

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 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 Markin MacPhail 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: <u>www.calalta.net</u>

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 info@
Interim Managing Director: Diana Peters direct

Director of Group Programs: Jaime-Lyn Jackson

President: Lori Whalley

info@calalta.net director@calalta.net

calaltagroupprogramsdirector@gmail.com

president@calalta.net

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Message from the President

Welcome to another exciting year of skating with Calalta!

We had a great year and are looking forward to the 2017-2018 skating season. A quick look back at our many accomplishments last season and our plans for this year:

- We sent a record number of skaters to Sectionals (86), Challenge (26) and Canadians (12)! We had
 a great showing from our Ice Dancers specifically Jessica-Lee and Jackson Behiel (who are featured
 on our front cover) who received a bronze in Novice Dance;
- 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.

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 performing arts seminar with Ben Westenberger and Tyler Myles, the Calgary Winter Invitational, Sea to Sand – A Mermaid's Tale Ice Show, our annual Spring Event, numerous Test Days, Skate and Dress Sales and a 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 President





Board Members

| Exe | cutive | Board Members | | |
|----------------|------------------|------------------------|----------------|--|
| 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 Poulson | |
| Treasurer | Terra-Lee Behiel | Director - Fundraising | Cherie Maina | |
| | | Coaches Representative | Tyler Myles | |

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



Torri, Amelia, Josh, Isabel, Pearl, Kyle, Jake and Alessio – Some of Calalta's Ice Dance teams in Montreal at Quebec Summer Skate

2017 - 2018 Schedule

Jimmie Condon Ice Sessions

September 5, 2017 - June 24, 2018

| 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 JR COMPETITIVE, 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 & INTERMEDIATE |
| 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 INTERMEDIATE AND SENIOR | 1:45-2:30 pm JUNIOR & INTERMEDIATE | 12:30 -1:30 pm JUNIOR & INTERMEDIATE |
| 7:00-7:45 pm INTERMEDIATE & SENIOR | 7:00-8:00 pm INTERMEDIATE & SENIOR | 7:15-8:15 pm INTERMEDIATE & SENIOR | 6:45-7:15 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 SENIOR & 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 | | | |
| | | | 9:15-10:45 pm SYNCHRO | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Jimmie Condon Off Ice Sessions

September 5, 2016 to June 24, 2017

| Monday Off Ice | Tuesday Off Ice | Wednesday Off Ice | Thursday Off Ice | Friday Off Ice | Saturday Off Ice | Sunday Off Ice |
|--|--|--|--|----------------------------|--|--|
| | | | | 4:20-5:05 pm Off Ice | 10:25 -11:10 am JUNIORSTAR Jaimie Lyn Jump Class | 9:15-10:00 am HP, JUNIOR & INTERMEDIATE |
| 5:20-6:05 pm JUNIOR PREP Uschi | 5:20-6:05 pm JUNIOR PREP Uschi | 5:20-6:05 pm JUNIOR PREP Dustin | 5:20-5:50 pm JUNIOR PREP Dustin | | 12:20 -1:05 pm GROUPSTAR Fitness/Jump | 10:15-11:15 am JR COMP, SR & ELITE OFF ICE/SEMINAR Rotation Seminar scheduled for 1x month |
| 6:10-6:55 pm HP, INTERMEDIATE & SENIOR | 6:10-6:55 pm HP, INTERMEDIATE & SENIOR | 6:15-7:00 pm HP, INTERMEDIATE & SENIOR | 5:55-6:40 pm HP, INTERMEDIATE & SENIOR | | | 11:30-12:15 pm JR & INTERMEDIATE Flexibility Training |
| Ushi | Uschi | Dustin | Dustin | | | 12:45-1:30 pm SR & ELITE Flexibility Training |
| | | CanSkate Wednesday | | CanSkate Friday | Saturday | CanSkate |
| | | | | | | Sunday |
| | | 5:30-6:15 pm | | 6:15- 7:00 pm | 9:30-10:15 am Introduction to | |
| | | 6:15-7:00 pm | | | Figure Skating | |
| | | | | | CanSkate 10:15-11:00 am 4:15-5:00 pm | |
| | | | | | Power Skating 5:00-5:45 pm 5:30-6:15 pm | |
| | | | | | ECTAS 6:00-6:50 pm | |

COP Ice Sessions

September 5, 2017 to June 22, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|----------------|--|--|------------------------------|
| 6:15-8:15 am | 6:15-8:15 am | 6:15-8:15 am | 6:15-8:15 am | 6:15-8:15 am |
| Dance Teams | Dance Teams | Dance Teams | Dance Teams | Dance Teams |
| 6:30-7:30 am Open Session | | 6:30-7:30 am Open Session | | 6:30-7:30 am Open Session |
| 7:45-8:45 am | 7:45-8:45 am | 7:45-8:45 am | 7:45-8:45 am | 7:45-8:45 am |
| Pairs | Pairs | Pairs | Pairs | Pairs |
| 8:30-9:45 am | 8:30-9:45 am | 8:30-9:45 am | 8:30-9:45 am | 8:30-9:45 am |
| Dance Teams | Dance Teams | Dance Teams | Dance Teams | Dance Teams |
| 9:00-10:00 am | 9:00-10:00 am | 9:00-10:00 am | 9:00-10:00 am | 9:00-10:00 am |
| Pairs | Pairs | Pairs | Pairs | Pairs |
| 11:15-12:00 pm | 11:15-12:00 pm | 11:15-12:00 pm | 11:15-12:00 pm | 11:15-12:00 pm |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 12:00-12:45 pm | 12:00-12:45 pm | 12:00-12:45 pm | 12:00-12:45 pm | 12:00-12:45 pm |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 1:00-1:45 pm | 1:00-1:45 pm | 1:00-1:45 pm | 1:00-1:45 pm | 1:00-1:45 pm |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 2:00-2:45 pm | 2:00-2:45 pm | 2:00-2:45 pm | 2:00-2:45 pm | 2:00-2:45 pm |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 3:00-3:45 pm | 3:00-3:45 pm | 3:00-3:45 pm | 3:00-3:45 pm | 3:00-3:45 pm |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 4:00-5:00 pm | 4:00-5:00 pm | 4:00-5:00 pm | 4:00-5:00 pm | 4:00-4:45 pm |
| Int & Senior | Int & Senior | Int & Senior | Int & Senior | Int & Senior |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | FreeSkate |
| 5:00-5:45 pm | 5:00-5:30 pm | 5:00-5:45 pm | 5:00-5:30 pm | 4:45-5:45 pm |
| Int & Senior | Int & Senior | Int & Senior | Int & Senior | Int & Senior |
| FreeSkate | Stroking | FreeSkate | Stroking | FreeSkate |
| 6:00-7:00 pm | 5:45-6:45 pm | 6:00-7:00 pm | 5:45-6:45 pm | |
| Int & Senior | Int & Senior | Int & Senior | Int & Senior | |
| FreeSkate | FreeSkate | FreeSkate | FreeSkate | |
| | | 6:00-7:00 pm Jr Competitive Group Lesson | 5:45-6:45 pm Jr Competitive Group Lesson | |

