the Star 3, 4 or 5 levels. Please work with your coach in determining which level your skater should be competing at and which competition they may want to attend during the 2016-2017 skating season.



"Let Us Give You The Edge"

- Specialize in figure skates and service
- From entry level skates to Elite level
- Full range of accessories from gloves and guards to practice and custom dresses
- Family owned and operated since 1972
- Fitting appointments available Tuesday-Saturday to fit your schedule
- Some of the brands we carry:



Please visit our website for store location and hours:

www.psscalgary.com

****15% off****

"First Day" Skaters Package

Package includes: Entry level figure skates, Small skate bag, Gloves, Guards & Helmet*

Present this coupon in store and receive 15% off package price. Offer cannot be combined with any other promotion and is valid until **October 31, 2016**
*subject to availability

Star Program 1 through 5

Calalta's group programs, as outlined above, are an excellent way to navigate the start of the sport of figure skating. By attending the group programs, your skater will learn the necessary skills to enable his or her natural progression through the Star levels. If your skater is not in a group program, their head coach will determine which Star level your skater will work at – and also compete at, where applicable.

For more information, we encourage you to read this guide on the Skate Canada website:

<https://info.skatecanada.ca/hc/en-ca/articles/201257994-STAR-1-5-Parent-Guide>

What happens after Star 5?

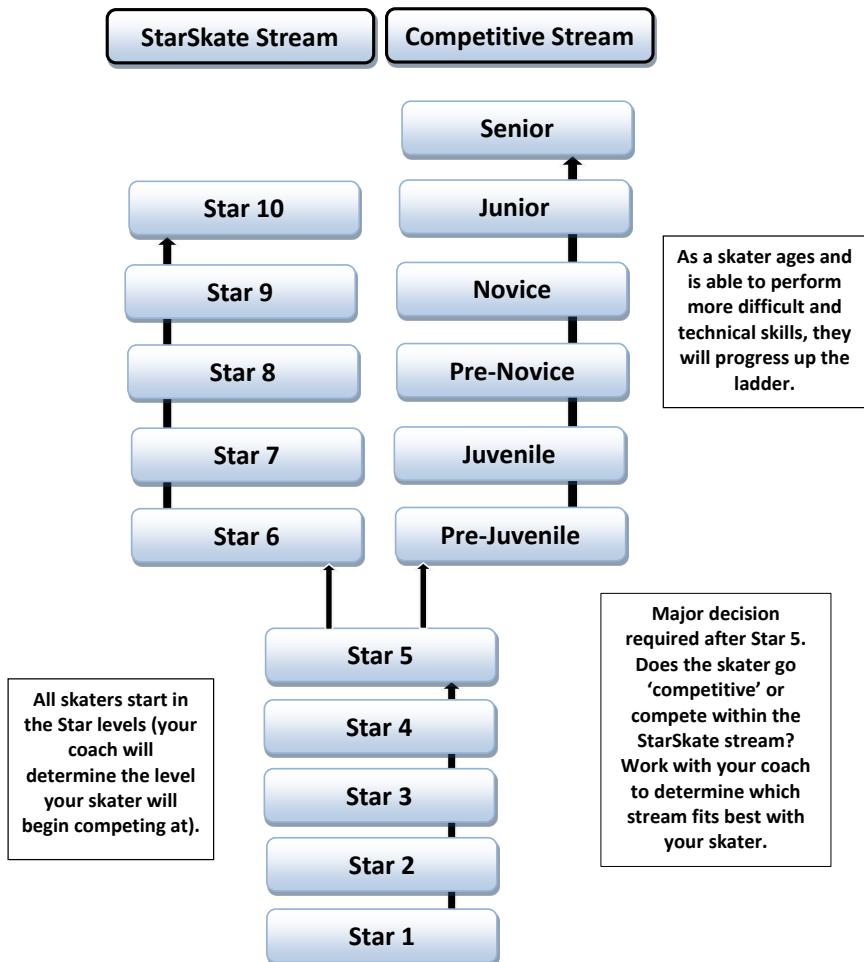
Skaters may choose to continue in higher levels of the StarSkate program (Senior Bronze, Junior Silver, etc.) as part of the Skate Canada's Skate for Life program, or transition into the Competitive Skate program (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pairs skating, interpretive skating, or synchronized (team) skating. There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively between the coach, skater and parent.

A large portrait of Sonya Shields, a woman with long blonde hair, smiling. She is wearing a dark top.

SONYA SHIELDS
Executive National Vice President
Independent Consultant

*Do not follow where
the path may lead.
Go instead where
there is no path and
leave a trail.*
~Ralph Waldo Emerson

sonyashields@unstoppablenations.com
www.sonyashields.arbonne.com
403.470.3014



The Disciplines of Figure Skating

There are 4 different disciplines from which a skater can choose to participate in:

- **Singles:** A skater learns skills such as jumps, spins, field moves and performs these skills in a choreographed program;
- **Pairs:** Requires two skaters, skaters learn the same skills as the free skate but also learn lifts and throw jumps which are performed in a choreographed program;
- **Ice Dance:** Requires two skaters, skaters learn ball room dances that have been modified to be able to perform with skates on ice. These skaters also learn dance patterns and lifts which are performed in a choreographed program
- **Synchro:** Synchronized skating, or “synchro” is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

Singles Program

The singles program at Calalta is the most popular. All kids start in singles and learn the basics of figure skating beginning in CanSkate and then progress through the group programs. Skaters typically hire a coach once out of CanSkate and learn jumps, spins, step sequences, spirals and other field moves as part of their choreographed programs. As a skater ages and learns more skills, they have the opportunity to compete and can begin anywhere between Star 1 and Star 5 – your skater’s coach will help determine where the skater will begin.

Once a skater has completed Star 5, a decision will need to be made whether the skater will ‘go competitive’ or remain on the StarSkate side. Both are competitive but the StarSkate side is not as intense and requires less of a time commitment.