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 5, 2017 to June 22, 2018

| 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 September to December 2017

Session 1: Wednesday September 13, 2017 to December 13, 2017

12 Wednesdays – no session on Wed October 4 or Wed Nov 8

5:30 pm to 6:15 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 2: Wednesday September 13, 2017 to December 13, 2017

12 Wednesdays – no session on Wed October 4 or Wed Nov 8

6:15 pm to 7:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 3: Friday September 15, 2017 to Friday December 15, 2017

12 Fridays – no session on Friday October 6 nor November 10

6:15 pm to 7:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 4: Saturday September 16, 2017 to Saturday December 16, 2017

10 Saturdays – no session Saturday October 7 and November 11

10:15 am to 11:00 am

All sessions held at Jimmie Condon Arena (JCA)

\$190 + GST + Annual Skate Canada Fee of \$38.00 = \$237.50

Session 5: Saturday September 17, 2016 to Saturday December 17, 2016

12 Saturdays – no session Saturday October 8 and November 12

4:15 pm to 5:00 pm

All sessions held at Jimmie Condon arena

\$225.75 + Skate Canada Fee of \$38.00 = \$273.20

Introduction to Figure Skating

This program is suited for skaters that have successfully completed the CanSkate program (level 4) or similar skill level 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 if you book an extra free skate session. Typical skater age range is between 5-8 years old but we offer the course to skaters up to 14 years old.

Intro to FS: Saturday September 30, 2017 to Saturday December 16, 2017

10 Saturdays – no session Saturday October 7 and November 11

9:30 am to 10:15 am

All sessions held at Jimmie Condon Arena (JCA)

\$190 + GST + Annual Skate Canada Fee of \$38.00 = \$237.50

Explore Figure Skating

Ages 14 to Adult

Ever wanted to learn how to figure skate but never had the opportunity? This program allows you to try our program without committing to an entire season. Semi-private lessons (1-2 skaters) with a coach will focus on needed skills to introduce basic figure skating movements. Contact info@calalta.net for more information.

Explore FS: 6 Wednesdays

7:30 pm to 8:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$183.00 + GST+ Annual Skate Canada Fee of \$38.00 = \$230.00

Pick one of the following sessions below:

September 27 to November 1 November 8 to December 13 January 10 to February 14 March 7 to April 11

CanSkate: Winter Sessions

January to April 2018

Session 1: Wednesday January 10, 2018 to April 11, 2018

12 Wednesdays – no sessions on Wed Feb 14 and March 28;

5:30 pm to 6:15 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 2: Wednesday January 10, 2018 to April 11, 2018

12 Wednesdays – no sessions on Wed Feb 14 and March 28;

6:15 pm to 7:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 3: Friday January 12, 2018 to Friday April 13, 2018

12 Fridays – no sessions on Friday Feb 16 and March 30;

6:15 pm to 7:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 4: Saturday January 13, 2018 to Saturday April 14, 2018

12 Saturdays – no sessions Saturday Feb 17 and Mar 31;

9:30 am to 10:15 am

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 5: Saturday January 13, 2018 to Saturday April 14, 2018

12 Saturdays – no sessions Saturday Feb 17 and Mar 31;

10:15 am to 11:00 am

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

Session 6: Saturday January 13, 2018 to Saturday April 14, 2018

12 Saturdays – no sessions Saturday Feb 17 and Mar 31;

4:15 pm to 5:00 pm

All sessions held at Jimmie Condon Arena (JCA)

\$224 + GST + Annual Skate Canada Fee of \$38.00 = \$273.20

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

Power Skating – Fall and Winter Sessions

Power Skating 1 is suitable for Timbit Players, 1st Year Novice or aspiring hockey/ringette players who have passed Stage 4 in CanSkate.

Saturday September 9, 2017 to Saturday December 9, 2017 12 Saturdays - no session Sat Oct 7 and Nov 11

5:00 pm to 5:45 pm All sessions held at Jimmie Condon Arena (JCA) \$216 + GST + Annual Skate Canada Fee of \$38.00 = \$264.80

Power Skating 2 is suitable for 2nd Year Novice, Atom and 1st Year Pee Wee players.

Saturday September 9, 2017 to Saturday December 9, 2017

12 Saturdays – no session Sat Oct 7 and Nov 11

5:30 pm to 6:15 pm

All sessions held at Jimmie Condon Arena (JCA)

\$216 + GST + Annual Skate Canada Fee of \$38.00 = \$264.80

Power Skating 1 is suitable for Timbit Players, 1st Year Novice or aspiring hockey/ringette players who have passed Stage 4 in CanSkate.

Saturday January 6, 2018 to Saturday March 24, 2018

10 Saturdays – no session Saturday February 17, 2018

5:00 pm to 5:45 pm

All sessions held at Jimmie Condon Arena (JCA)

\$216 + GST + Annual Skate Canada Fee of \$38.00 = \$264.80

Power Skating 2 is suitable for 2nd Year Novice, Atom and 1st Year Pee Wee players.

Saturday January 6, 2018 to Saturday March 24, 2018

10 Saturdays – no session Saturday February 17, 2018

5:00 pm to 5:45 pm

All sessions held at Jimmie Condon Arena (JCA)

\$216 + GST + Annual Skate Canada Fee of \$38.00 = \$264.80

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 skater's 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 Competitive – and be ensured of our commitment to your progress and development.

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 in their group, 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 available online 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?

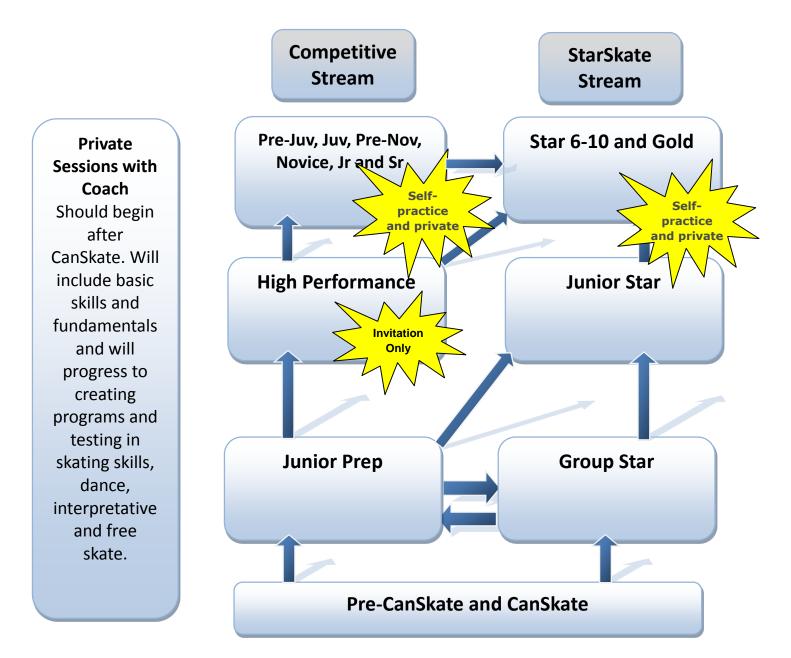
CanSkate graduates who have passed CanSkate Stage 4 or higher, may choose to progress their skating skills further by entering our figure skating programs. Skaters can choose from the Group Star program or Junior Prep program – depending on skater's interest, and the amount of time they are able to commit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

To learn more about what comes after CanSkate, check out this link.

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:** 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 Sessions
- 2 Total Days per Week Child is Skating

| | Skills Taught in the Group Star Program | | | | | | | |
|----------|---|--------------|------|----------------|---------|-----------------------------|--|--|
| Jump |)S | Spins | | Other Mo | ves | Bonus Moves | | |
| Waltz | 1W | Upright Spin | USp | Three Turns | Spirals | Lutz Jump 1Lz | | |
| Salchow | 1 S | 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 – | | Waltz Backspin | | |
| | | | | Fwd and Bwds | | | | |

| Tests | | | | | | | | |
|--|-------------------------|--------------|--------------|--|--|--|--|--|
| Skaters must work with their coach in determining what tests they should be working on or taking | | | | | | | | |
| Skills | Dance | FreeSkate | Interpretive | | | | | |
| Star 3 | Dutch Waltz – Star 2A | Not required | Not required | | | | | |
| | Canasta Tango – Star 2B | | | | | | | |
| | Baby Blues – Star 3A | | | | | | | |

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 2017-2018 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 | l Moves | | | | |
| Waltz Salchow Toe Loop Loop Flip | 1W 1S 1T 1L 1F | Lutz Axel Double Sal Double Toe | 1Lz 1A 2S 2T | Upright Spin Back Spin Camel Spin Sit Spin | USp BUSp CSp SSp | Camel/Sit Combo Back Sit Back Camel Flying Camel | BCSp BSp BCSp FCSp | Spiral Fwd Spiral Bwd Pivot Spread Eagle Ina Bauer | Russian Stroking Edges Gliding turns Turns on Patterns Full perimeter Stroking Fwd & Bwd |

| Tests | | | | | | | | |
|--|-------------------------|-------------------|--------------|--|--|--|--|--|
| Skaters must work with their coach in determining what tests they should be working on or taking | | | | | | | | |
| Skills Dance FreeSkate Interpretive | | | | | | | | |
| Star 3 | Dutch Waltz – Star 2A | Star 3 and higher | Not required | | | | | |
| | Canasta Tango – Star 2B | | | | | | | |
| | Baby Blues – Star 3A | | | | | | | |

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 2017-2018 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 | Thre | e Turns | Spirals | Lutz Jump 1Lz |
| Salchow | 1 S | Back Spin | BUSp | Spre | ad Eagle | Edges | Camel Sit Spin Combo |
| Toe Loop | 1T | Camel Spin | CSp | Moh | awks | Stops | CCoSp |
| Loop | 1L | Sit Spin | SSp | Bunr | ny 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 Interpretiv | | | | | | |
| Star 3 | Dutch Waltz – Star 2A | Star 3 FreeSkate may | Not required | | | |
| | Canasta Tango – Star 2B | be taken in Year 2 of | | | | |
| | Baby Blues – Star 3A | the Jr Prep program. | | | | |

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 2017-2018 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 | 1 S | Axel | 1A | Back Spin | BUSp | Combo | FCSp | Spiral Backward |
| Toe Loop | 1T | Double Sal | 2 S | 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 Interpre | | | | | |
| Star 3 | Dutch Waltz – Star 2A | Year 1: Star 3 | Not required | | |
| | Canasta Tango – Star 2B | Year 2: Star 5 | | | |
| | Baby Blues – Star 3A | | | | |

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 2017-2018 skating season.

3515 18th St SW Calgary Ph: 403-243-3663 ext 2

www.psscalgary.com

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Let us give you the Edge and help you get your year started! Bring in the coupon and receive 10% off any accessories purchased.

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 (see below) as part of the Skate Canada's Skate for Life program, or transition into the Competitive Skate program (Pre-Juv, Juv, 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.

Going Competitive?

If the decision is made for a skater to 'go competitive', understand the changes that this will involve:

- The skater will need to transition to our competitive program at Winsport's COP arena;
- This means skating 5-6 days a week, 2-3 sessions per day especially when they get to the Pre-Novice level and they have both a short and a long (freeskate) program;
- The parent will need to figure out how to make school fit around skating it can be done but choices need to be made:
- A solid off ice program is required this not only keeps the skater strong but prevents injury as well;
- Could lead to a change in coaches some coach only at Jimmie Condon and others only coach at COP, some do both – you will need to find the right one for your skater;
- Understanding that the skater follows the skating calendar and the most a skater will take off is 2 weeks at a time a few times a year;
- Solid commitment from the family and the skater time, energy and money!

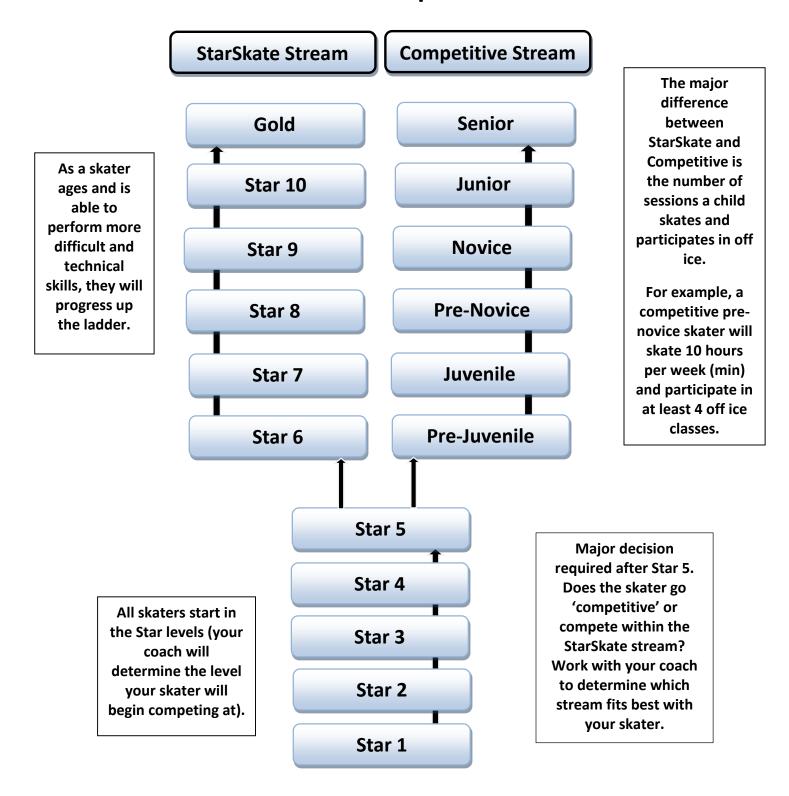
Check out http://skateabnwtnun.ca/skatingprograms/competitiveskate/ to read more about Competitive Skate.