For skaters that ‘go competitive’ their private coach who will provide guidance and direction as they progress from Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior and Senior. A skater at this level will be required to skate 2-3 hours a day and 5-6 days per week and also have a complete off ice program. Please note that these are guidelines and depending on discipline (singles, pairs or ice dance) and skill level, more time on and off the ice may be required. We encourage parents to check out the LTAD (Long Term Athlete Development) model which can be found on Skate Canada’s web site.

Skating Level	Highest Competition
Pre Juvenile & Juvenile	Sectionals (like Provincials) and must qualify to skate at this competition
Pre-Novice	Challenge (must qualify at Sectionals to skate at Challenge)
Novice	Canadian National Championships (must qualify at Challenge to skate at Nationals)
Junior	Junior Grand Prix, Worlds and other international competitions
Senior	Grand Prix, Worlds, Olympics and other international competitions

For skaters that remain in the StarSkate stream (Star 6-10), they will compete primarily within Alberta (regional competitions and invitationals) as well as the StarSkate Championships held in the Spring.



figureskates@unitedcycle.com
unitedcycle.com



We have over 50 years' experience in skate fitting, sharpening, blade mounting, and repair. We serve beginner to Olympic skaters.

Check out our online store for our full selection of skates!

ADDRESS 7620 Gateway Blvd. N.W. | PHONE 780.433.1181 Toll Free 1.800.361.8776
| HOURS Mon+Tues: 9:30 - 6, Wed-Fri: 9:30 - 9, Sat: 9 - 5:30, Sun: 11 - 5:30 | WEB unitedcycle.com

Pairs Program

The pairs program is distinguished from ice dance and singles by elements unique to pair skating, including overhead lifts, twist lifts, death spirals, and throw jumps. The teams also perform the elements of single skating in unison. Pair skating requires similar technique and timing on all elements of the performance, as well as practice and trust between the partners. The aim is to create an impression of "two skating as one". Calalta's Pairs program is coached by Anabelle Langlois-Hay and Cody Hay – 2010 Olympians.

Anabelle Langlois-Hay and Cody Hay are Canadian pairs skaters. She and Cody are the 2008 Canadian National champions. After their performance at the 2010 Olympics in Vancouver Anabelle retired. Cody Hay retired over a year later in September 2011 and he and Anabelle have been coaching with Calalta ever since!



Ice Dance Program

Calalta's Ice Dance program's vision is to be a leading, Canadian training ground for young, competitive Ice Dancers in the Calgary area, regardless of club and coach affiliation.

The mission of the program is to identify young athletes who have potential in dance and provide them with an opportunity for ice dance training. The in-depth training program includes skills training, sport-specific skills, suppleness, stamina and strength training by way of on ice and off ice sessions, ballet, ballroom, nutrition and sports psychology. These skaters will be well suited to consistently advance and demonstrate the core skills required to be competitive throughout various levels of competition in all disciplines.

The program currently features athletes ranging from Pre-Juvenile to Junior level competitors, each division requiring a variation of set pattern dances and free dances. These athletes train year-round primarily in the morning at Winsport's COP facility, while maintaining their individual skating and off ice programming in the evenings and on weekends.

Athletes come from around Alberta and across the country to be part of this ice dance program. For more information on Calalta's Ice Dance program, please contact Kim Slopak-Weeks at toepik@shaw.ca or email the office at info@calalta.net.



Synchro

Some skaters enjoy the camaraderie of a team and synchro is a way to get it! Calalta has partnered up with the Solstice Synchro team for the third year in a row and is encouraging skaters that don't enjoy singles, pairs or ice dance but still love the sport of figure skating to give it a try. There is still some space available for the synchro team.

All ages and skill levels are welcome, plus no synchro experience is necessary. Please email us at solsticesynchro@gmail.com or contact the office at info@calalta.net.



Competitions

Skate Canada holds many competitions throughout the skating season and your skater will need to register for the appropriate competition in advance. You should discuss when and which competitions your skater will be participating in with their Head Coach.

Competition Grid

A full listing of all competitions can be located on Skate Canada's AB/NWT/Nun section website or click here:

<http://skateabnwtun.ca/wp-content/uploads/2016/03/2016-2017-Competition-Grid-to-Post-Updated-April-1-2016-1.pdf>

Off Ice Program

Off ice or dry land sessions are very important to a skater's success. What we have learned is that skating is not just about the hours on the ice and learning a new jump or spin, it is about taking the time to understand and learn how to move correctly to prevent injury; it is about being calm, focused and knowing how to relax and because we are dealing with kids, it is about having fun! Our programs for the 2016-2017 season will include mindfulness, dance (ballet and hip hop), jump classes, gymnastics and physical literacy. Our instructors are the best in their respective fields.

On a monthly basis, the Senior and Elite skaters that are registered in our Sunday off ice program are treated to a seminar (in place of the off ice session). The seminars will rotate between Nutrition classes with Kelly Anne Erdman and Sports Psychology with Clare Fewster.

Testing

As skaters progress, coaches will be introducing them to various skating tests to ensure that they are learning and are able to perform various skills and elements. Each year Calalta typically hosts 4-5 'test days' (which are up to 3 days long) over the course of the skating season. Ensuring the success of a test day takes the work of many volunteers including parents, coaches and officials.

Please consult your coach for when your individual skater is ready for testing and which tests they will be taking.

Test Schedules

The test day schedule is set 10 days prior to the beginning of the event and there are no changes under any circumstance after this time. Test days are scheduled to the minute so it is important to arrive at least 45 minutes prior to your scheduled test. **A test day at Calalta will include anywhere from 200 – 350 tests so adhering to the schedule is extremely important.**

What to do on Test Day?

Clothing: Skaters should be dressed as if they were competing in a competition and have their hair done.

Arrival for test: You should arrive 45 minutes prior to your test time. Upon arrival, your skater should follow instructions as provided by their coach. Parents should proceed upstairs to check in and pay the appropriate test fees.

Test Fees: \$35 for Calalta members - **payable by cheque or cash on test day.**

This fee includes the Skate Canada Test Fee, costs to cover facilities and ice as well as Officials' expenses. Please note that all Officials volunteer their time, knowledge and expertise to our sport.

Tests must be paid for before test results can be picked up. Please note that Calalta reserves the right to withhold results if payment is not received.

Please remember that **only coaches or parents can pick up test results** from the Test Chair once all the information has been properly recorded. If the parent picks up the results, they are responsible for ensuring the coach reviews the test with the child.



Skate Canada has revised the entire testing process. For Calalta, we will continue with the existing format for our November test days and hope to implement the new process for the test days in February.

It takes many people to run a successful test day. Please remember to always show your appreciation to these volunteers who graciously provide their time to support our test day.

Skating Tests

There are 4 streams of tests:

1. Skills
2. Dances
3. Free Skate
4. Interpretive

The table below is a listing of tests in each level. Coaches are well versed in these tests and will prepare their skaters accordingly. The tests are progressive – you will need to complete the level prior in order to proceed to the next level.

Level	Dance	Skills	Free Skate	Interpretive
Primary				
Preliminary	1. Dutch Waltz 2. Canasta Tango 3. Baby Blues	Preliminary includes: Waltzing Threes Waltzing Mohawks Preliminary Circles	Preliminary	Introductory
Junior Bronze	4. Swing 5. Fiesta Tango 6. Willow Waltz	Junior Bronze includes: Threes and Power Mohawks Power Circles	Junior Bronze	
Intermediate				
Senior Bronze	7. Ten Fox 8. Fourteen Step 9. European Waltz	Sr Bronze includes: Forward Brackets Power Circles Expanding Exercise	Senior Bronze	Bronze
Junior Silver	10. Keats Foxtrot 11. Harris Tango 12. American Waltz 13. Rocker Foxtrot	Jr Silver includes: Multi-turns and Power Threes Snakes and Ladders Flying Choctaws	Junior Silver	
Senior				
Senior Silver	14. Paso Doble 15. Starlight Waltz 16. Blues 17. Kilian 18. Cha Cha	Sr Silver includes: Rockers and Choctaws Multi-Circle Threes & Brackets Expanding Exercise	Senior Silver	Silver
Gold	19. Viennese Waltz 20. Westminster Waltz 21. Argentine Tango 22. Quickstep 23. Silver Samba	Gold includes: Counters Three Change Threes Multi-Circle Double Threes and Mohawks Expanding Exercise	Gold	Gold

FAQs on Coaching

The most frequent queries we receive from skating families relate to coaching. Here are some quick FAQs to guide you through and help you understand the coaching process at our club.

Q: When is my skater ready for a coach?

A: As your skater progresses through the CanSkate program, you may consider hiring a private coach to help with their skating. If your skater is in one of the group sessions (Junior Prep, High Performance, Group Star or Junior Star programs), a coach is required.

Q: Why do I need a coach and what will they do for my skater?

A: A coach will create a yearly plan for the skater, which will start with the basic skills and fundamentals and will eventually progress to include choreography for programs, and testing.

Q: How do I go about getting a coach?

A: The best way to get your first coach is to speak with Natalie in the office 403-245-2425 or email her at info@calalta.net at will work with you to help find the right coach for your skater

All of Calalta's coaches can be found on our website and on the bulletin board at Jimmie Condon arena. Feel free to contact them directly!



Q: How much do coaches cost?

A: Coaches can charge anywhere from \$10 to \$18.50 for a 15 minute coaching session. The difference in rates is dependent upon the experience, training and certifications they have received. Coaches will invoice you directly and you will need to pay them directly. This does not go through Calalta.

Q: What is the role of the head coach? How many coaches can my child have?

A: The primary or head coach is responsible for your skater's training. Your head coach is your first stop where your skater's progress is concerned. They may ask another coach to provide training in another discipline such as dance. If this happens, you will be required to pay for this additional coach and the lessons they provide to your child.

If you are interested in having your skater work with an additional coach, you should, as a matter of course, speak first to your head coach to add the coach to your skater's coaching team.

Head coaches will typically arrange substitute coaches should the occasion arise.

Q: If my child is only being coached for 15 minutes, why does my child have to stay on the ice for the entire 45 or 60 minute session?

Before or after the lesson with the coach, the skater is expected to warm up and practice what they have learned to date. The more practice your skater gets, the more progress they will make.

Q: How many times a week does my child need to work with a coach?

A: It depends. If your skater is training for a competition or a skating test, your coach may recommend more sessions. If your skater is just beginning, one or two 15-minute sessions a week may be adequate. This is a conversation you should have with your head coach and is dependent upon your budget and what level your skater is at.

Q: What if the relationship between my skater and coach is not working?



A: The bond that exists between a skater and a coach is special and if it isn't working, Calalta encourages you to speak directly with your coach to clear up any issues. If the issues cannot be solved to your satisfaction, you may need to switch coaches. Before you switch coaches, it is expected that all bills be paid (you may have to request your final bill) and you leave on good terms.

Calalta's coaching team can be viewed on our website or on the bulletin board located at Jimmie Condon arena.

Coaches are required to help navigate the complex world of skating. They will work with your child to teach, support, assist, guide, direct and mentor them as they learn the many skills, jumps and spins that make up the beautiful sport of figure skating.

Skating Equipment

Skates

Skaters will enjoy the sport of figure skating more and will progress faster if they are properly and safely equipped with the right skates.

- Skaters in the **Pre-CanSkate to CanSkate Level 4** may use hockey **or** figure skates;
- Figure skates are highly recommended for **CanSkate level 4 to level 6**.

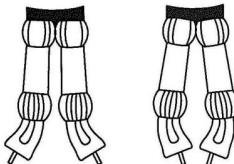
Skaters in all other levels will be required to have proper figure skates appropriate for their ability. Please speak with a coach if you are unsure about your child's skates or if you have questions.