Staying in StarSkate?

StarSkate is the best of both worlds for some skaters! Less intensive and less of a time commitment. Speak to your coach if you have questions.

Check out http://skateabnwtnun.ca/skatingprograms/starskate/ to read more about StarSkate and all that it offers!

Levels in Competititons



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 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 progressing through to group programs. Skaters 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 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 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, ice dance or synchro) 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 & | Sectionals (like Provincials) and must qualify to skate at this competition |
| Juvenile | |
| 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, Junior Worlds and other international competitions |
| Senior | Grand Prix, Worlds, Olympics and other international competitions |

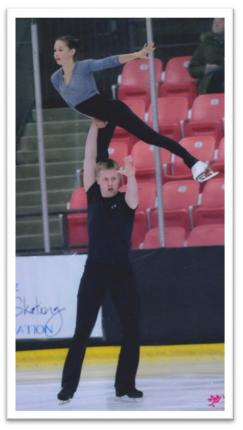
For skaters that remain in the StarSkate stream (Star 6-10), they will compete primarily within Alberta (regional competitions and invitationals) as well as the StarSkate Championships held annually.

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.



Davin and Natasha in a death spiral



Sophia and Josh



Ice Dance Program

Calalta's Ice Dance program is a leading, Canadian training ground for young, competitive Ice Dancers, 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. This in-depth training program includes skills training, suppleness, stamina and strength training by way of on ice and off ice sessions, ballet, ballroom, nutrition and sports psychology. These skaters are well suited to consistently advance and demonstrate the core skills required to be competitive throughout various levels of competition in all disciplines.

Our program 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.

The program is led by Kim Slopak-Weeks who with her team of coaches bring a wealth of experience and expertise to the ice.

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.



Jessica-Lee and Jackson



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 team minded 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 solsticesynchro@gmail.com or contact the office at info@calalta.net for more information or check out http://skateabnwtnun.ca/skatingprograms/synchroskate/.



Solstice Synchro Team

Competitions

Skate Canada holds many competitions – both for the StarSkate and competitive stream - 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://skateabnwtnun.ca/events/competitions/2017-2018-season-competitions/

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 2017-2018 season will include fitness, jump classes, gymnastics and flexibility classes.

Skaters are highly encouraged to sign up for these off ice classes. In fact, your coach may require the skater to take these classes to improve cardio, increase flexibility and to prevent injury.

Please note that before a skater can successfully execute a jump on the ice, they need do it on the ground and that is why we have jump classes with experienced skaters.

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. Beginning September 1, 2017 all Skate Canada clubs will follow the new Star 1-5 assessment process.

This process allows for maximum opportunity for skill progression and development for the skater and it is now more convenient and timely. It replaces the existing Preliminary and Junior Bronze tests.

Parents are encouraged to review the following FAQs (Frequently Asked Questions): https://info.skatecanada.ca/hc/en-ca/articles/209200266-Frequently-Asked-Questions-updated-May-2017

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

Test Schedules

High Tests (Senior Bronze to Gold)

The test day schedule is set 10 days prior to the beginning of the event and there are no changes permitted 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 – 300 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.

Jaimie-Lyn and her Friends!

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 and the equivalency for the old Preliminary and Jr Bronze to the new Star Assessment. 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 and Jr Bronze replaced with Star 1 - 5 | | | | | | | |
| The term | 1. Dutch Waltz - 2A | Preliminary includes | reliminary | Introductory | | | |
| preliminary | 2. Canasta Tango – 2B | Waltzing Thre Now called | | | | | |
| is no longer | 3. Baby Blues – 3A | Waltzing Moh | Waltzing Moha Star 3 | | | | |
| used | | Preliminary Circles / | | | | | |
| The term Jr | 4. Swing – 4A | Junior Bronze | Jior Bronze | | | | |
| Bronze is | 5. Fiesta Tango – 4B | includes: Threes Now | called | | | | |
| no longer | 6. Willow Waltz – 5A | Power Mohawks St | ar 5 | | | | |
| used | | Power Circles | $\wedge \wedge$ | | | | |
| | Intermediate | V | | | | | |
| Senior | 7. Ten Fox | Sr Bronze includes: | Senior Bronze | Bronze | | | |
| Bronze | 8. Fourteen Step | Forward Brackets | | | | | |
| | 9. European Waltz | Power Circles | | | | | |
| | | Expanding Exercise | | | | | |
| Junior | 10. Keats Foxtrot | Jr Silver includes: | Junior Silver | | | | |
| Silver | 11. Harris Tango | Multi-turns and | | | | | |
| | 12. American Waltz | Power Threes | | | | | |
| | 13. Rocker Foxtrot | Snakes and Ladders | | | | | |
| | | Flying Choctaws | | | | | |
| | Senior | | | | | | |
| Senior | 14. Paso Doble | Sr Silver includes: | Senior Silver | Silver | | | |
| Silver | 15. Starlight Waltz | Rockers and | | | | | |
| | 16. Blues | Choctaws | | | | | |
| | 17. Kilian | Multi-Circle Threes & | | | | | |
| | 18. Cha Cha | Brackets | | | | | |
| | | Expanding Exercise | | | | | |
| Gold | 19. Viennese Waltz | Gold includes: | Gold | Gold | | | |
| | 20. Westminster Waltz | Counters | | | | | |
| | 21. Argentine Tango | Three Change Threes | | | | | |
| | 22. Quickstep | Multi-Circle Double | | | | | |
| | 23. Silver Samba | Threes and Mohawks | | | | | |
| | | Expanding Exercise | | | | | |

The Value of a Coach....

If your child moves out of CanSkate and into the group programs (Junior Prep, StarSkate, GroupStar, or High Performance Development) a coach is required.

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 choreographed competition programs, tests in skating skills, dance and free skate as well as off ice.

The coaches' primary role is to determine the course of these events based upon how the child is progressing.

The cost of a coach varies depending upon their qualifications. Typically they can charge anywhere from \$10 to \$20 per 15 minute session. Coaches will invoice you directly and you will need to pay them directly. This does not go through Calalta.

When you work with a coach, you will also need to have the ice to go with it. There are a number of sessions which can be booked as part of the child's registration package or through pick up ice. Important to note that the ice costs are separate from what you pay the coach. If you choose pick up ice, the ice cost for one hour can be \$17 (members) and \$20 (non-members). This must be paid before a child gets on the ice. As well, it is important to note that if your child wants to pick up ice, it must be on the appropriate session. Some sessions are for intermediate or senior skaters while others are deemed junior. If you have questions, the rink chairperson or your coach can assist you.

Calalta has a number of coaches to select from and each comes with their own qualifications and skills. If you are interested in hiring a coach, please contact the Calalta office at info@calalta.net and they will work with you directly to help find the right coach for your child. You can always view the coaches' credentials and rates on Calalta's website at www.calalta.net

Coaches 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.

FAQs on Coaching

The most frequent queries we receive from skating families relate to coaching. Here are some frequently asked questions to guide you through and help you understand the coaching process at Calalta.

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, and will teach the skater the basic skills and fundamentals which 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 Jaime-Lyn (Director of Group Programs) or Natalie in the office at 403-245-2425 or email them at info@calalta.net. You can view the coaches bio's on-line and contact them directly as well.

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 via email or phone.

Q: How much do coaches cost?

A: Coaches can charge anywhere from \$10 to \$20.00 for a 15 minute coaching session. The difference in rates is dependent upon the experience, training and certifications. Coaches will invoice you directly and you will need to pay them directly. This does not go through Calalta. If you are concerned with cost, please speak to your coach directly and discuss a budget with them – how many lessons can you afford per week?



Jaime-Lyn, Candace and Alison

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 determines your skater's progress. They may ask another coach to provide training in another discipline such as dance or skills. 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, speak to your head coach before adding 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?

A: 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 – ones 15 min lesson per session is typical. 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: As a parent I have been told that I need to stop coaching from the boards – what does that mean?



Jeff and Dustin

A: Basically it means that the parent/guardian is not to direct the skater during the session. Jimmie Condon Arena is unique in that is does not have glass that separates the skater from the parents watching.

Your skater is encouraged to manage their own time on the ice – they have plenty of skills they can practice without a parent telling them what to do, or telling them why a jump is wrong or that they are skating too slow etc.

Q: What is the best way to support my child as they progress through skating?

A: Every skater is different and will require different types of support as they mature. Remain positive with your child and don't dwell on asking questions about skating.

A few tidbits that we learned from the 'How to Build a More Resilient Child' seminar held last year:

- After the session say 'I love watching you skate' rather than 'I see you didn't land your axel';
- if your child is upset because they didn't do well in competition say 'I'm really sorry you're upset' and give them a big hug. If they did something wrong, trust their coach will handle it;
- Kids want to know that if they fail they will know that their mom/dad still loves them even when they mess up. Kids need parental support in times of defeat and disappointment;
- Failure is a gift so let them learn how to deal with it;
- Parents need to stay away from outcomes such as 'did you land your double axel?' and focus
 more on 'did you enjoy yourself today?';
- When a skater 'has to skate' they feel pressure, dread and stress, when a skater 'wants to skate' they have fun and make friends at the rink;

A child's belief in their self is largely a reflection of the extent to which they see significant others believing in them.

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.

Q: What is the proper way to switch coaches?

A: As a parent, you and your skater may choose to switch head coaches (primary coach) over the course of the skater's career. Please note there is a **right way** to switch or change coaches.

Think about why you want to switch or change your head coach. Is there an issue that can be dealt with by communicating face to face with your coach? If so, we encourage you to start with that. If you feel that avenue will not work, proceed as follows:

- 1. Contact the new coach to inquire as to availability of them taking on your skater;
- 2. Meet with the new coach and decide if you would like them to coach your child;
 - a. Ensure you discuss expectations around lessons (when and on what sessions), costs (how much per 15 min lesson) and how to pay the coach;
 - Understand their philosophy and their coaching style depending on what they see, they
 may take the kids back to basics. This is their call as a coach and not yours so you will need
 to let them do their job;
 - c. Ask what is expected of your child (nutrition, sleep, stretching, exercises etc);
 - d. Ask what is expected of you as parents (questions, communication channels etc);
 - e. Share your expectations with the coach;
- 3. If the new coach decides to take on your child, contact your head coach immediately and advise them as to your decision to move on;
 - a. Pay any outstanding invoices immediately.

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.

Calalta has a selection of consigned skates that can be purchased – please speak to your coach about checking these out prior to purchasing new skates.

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. If you don't know if the blade is sharp or not, please speak to a coach and have them look at them.

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 ¼ 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

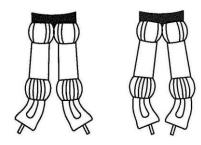
Skate Sharpening

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!

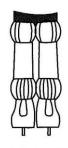
Helmets

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.



Poorly Equipped Skater



Properly Equipped Skater

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; or
- 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 not recommended for safety reasons;
- Appropriate footwear for the off ice classes is MANDATORY! Please do not send your child to an off
 ice class with Keds, Toms, Uggs, boots or flip flops. Ensure they have footwear that provides the
 proper support for their feet. The instructor may ask them to sit out if they do not have the proper
 footwear.

Club Apparel

Once a year Calalta sells club apparel and this year is no different! Our vendor for this year is Ivivva and Lululemon and we are offering gear for both boys and girls.

Stay tuned for upcoming sizing weekends and the opportunity to check out the products!

Security and Lockers

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 in their Club Jackets

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.

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/ under Products and Subscriptions 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 leave valuables 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 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.



Kim and Vyan



Sienna and Tammi

- 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 on a different day. You must skate the sessions you registered for or pay applicable pick-up fees.