To protect the skate blades, **hard skate guards** should be worn in areas that are not protected by rubber mats. At the end of every skating session, the blades should be wiped with a dry cloth to prevent rusting. Please ensure that all skates are sharpened regularly at least twice a season.

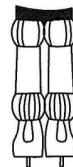
Help your skaters to ensure that:

- Skates fit comfortably and properly;
- There is room for the toes to wiggle slightly;

- Heels **do not** lift inside the skate more than $\frac{1}{4}$ inch;
- An adult finger can fit in the top of the boot when done up;
- Longer laces are tucked or tied up so that they do not hang loose or drag on the ice



Poorly Equipped Skater



Properly Equipped Skater

Skate Sharpening

Sharpening the blades on a figure skate is an art! The best way to wreck a figure skate blade is to have an inexperienced sharpener take off the rocker (the point of balance). Currently, Calgary has very few options for sharpening – please speak to your coach if you have questions or need to know where to take your skates!

Helmets

All skaters participating in **Pre-CanSkate** to **CanSkate Level 4** must wear a CSA approved hockey helmet.

As a parent you may want your child to continue with a helmet above CanSkate 4 and this is perfectly acceptable.

Once your child graduates from CanSkate it is expected that they would not wear a helmet.

Skating Dress Code

All skaters should dress appropriately for their session whether that be an on-ice or off-ice session.

CanSkate & Pre-CanSkate:

- Sweats, track pants, snow pants and yoga pants are all good bottoms;
- Layers consisting of long sleeve shirts, hoodies and vests allow for easy movement and warmth;
- Be sure to have a few pairs of **mittens** and **gloves** on hand;
- Items such as long drawstrings, scarves, dangling coat belts etc. can be a hazard on the ice and should be avoided.

For all other skaters:

- Skating dresses with appropriate tights;
- Comfortable fitted jacket and fitted sports leggings;
- Mitts or gloves;
- Hoodies and flared pants are not recommended as coaches need to see the line of the skater;
- Drawstrings, dangling items are also not recommended for safety reasons.

Club Apparel

Each year Calalta sells club apparel and this year is no different! Our vendor for the third year in a row is Triple Flip and we are offering jackets, leggings, t shirts and scarves for both boys and girls.

We will be hosting our sizing weekend on September 17 and 18 at Jimmie Condon arena alongside our Used Dress and Skate Sale.

All orders must be in by September 28 in order for the apparel to be delivered in time for our skaters to wear them proudly at Sectionals.



Security and Lockers

We would like to remind you that the rinks at which the club operates are public areas where members of the public are free to come and go. This means that you should inform and educate your skater to remain with his or her group of skaters and use the secure dressing rooms to store their belongings.

Skaters typically meet their coach on the ice for their lesson. Between sessions, skaters must ensure they use common sense in public areas. If you are uncomfortable with leaving your skater at the arena, please stay with your child and watch from the viewing area. A parent/guardian must remain at the rink with skaters registered in Pre CanSkate or CanSkate.n

There are lockers available at Jimmie Condon to store skates and other equipment. These are available for rent through our club registration website <https://calalta.uplifterinc.com/> on a first come, first served basis.

Lost & Found

There is a lost and found area in the girls change room at Jimmie Condon arena. If your skater has misplaced an item please feel free to look there first. For those skaters that leave their hard guards on the boards, they will be put into the music room at Jimmie Condon.

Items left behind at COP will be put in the coaches' room at COP.

Please label your skater's gear and have them keep valuable items at home.

Club Policies

Liability

Calalta Figure Skating Club is not liable for personal injuries or loss of or damage to personal property. Each skater may decline to participate in any activity. Please inform your coach or your skater's coach of any personal limitations you or your skater may have. If you have any doubt about your or your skater's personal physical abilities, please consult your physician before participating in any activity.

Code of Conduct

This code of conduct applies to all skaters and Calalta members:

- Represent Calalta Figure Skating Club in a respectful and professional manner;
- Strive to create and maintain cooperative relationships between skaters, parents and coaches for the purpose of ensuring a positive skating environment;
- Non-payment of club fees will result in withdrawal of skating privileges. Volunteer deposit must accompany registration – no volunteer deposit? Your registration will be cancelled;
- Parents are responsible for the behavior of their children;
- Inappropriate and disrespectful behavior by skaters and/or parents can result in temporary or permanent suspension from Calalta FSC – see the Skating Etiquette section for more details;
- There will be no bullying, victimizing, harassing (sexual or otherwise), impersonating, vandalizing or stealing from another skater. Disciplinary actions may include suspension or expulsion from the club;
- All skaters are to display good sportsmanship and encourage all skaters' enjoyment of skating;
- All skaters are responsible for keeping the dressing rooms clean and tidy. The skaters are responsible for putting away their own personal items and throwing away any garbage. Skaters are also expected to use his/her respective dressing rooms;

Any and all concerns with the Code of Conduct can be directed to the office in writing.



Refund Policy

There are three refund policies:

- 1. CanSkate/Pre-CanSkate/Power Skate** – Please contact the Director of Group Programs for all refunds. A \$25 administration fee will apply. There is no refund on the membership fee;
- 2. All other skaters** – Only medical refunds (with medical note) for sessions when a skater misses more than one week or seven days. A \$25 administration fee will apply. There is no refund on the membership fee;
- 3. Pairs Skaters:** There is no refund for those registered in the Pairs program.

Missed Ice Policy

CanSkate/Pre-CanSkate/Power Skate:

Skaters must skate on the session they are registered on. Unfortunately there are NO make-up classes or refunds for missed sessions.

All Other Skaters:

For those skaters that have an ice session cancelled by Calalta for tests, competitions or other special events will receive a single session pick up pass for every session cancelled. This single session pass must be turned in to the rink chair, prior to getting on the ice, for any make up session.

Please remember when selecting a make-up session, it is first come, first served and it must be at the appropriate level for your child's skating ability. Single session passes will be available from the rink chair, who is stationed at the music room during every ice session. If you plan to use a single session pick up pass, ensure you have it with you and hand it to the rink chair prior to getting on the ice.

Missed ice for any other reason cannot be transferred or made up at a different time. You must skate the sessions you registered for or pay applicable pick-up fees.

2016 – 2017 Pick Up Ice Fees

2016 – 2017 Pick Up Fees for Jimmie Condon and COP			
Members		Non-Members	
On Ice and Off Ice Sessions			
One hour session	\$16.00	One hour session	\$18.00
45 minute session	\$12.00	45 minute session	\$14.00
stroking			
30 minute session	\$10.00	30 minute session	\$12.00
60 minute session	\$20.00	60 minute session	\$22.00
Pick Up Pass Fees			
10 – 1 hour sessions	\$160.00	10 – 1 hour sessions	\$180.00
10 – 45 min sessions	\$120.00	10 – 45 min sessions	\$140.00

If the above fees are not paid at the time a skater gets on the ice, an invoice will be issued to the member via email and an additional administration fee of \$10.00 will be added to the invoice.

Only registered Calalta skaters who are accessing the ice for a 15-minute lesson with a Calalta coach must pay an ice fee of \$5.00. If the skater stays on longer than 15 minutes, then they must pay for the entire session.

A 10 Session Pick Up Pass can be purchased from the rink chair as well (see the rates in the above table).

Skaters **MUST** check in with the Rink Chair in the music room at the beginning of each session. If a skater has not registered for the session, they may be permitted on the appropriate ice if they pay the pick-up fees **BEFORE** they get on the ice and there is room.

Disciplinary Guidelines

Although our priority is the well-being of the skater, we understand that things may not go as planned and issues may arise. We will always try to work in the best interest of the skater when applying our disciplinary guidelines.

In the event of violations to Calalta's Code of Conduct, the following will apply:

1. The first infraction will be brought to the attention of the coach. The coach is **obligated** to handle the situation immediately:
 - a. Speak with the skater/member (with or without the parents present) and:
 - i. Identify the behavior and explain that it is unacceptable (verbal warning);
 - ii. Explain that if the behavior continues or the incident is repeated, it will be brought to the attention of the club (Administration, Director of Skating, Director of Group Programs, Coaches Rep and the Club President) and the skater's parents (via email) (written warning);
 - iii. Explain that appropriate actions will be taken that may include suspension or expulsion from the club.

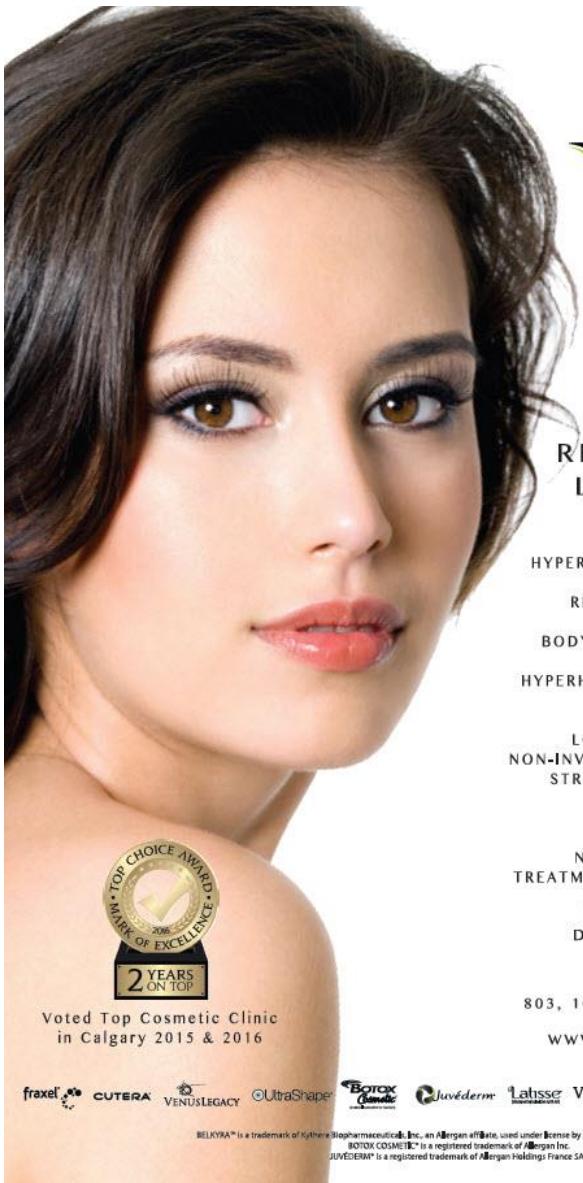
Ideally, all violations to Calalta's Code of Conduct will be dealt with as described in #1 above (verbal warning). If the behavior persists or there is a second infraction by the skater/Calalta member the coach will speak with the skater/Calalta member as noted in 1a above and will also do the following:

2. The coach will bring the issue to the attention of the office which includes Club Management, Coaches Rep and the Club President;
3. The coach will document the incident and/or violation, how it was handled and the steps required of the skater/member and send it to the parents, with a cc to Club Management, Coaches Rep and the Club President;
4. A meeting may be required (at the discretion of the parents, coaches and/or club) where the issue will be discussed and appropriate actions taken.

The skater/member will be expected to follow through on the steps outlined in the document.

5. If the behavior persists or there are more violations of the code of conduct or the skater/member does not follow the steps outlined in the document above:
 - a. A meeting/hearing will be set up with the Coach, Skater, Skater's Parents and Club Management. This discussion will review Calalta's Code of Conduct, the details of the actions taken (which may include suspension or expulsion from the club). If it is a suspension, the details will be reviewed (duration, timing) as well as expectations of the skater upon their return to the Club.
6. The parents of the skater or the Calalta member may appeal the decision made in #4 above. If this is required, the Executive of the Board (Club President, Past President, Treasurer, Secretary and Executive Vice President) will review the decision made. All decisions made at this level will be final.