2017 - 2018 Pick Up Ice Fees

| Members | | Non - Members | | |
|-----------------------------------|---|-----------------------------------|----------|--|
| | On Ice | | | |
| \$5.00 | 15 minutes On Ice | | \$7.00 | |
| \$8.50 | 30 minutes On Ice | | \$10.00 | |
| \$13.00 | 45 minutes On Ice | | \$15.00 | |
| \$17.00 | 60 minutes On Ice | | \$20.00 | |
| \$130.00 | 10 Session Pass of 45 min | | \$150.00 | |
| \$170.00 | 10 Session Pass of 60 min | | \$200.00 | |
| S | troking | | | |
| \$13.00 | 30 minutes | | \$15.00 | |
| \$22.00 | 60 minutes | | \$25.00 | |
| Off Ice Jimmie Condon/COP Non PTC | | Off Ice PTC/Pilates/Ballet at COP | | |
| Members | | Members | | |
| \$17.00 | 60 minute session | \$22.00 | | |
| \$13.00 | | | | |
| \$8.50 | | | | |
| Non - Members | | Non - Members | | |
| \$20.00 | 60 minute session | \$25 | .00 | |
| \$15.00 | | | | |
| \$10.00 | | | | |
| | \$5.00 \$8.50 \$13.00 \$17.00 \$130.00 \$170.00 \$13.00 \$22.00 OP Non PTC \$17.00 \$13.00 \$8.50 \$ | \$5.00 | \$5.00 | |

Remember:

- You may only drop into a session that is appropriate for your level **AND** if there is room on the ice;
- You must pay the rink chair before stepping onto the ice cash, cheques or pick up passes all
 accepted;
- All members and non-members are required to follow Calalta's Code of Conduct;
- Parents and Drop In Skaters please note that being polite to the rink chair, other skaters and coaches goes a long way in making for a successful skating session for everyone!

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);
 - 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.



Clean Sweep!! Congratulations to Maja (Gold), Kieryn (Silver) and Jenny (Bronze) for taking the top 3 spots in the Juvenile Leading Edge Series for the 2016-2017 season – and of course Kaetlyn Osmond!

Skating Etiquette

Keep it Clean Skaters!

- ✓ Pick up after yourself in the change rooms. We have been warned many times by the arena staff 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;
- 3nd 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;
 - o 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.
 - o 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;
 - o 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, 2018 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 2-3 days each.
- StarSkate Invitational Calgary Region 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 December 2017
- 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 2018
- **Year End Carnival**: Security, costumes, silent auction, advertising, signage, hospitality, ticket sales, music, back stage operations, flowers, etc; Held in April 2018
- 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 June 2018
- 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 October 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 cleaning the off ice studio, office and washrooms floors (sweep and mop), bathrooms, dusting, stairs (sweep and mop), mirrors and garbage

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

2017 StarSkate Invitational Calgary Region & Alberta Winter Games Run-Off

Date: December 15-17, 2017

Venue: Winsport's COP Arena A and B

The Calgary Regional StarSkate Invitational is a great event – even more when The Alberta Winter Games Run Off is paired with it! This is a great opportunity to come out and get those volunteer hours. Volunteer opportunities will be emailed to the membership.

Calgary Winter Invitational Skating Competition

Date: March 9-11, 2018

Venue: Father David Bauer/Norma Bush Arenas;

University of Calgary

Hosted by Calalta Figure Skating Club

A combined invitational that includes events for both the StarSkate and competitive skater 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.



Sydney and Grace at the 2017 CWI Competition

Typically we have over 160 volunteers for the weekend that put in over 2500 hours. More details on volunteering for this competition will be shared as we get closer to the date.

Annual Ice Show

Date: Thursday April 19, 2018 Venue: Winsport's COP Arena A

A great event that celebrates skating. 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.



The main cast members for the 2017 Calalta Carnival 'Sea to Sand – A Mermaid's Tale'

Annual Calalta Banquet



Olivia, Christa, Elody, Jenny and Halya at the 2017 Banquet

Date: May 2018 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 StarSkater 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 in May 2018 – watch out for announcements via email.

Annual Spring Event

Date: Saturday June 9, 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.

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!



Isabella, Brennah and Addison on the podium at the 2017 Spring Event

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 via email at info@calalta.net or phone 403-245-2425.

Happy Skating!



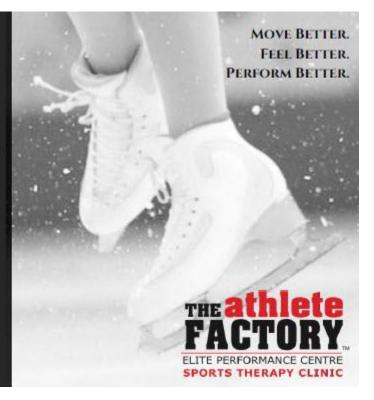
Paul, Kurtis and Dustin enjoying themselves at the 2017 Banquet

DON'T LET INJURIES AND TIGHTNESS KEEP YOU DOWN. GO WITH THOSE WHO KNOW SKATING AND LET US HELP YOU FIND YOUR POTENTIAL

Calalta members receive a complementary Injury Prevention Screen with former competitive figure skater Dr. Jonathan Okrainetz and a Movement Assessment with Strength & Conditioning Coach Breanne Law.

Contact the Athlete Factory today to learn more and book your complementary assessment.