Look & Feel Fabulous!

CALGARY'S TRUSTED REJUVENATION LASER CLINIC

ACNE
FINE LINES
HYPERPIGMENTATION AND MELASMA
LOOSE SKIN
REDNESS AND SPIDER VEINS
WRINKLES
BODY SHAPING AND CONTOURING
CELLULITE
HYPERHIDROSIS/ EXCESSIVE SWEATING
HAIR REMOVAL
LEG VEINS
LOOSE SKIN AND WRINKLES
NON-INVASIVE PERMANENT FAT REMOVAL
STRETCH MARKS AND SCARRING
SUN DAMAGE
TOENAIL FUNGUS

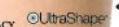
NOW OFFERING BELKYRA™
TREATMENTS FOR SUBMENTAL FULLNESS

DR. WENDY TINK AND
DR. PATRICIA CONNICK



Voted Top Cosmetic Clinic
in Calgary 2015 & 2016

803, 10 DISCOVERY RIDGE HILL, SW
403-237-8428
WWW.VIVEREJUVENATION.COM



BELKYRA™ is a trademark of Kythera Biopharmaceuticals, Inc., an Allergan affiliate, used under license by Actavis Specialty Pharmaceuticals Co.

BOTOX COSMETIC® is a registered trademark of Allergan Inc.

JUVÉDERM® is a registered trademark of Allergan Holdings France SAS

Skating Etiquette

Keep it Clean Skaters!

- ✓ Pick up after yourself in the change rooms. We have been warned many times by the City that if we can't keep our change rooms clean, they will take them away from us and we'll be putting our skates on in the hall way! If you have made a mess, there is a broom and dustpan to tidy up after yourself.
- ✓ Inappropriate discussions are not appropriate anywhere in the rink! This includes but is not limited to talking about drinking, drugs, sex and/or swearing.
 - If violated, you can and will be removed from the dressing room for specified amounts of time;
 - 1st incident will be a discussion from the coaches;
 - 2nd incident is a week suspension from the dressing room and informing your parents;
 - 3rd incident is permanent removal from dressing room and informing your parents.
- ✓ Keep the bad attitude elsewhere! Skating is a wonderful and enjoyable sport so don't wreck it for others!
 - Don't kick the boards or ice in anger;
 - Keep the language clean and the tone pleasant;
 - Don't intimidate others with your skating – so no cutting close to other skaters or other nasty moves;
 - If violated, a coach will tell you to leave the ice session and your parents will be informed and further incidents may result in a suspension or expulsion from the club.
- ✓ There will be no bullying of others.
 - If violated, you will be dealt with immediately by a coach;
 - Skaters involved in the incident will be met with by Club Management and your head coach to discuss and try to find tools to change the situation;
 - If the situation continues, your parents and Board member will be included in the discussion. If necessary, this may result in mediation and/or counselling whereby the cost will be absorbed by the parent of accused bully;
 - If there is no change in the situation, the accused bully may be suspended or expelled from the club.

Safety on the Ice

- ✓ **Each skater needs to aware of their surroundings and respect everyone on the ice;**
- ✓ Be on time for your session **AND** check in with the rink chair **BEFORE** you get on the ice;
- ✓ Use the bathroom **before** you get on the ice;
- ✓ Be prepared for your session – hair tied back, no gum, mitts on, dressed properly (no baggy clothes);

- ✓ Skaters performing their program have the right of way on the ice so please everyone keep your eyes open!
- ✓ Spin in the spinning zone only (middle of the ice);
- ✓ Jump in the jumping areas only – ends of the ice only;
- ✓ The ice is meant for skating not socializing – if you must talk to friends, move to the boards.

Music

- ✓ Please hand in your CD/phone to the rink chair if you will be practicing your program; CDs that are left behind will be filed alphabetically in the music room;
- ✓ Skaters in a lesson with a coach have the right to bump other skaters' music that are not in a lesson;
- ✓ Be respectful of the person running the music – using your manners goes a long way in making for a successful skating session for everyone!

Volunteer Requirements

Family participation is required for the effective and successful operation of Calalta. Every family that has a skater at Calalta is required to do volunteer time.

The volunteer commitment is **12 hours per skater or 16 hours per family** for families with more than one skater. This commitment must be completed within the skating season, which runs from September 1 to June 30. When registering, a volunteer deposit (cheque made payable to Calalta) of \$600 dated June 1, 2017 is required from every family to secure your registration. Upon completion of your volunteer hours, your cheque will be shredded. If not completed, your cheque will be cashed. If a cheque is not provided at registration, you will not be able to register your skater in any further skating programs or events hosted by Calalta until the \$600 is provided or the commitment met.

Adult skaters are always welcome on Calalta's ice, and are not obligated to fulfill the 12-hour volunteer requirement. As well, families that have skaters in the Pre-CanSkate or CanSkate programs are not obligated to volunteer – nor need to provide a \$600 deposit.

Sorry donations cannot be accepted in lieu of volunteer hours. We need your time!!