510 77 Ave SE, Calgary, AB (403) 255-7705 info@athletefactory.net



Important Dates for 2017 – 2018 Season for JC and COP

| September 2017 | | | |
|----------------|--|--|--|
| Tue Sept 5 | Welcome back everyone! Skating starts at both JCA & COP with all programs running at | | |
| | their scheduled times. | | |
| | COP- Pairs – Both sessions moved to Father David Bauer | | |
| Wed Sept 6 | COP- Pairs – Both sessions moved to Norma Bush | | |
| | COP- Ice Dance – Both sessions moved to the Edge | | |
| Thus Sept 7 | COP-Pairs – Both sessions moved to Father David Bauer | | |
| Fri Sept 8 | COP- Pairs – Both sessions moved to Norma Bush | | |
| | COP- Dance moved to the Edge for both sessions | | |
| | COP-Singles – 11:15, 12 pm, 1 pm, 2 pm, 3 pm moved to Father David Bauer, 4:00 pm | | |
| | switched to 3:45-4:30 and 4:45 pm session cancelled | | |
| Sat Sept 9 | Program Assistant Training: Details TBD | | |
| • | Power Skating starts at 5:00-5:45 pm and 5:30-6:15 pm (10 sessions) | | |
| Sun Sept 10 | Sunday Stroking begins! All classes running! | | |
| Tues Sept 12 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved to 11:45 to 12:45 | | |
| Wed Sept 13 | Wednesday CanSkate starts – 5:30-6:15 pm and 6:15-7:00 pm | | |
| • | COP-Pairs – Both sessions moved to Father David Bauer and run from 8:15-9:15 am and | | |
| | 9:30-10:30 am | | |
| Fri Sept 15 | Friday CanSkate starts – 6:15-7:00 pm | | |
| Sat Sept 16 | Saturday CanSkate starts – 4:15-5:00 pm (10:15-11 am class starts Sept 30) | | |
| Sun Sept 17 | JCA-Stroking and morning off ice cancelled due to special event planned by City. | | |
| - | Ice Sessions at JCA | | |
| | 10:15-11:15 am changed to 11:00 am-12:00 pm | | |
| | 11:30-12:30 pm changed to 12:15-1:15 pm | | |
| | 12:30-1:30 pm changed to 1:15-2:15 pm | | |
| | Flexibility Classes | | |
| | 11:30-12:15 pm changed to 12:15-1:00 pm | | |
| | 12:45-1:30 pm changed to 1:30-2:15 pm | | |
| Mon Sept 18 | COP-Pairs – Both sessions moved to Father David Bauer | | |
| Tues Sept 19 | COP-Pairs – Both sessions moved to Father David Bauer | | |
| Wed Sept 20 | COP-Singles – Both 11:15-12:00 pm and 12-12:45 cancelled | | |
| Thurs Sept 21 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | | |
| Fri Sept 22 | COP-Pairs – Both sessions moved to Father David Bauer | | |
| | COP-Ice Dance – Both sessions moved to the Edge | | |
| | COP-Singles – 2 pm, 3 pm, 4 pm sessions cancelled, 11:15 am, 12:00 pm, 1:00 pm & | | |
| | 4:45 pm session still running! | | |
| | Canmore Competition Starts! Good Luck skaters! | | |
| Sun Sept 24 | JCA-Stroking and morning off ice cancelled. Ice sessions and flexibility classes still | | |
| | running as scheduled | | |
| Mon Sept 25 | COP-Singles – Both 11:15-12:00 pm and 12-12:45 cancelled – all else a go | | |
| Tues Sept 26 | COP-Singles – Both 11:15-12:00 pm and 12-12:45 cancelled – all else a go | | |
| Thurs Sept 28 | COP-Singles – Both 11:15-12:00 pm and 12-12:45 pm cancelled – all else a go | | |
| Sat Sept 30 | Saturday CanSkate 10:15 am – 11 am starts. Introduction to Figure Skating starts at | | |
| Jul Jept Ju | 9:30-10:30 am | | |
| | October 2017 | | |
| Tuos Oct 2 | | | |
| Tues Oct 3 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved to 11:45 to 12:45 | | |
| Wed Oct 4 | No Wednesday CanSkate | | |
| Fri Oct 6 | No Friday CanSkate | | |

| | COP-Singles – 11:15, 12 pm, 1 pm, 2 pm, 3 pm moved to Great Plains, 4 pm & 4:45 pm | |
|--------------|--|--|
| | sessions cancelled | |
| Sat Oct 7 | No Saturday CanSkate nor Power Skating | |
| Sun Oct 8 | All sessions a go! | |
| Mon Oct 9 | Both Jimmie Condon and COP closed for Thanksgiving | |
| Tues Oct 10 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved to 11:45 to 12:45 | |
| Fri Oct 13 | COP-Singles – No 3 pm, 4 pm, 4:45 pm ice sessions | |
| Mon Oct 16 | COP-Pairs – 7:45 am and 9 am sessions cancelled and replaced with 8:30-9:45 am | |
| T O.I 47 | COP-Singles – 6:00 pm session cancelled | |
| Tues Oct 17 | COP-Singles – 11:15 am ice cancelled, 12:00 pm session replaced with 12:15-1:00 pm | |
| Wed Oct 18 | COP-Singles – 11:15 am ice cancelled, 12:00 pm session replaced with 12:15-1:00 pm | |
| | And 4 pm, 5 pm and 6 pm ice cancelled at COP | |
| Th O. 1.40 | COP-Pairs – 9-10 am session changed to 9-9:45 am | |
| Thurs Oct 19 | COP-Singles – 11:15 am ice cancelled. 12:00 pm ice replaced with 11:45-12:45 pm ice and the 4 pm, 5 pm and 5:45 pm ice cancelled | |
| Fri Oct 20 | COP-Singles – 1:15-2 pm (replaces the 1 pm ice), 2 pm, 3 pm ice moved to Great Plains. | |
| 111 000 20 | 4 pm and 4:45 pm ice cancelled at COP | |
| Tues Oct 24 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved to 11:45 - 12:45 | |
| Fri Oct 27 | COP-Singles – 11:15, 12 pm, 1 pm, 2 pm, 3 pm ice moved to Great Plains | |
| | And the 4 pm and 4:45 pm ice cancelled at COP | |
| Tues Oct 31 | COP-Singles – 11:15 am, 12:00 pm, 4 pm, 5 pm, 5:45 pm ice cancelled. 1 pm, 2 pm, 3 | |
| | pm still running. | |
| | COP-Pairs – Session is from 8:15-10:15 am at FDB | |
| | November 2017 | |
| Wed Nov 1 | COP-Pairs – Session is from 8:15-10:15 am at FDB | |
| | COP-Singles - 11:15 am & 12:00 ice cancelled | |
| Thurs Nov 2 | COP-Singles – 11:15 am, 12:00 pm, 1:00 pm, 2:00 pm (replaced with 1:45-2:30 pm) | |
| | moved to Great Plains. 3:00 pm ice running. 4:00 pm session cancelled & replaced with | |
| | 4:30-5:30, 5:00 pm session cancelled and 5:45-6:45 running | |
| | COP-Pairs – Both sessions replaced with 7:15-8:15 am and 8:45-9:45 | |
| | Sectionals begin in Lethbridge! Good luck skaters! | |
| Fri Nov 3 | COP-Pairs – All sessions cancelled | |
| | COP-Ice Dance – Both sessions moved to the Edge | |
| | COP-Singles – 6:30 am session cancelled. 11:15, 12 pm, 1 pm, 2 pm, 3 pm moved to | |
| | Great Plains, 4 pm and the 4:45 pm ice at COP cancelled | |
| Sun Nov 5 | No stroking or morning off ice – other ice sessions and flexibility class running | |
| Thurs Nov 9 | COP-Pairs – Moved to 7:45-8:45 and 8:45-9:45 am | |
| | COP-Singles – 11:15 am ice changed to 11:30-12:15, 12 pm ice changed to 12:15-1:15. 1 | |
| | pm, 2 pm, 3 pm, 4 pm, 5 pm and 5:45 pm ice cancelled. | |
| Fri Nov 10 | COP-Pairs – Session is from 8:15-9:45 am at FDB | |
| | COP-Singles – 11:15 am, 12 pm, 1 pm, 2 pm, 3 pm ice moved to Great Plains. 4 pm and | |
| | 4:45 pm ice cancelled. | |
| Sat Nov 11 | JCA Closed for Remembrance Day – All sessions at JC cancelled | |
| Tues Nov 14 | COP-Singles – 11:15 am cancelled. 12 pm session moved to 11:45-12:45 pm | |
| Thurs Nov 16 | COP-Singles – 4 pm, 5 pm, 5:45 pm ice cancelled | |
| Fri Nov 17 | COP-Pairs – Session is from 8:15-10 am at Norma Bush | |
| | COP-Dance – Both sessions moved to the Edge | |
| | COP-Singles - 6:30 am ice cancelled. 11:15 am, 12 pm, 1 pm, 2 pm, 3 pm ice moved to | |
| | Great Plains. 4 pm and 4:45 pm ice cancelled. | |
| Mon Nov 20 | COP-Singles – 1 pm, 2 pm, 3 pm, 4 pm, 5 pm, 6 pm all cancelled. | |