Volunteer Positions

- **Test Days:** Opportunities include ice Captains, music player, announcer, hospitality, runners; Held 4 times a year and last 3-4 days each.
- **Calgary Winter Invitational Competition:** Many opportunities including registration, announcing, hospitality, set up and take down, dressing room captains, ice captains, ice patchers, sponsorship, medals, signage, medical; Held in March 2017
- **Year End Carnival:** Security, costumes, silent auction, advertising, signage, hospitality, ticket sales, music, back stage operations, flowers, etc; Held in April 2017
- **Annual Spring Event:** Great way to see how a competition is run. Includes registration, medals, announcing, hospitality, runners, ice captains, dressing room captains, music, etc; Held in March 2017
- **Used Skate and Dress Sale:** Held twice a year and over a weekend. Includes coordination of, set up, sales, tear down, labeling items, etc; Held in September and May

- **Annual Banquet:** Held in April/May each year. Includes coordination of awards, invitations, booking a banquet hall, arranging catering, preparing invites etc.
- **Club Clothing:** Each year Calalta sells club jackets and leggings to members. Includes coordination, working with the vendor, submitting order and distribution to skaters.
- **Upstairs Room Cleaner:** One hour a week for 12 weeks - floors (sweep and mop), bathrooms, dusting, stairs (sweep and mop), mirrors and garbage

Do you have a skill that we may be able to use in place of volunteer hours?

Handyperson: Fixing, repairing items, installing floor tiles

Painting: Our off ice area is in dire need of a paint job – we need paint too!

Periodic emails will be sent from the office requesting volunteers for the above events and other activities or if you are wanting to help please contact the office for further information on volunteer opportunities.

Calalta Sponsored Events

Annual Spring Event

Date: Saturday June 10, 2017

Venue: Jimmie Condon Arena



Calalta's Annual Spring Event is a great opportunity for our skaters to see what a real figure skating competition looks like in a fun and safe environment.

Dresses, make-up and hair are done and programs are skated with judges providing scores. Kids names are announced, and results are posted on the wall.

It is also a great opportunity to volunteer and see what the 'behind the scene' looks like and how it all comes together to be a great event for your skater!

Speak to your skater's coach about entering this exciting event.

Calgary Winter Invitational Skating Competition



Date: March 10-12, 2017

Venue: Father David Bauer/Norma Bush Arenas

Hosted by Calalta Figure Skating Club

The CWI competition is a combined invitational (Star 4 to Star 10 and Pre Juv to Senior) that attracts over 400 skaters from across Western Canada each year.

It is a great event for our skaters to showcase their new programs and for parents and families to watch or volunteer.

Typically we have over 160 volunteers for the weekend that put in over 2500 hours in total. If you are interested in getting all your hours in on one weekend, this is the place to do it.

Annual Ice Show

Date: Saturday April 22, 2017

Venue: TBD

The Annual Calalta Ice Show is an event that celebrates the end of the season for all our skaters. It is an eagerly anticipated event and all skaters are encouraged to take part. Details of the show and how to play a part will be announced during the skating year.

The success of the Ice Show is dependent on the involvement of volunteers. Look out for sign-up sheets and information about the show, posted on our Facebook and club website.



Annual Calalta Banquet

Date: Saturday May 27, 2017

Venue: TBD

The Calalta Banquet is our annual awards ceremony where we have a chance to honour the many accomplishments of our skaters. Everything from 'Most Improved Jr Prep and HP Skater', Skater of the

Year on the International stage to honours for quad gold – we have it all! We also have 3 monetary awards – Marissa Staddon Memorial, Sharon Lariviere Memorial and the Calalta Star Skater Award – all worth \$1000 each!



Skaters and their families are invited to attend this formal dinner and awards night which is truly the highlight of the season. The event will be held on Saturday May 27 – watch out for announcements via email, our club Facebook site and our website.

Have a Question?

If you have a problem or question, we encourage you to speak with your skater's coach first. All other questions may be directed to the Calalta office administrators via email at info@calalta.net or phone 403-245-2425.



Important Dates for 2016 – 2017 Season for JC and COP

September 2016	
Tue Sep 6, 2016	Skating starts at both JCA (Jimmie Condon Arena) and COP
Tue Sep 6, 2016	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running including the 6:05 pm off Ice class
Wed Sep 7	Jr Prep and HP start at Jimmie Condon arena
Sat Sep 10	PA Training at JC
Fri Sep 16	Friday CanSkate begins
Sat Sep 17	Saturday CanSkate and Power Skating begin, Used Skate & Dress Sale at JC
Sun Sep 18	Day 2 of Used Skate & Dress Sale at JC
Wed Sep 21	Wednesday CanSkate begins
Sun Sep 25	Canmore competition - No stroking or off ice – all other sessions running
Mon Sep 26	COP No 9:00-10:00 am Pairs ice session
Tue Sep 27	COP No 9:00-10:00 am Pairs ice session – will do 10:45-11:45 am instead
Fri Sep 30	COP – No ice sessions after 4:00 pm
October 2016	
Fri Oct 7	No CanSkate
Sat Oct 8	No CanSkate nor Power Skating – all other sessions running
Mon Oct 10	COP Only 4-5 pm, 5-5:45 pm, 6-7 pm ice sessions running at COP – no day sessions at all! Only the 5:10 and 6:00 pm jump classes will run – no other off ice including ballet will be run. JCA – No sessions – rink closed for Thanksgiving
Tue Oct 11	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running including the 6:05 pm off ice class
Wed Oct 12	No Wednesday CanSkate
Fri Oct 14	COP No ice sessions after 4 pm at COP. 9:00-10:00 am Pairs ice session has moved to 10:00-11:00 am instead
Wed Oct 19	COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Fri Oct 21	COP No 7:15 Lift Class or 7:45-8:45 am, 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
November 2016	
Wed Nov 2	COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Thu Nov 3	Sectionals begin
Fri Nov 4	COP No sessions at all!
Sun Nov 6	Sectionals - No stroking or off ice – all other sessions running
Wed Nov 9	COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Thu Nov 10	COP No ice at COP from 11:45 am to 6:45 pm – No 4:00-5:00 pm off ice in PTC
Fri Nov 11	Remembrance Day: JCA & COP closed – no sessions running
Sat Nov 12	All sessions running except CanSkate and Power Skating
Fri Nov 18	COP No sessions at all!
Mon Nov 21	COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Wed Nov 23	COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Tues/Thur/Fri Nov 22/24/25	Test Days at JCA

Fri Nov 25	COP No sessions at all!
Wed Nov 30	Challenge begins in Montreal
December 2016	
Fri Dec 2	Edmonton Region Open begins
Fri Dec 2	COP Only 6:15-8:15 am ice dance sessions running at COP – No other ice sessions running including 7:35 am jump class
Sat Dec 3	Last day of Power Skating
Sun Dec 4	No stroking or off ice – all other sessions running
Mon Dec 5	COP No 6:30-7:30 am singles ice, No 7:45-8:45, 9:00-10:00 Pairs ice, No 11:45-12:45 pm, 1:15-45 pm, 2-2:45pm, 3-3:45 pm singles ice and No off ice at 7:15 and 7:35 am and no Ballet at 3:50. Morning dance ice and evening ice starting at 4 pm is still running
Fri Dec 9	COP No 7:45-8:45, 9:00-10:00 am Pairs Ice sessions. Has moved to 10:00-11:30 am instead. No 4:45 pm, 4:45-5:45 pm ice sessions
Wed Dec 14	Wednesday CanSkate Event
Fri Dec 16	Friday CanSkate Event
Sat Dec 17	Saturday CanSkate Event
Sun Dec 18	Last day of skating in December
Dec 19-30	Stay tuned for Christmas Ice Sessions
January 2017	
Tue Jan 3, 2017	Skating starts at both JCA & COP – No HP or Jr Prep group programs – all other programs running including the 6:05 pm off ice class
Fri Jan 6	Friday CanSkate begins
Sat Jan 7	Saturday CanSkate and Power Skating begins
Wed Jan 11	Wednesday CanSkate begins COP No 7:15 Lift Class or 7:45-8:45 am and 9:00-10:00 am Pairs ice session. Has moved to 10:00-11:30 instead
Fri Jan 13	COP No 7:15 Lift Class or 7:45-8:45 am, or 9:00-10:00 am Pairs ice sessions and no 6:15-8:15 am and no 8:30-9:45 ice dance sessions
Mon Jan 16	Canadians begin in Ottawa
Thu Jan 19	COP No 5:45-6:45 pm session
Fri Jan 20	COP No ice sessions from 11:45 am to 5:45 pm
Thu Jan 26	COP No ice sessions from 1:00 pm to 6:45 pm. No 4:00-5:00 pm off ice in PTC
Fri Jan 27	COP No sessions all day
February 2017	
Fri Feb 3	Medicine Hat (South Region) Open begins
Mon/Tues/Wed Feb 13/14/15	Test Days at JCA
Wed Feb 15	No CanSkate
Fri Feb 17	No CanSkate COP No 7:15 Lift Class or 7:45-8:45 am, 9:00-10:00 am Pairs ice sessions
Sat Feb 18	No CanSkate or Power Skating
Sun Feb 19	No stroking or off ice – all other sessions running
Mon Feb 20	Family Day: No Ice at JCA/COP
Tue Feb 21	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running including the 6:05 pm off ice
Wed Feb 22	COP No 7:15 Lift Class or 7:45-8:45 am or 9:00-10:00 am Pairs ice sessions
Fri Feb 24	Rocky Mtn House (Central Region) Open begins
March 2017	
Wed Mar 1	COP No 7:45-8:45 am, 9:00-10:00 am Pairs ice sessions - have 7:45-8:30 am instead

Fri Mar 10	Calgary Winter Invitational begins
Sun Mar 12	No stroking or off ice – all other sessions running
Thu Mar 16	COP No 5:45-6:45 pm ice session
Fri Mar 17	COP No 6:15-8:15 am and no 8:30-9:45 am ice dance sessions
Fri Mar 24	COP No 7:45-8:45 and no 9:00-10:00 Pairs ice sessions. No 7:15 am Lift class
Fri Mar 24	StarSkate Championships in Airdrie begin
Wed Mar 29	No CanSkate
Fri Mar 31	No CanSkate and South StarSkate Invitational in Lethbridge begins
April 2017	
Sat Apr 1	No CanSkate
Fri Apr 7	Sunsational begins in Edmonton
Sun Apr 9	No stroking or off ice – all other sessions running
Fri Apr 14 to Sun Apr 16	No sessions at JCA/COP due to Easter
Sat Apr 22	Annual Ice Show (TBD)
Sun Apr 23	Last day of stroking and ice sessions for fall/winter session
Mon/Tue/Wed Apr 24/25/26	Test Days at JCA
Mon Apr 24 to Sun May 7	No sessions at JCA/COP
May 2017	
Mon May 8	Spring sessions begin at both JCA and COP
Fri May 19	May Long Weekend: No ice at JCA/COP
Sat May 20	May Long Weekend: No ice at JCA
Sun May 21	May Long Weekend: No ice at JCA
Mon May 22	May Long Weekend: No ice at JCA/COP
Tue May 23	No Group Sessions (HP/Jr Prep ice and off ice) – all other sessions running including 6:05 pm off ice class
June 2017	
Fri Jun 2	COP No 7:45-8:45 am, 9:00-10:00 am Pairs ice sessions and no lift class
Sat Jun 10	Annual Spring Event at JC
Fri Jun 23	COP No 6:15-8:15 am, 8:30-9:45 ice dance sessions. Last day of skating for Pairs at COP
Sun Jun 25	Last day of Skating – all sessions running
Mon/Tue/Wed Jun 26/27/28	Test Days at JCA

Please note that the above dates may change – please contact the office if you require further information. Also note that all sessions have been prorated to accommodate known cancellations (see above table).

Stay tuned for Spring (May-June) CanSkate sessions and Power Skating

BUYING
SELLING
INVESTING



*Coaching my clients to
success in real estate*

Danielle
Fujita
REALTOR®
I can help...

587-432-7432 direct
403-278-2900 office
daniellefujita@gmail.com

8820 Blackfoot Trail SE
Calgary, Alberta T2J 3J1

RE/MAX
FIRST
Independently Owned and Operated