| Tues Nov 21 | COP-Singles – 11:15 am changed to 11-11:45 am, 12 pm, 4 pm, 5 pm, 5:45 pm |
|--------------|--|
| | cancelled. 1 pm, 2 pm, 3 pm still running. |
| | COP-Pairs – 9-10 am will run 9-9:45 instead |
| Wed Nov 22 | COP-Pairs – 9-10 am will run 9-9:45 instead |
| | COP-Singles – 11:15 am ice runs from 11-11:45 am. 12 pm and 6 pm ice cancelled. All |
| | other sessions a go. |
| Thurs Nov 23 | COP-Pairs – 9-10 am will run 9-9:45 instead |
| | COP-Singles – 11:15 am ice moved to 11-11:45 am, 12 pm, 1 pm ice cancelled |
| Fri Nov 24 | COP-Pairs – Session is from 8:15-10 am at Norma Bush |
| | COP-Dance – Both sessions moved to the Edge |
| | COP-Singles – All ice cancelled |
| Tues Nov 28 | COP-Singles – 11:15 am cancelled. 12 pm ice moved to 11:45-12:45 pm |
| Thurs Nov 30 | COP-Singles – 4 pm, 5 pm, 5:45 pm ice cancelled |
| | Challenge begins in Montreal! Good Luck Skaters! |
| | December 2018 |
| Fri Dec 1 | COP-Pairs – All sessions cancelled |
| | COP-Singles – 6:30 am session cancelled. 11:15 am, 12 pm, 1 pm, 2 pm, 3 pm ice moved |
| | to Great Plains. 4 pm and 4:45 pm ice cancelled. |
| Mon Dec 4 | COP-Singles – 6 pm ice cancelled |
| Tues Dec 5 | COP-Singles – 11:15 am ice cancelled. 12 pm ice moved to 11:45-12:45 pm |
| Thurs Dec 7 | COP-Singles – 4 pm, 5 pm & 5:45 pm cancelled |
| Fri Dec 8 | COP-Singles – 11:15 am, 12 pm, 4 pm, 4:45 pm ice cancelled. 1 pm, 2 pm, 3 pm ice still |
| | running |
| | COP-Pairs – 9-10 am will run 9-9:45 instead |
| Sat Dec 9 | Last day for Power Skating at Jimmie Condon |
| Tues Dec 12 | COP-Singles – 11:15 am ice cancelled. 12 pm ice moved to 11:45-12:45 pm |
| Wed Dec 13 | Last day for Wednesday CanSkate |
| Fri Dec 15 | COP-Pairs – Both sessions a go (will skate on Calalta's SS Invitational ice at normal times) |
| | COP-Singles – 6:30 am ice a go (skating on Calalta's SS Invitational ice). 11:15 am, 12 |
| | pm, 1 pm, 2 pm, 3 pm ice moved to Great Plains. 4 pm and 4:45 pm ice cancelled. |
| | Last day for Friday CanSkate |
| | Calgary StarSkate Invitational begins in Calgary! Good Luck Skaters! |
| Sat Dec 16 | Last day for Saturday Canskate |
| Tues Dec 19 | COP-Singles – 11:15 am ice cancelled. 12 pm ice moved to 11:45-12:45 pm |
| Fri Dec 22 | Last day for skating at JC and COP before Christmas! |
| | January 2018 |
| Sun Jan 7 | Welcome back! |
| | All sessions running at JC |
| Mon Jan 8 | COP-Singles – 2 pm and 3 pm session cancelled |
| | Canadian National Championships begin! Good Luck Skaters! |
| Tues Jan 9 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 |
| Wed Jan 10 | Wednesday CanSkate begins |
| | COP-Singles – 6-7 pm changed to 6-6:30 pm |
| Fri Jan 12 | Friday CanSkate begins |
| Sat Jan 13 | Saturday CanSkate begins and Power Skating begins |
| Tues Jan 16 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 |
| Fri Jan 19 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 |
| Tues Jan 23 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 |
| Thurs Jan 25 | COP-Singles – 4 pm, 5 pm, 5:45 pm ice cancelled |

| Fri Jan 26 | COP- Dance – Both sessions moved to the Edge | |
|--------------------------|--|--|
| | COP-Singles - 11:15 am, 12 pm, 1 pm, 2 pm, 3 pm sessions moved to Great Plains. | |
| | and 4:45 pm sessions cancelled. | |
| Tues Jan 30 | COP-Singles - No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Wed Jan 31 | COP-Singles – 1 pm ice cancelled. | |
| | February 2018 | |
| Thurs Feb 1 | COP-Singles – 11:15 am, 12 pm, 1 pm ice cancelled. 2 pm moved to 2:15-3 pm. 3 pm, 4 | |
| | pm, 5 pm all running, 5:45 pm cancelled. | |
| Fri Feb 2 | COP-Dance – Both sessions moved to the Edge | |
| | COP-Pairs – Both sessions moved to XX | |
| | COP-Singles –11:15 am ice is now 11:15-12:15, 12:00 pm ice cancelled. 1 pm, 2 pm, 3 | |
| | pm, 4 pm all running. 4:45 pm ice cancelled | |
| Tues Feb 6 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Wed Feb 7 | COP-Singles – 6 pm is now 6-6:30 pm | |
| Thurs Feb 8 | COP-Singles – 4 pm, 5 pm and 5:45 pm sessions cancelled | |
| Fri Feb 9 | COP-Singles – 4 pm and 4:45 pm session cancelled | |
| Tues Feb 13 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Fri Feb 16 | COP-Singles – 4:45 pm session cancelled | |
| | COP-Dance – Both sessions moved to the Edge | |
| Mon Feb 19 | No skating at JCA or COP – Family Day | |
| Tues Feb 20 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Thurs Feb 22 | COP—Singles – 4 pm, 5 pm and 5:45 pm sessions cancelled | |
| Tues Feb 27 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| | COP-Pairs – 7:45 am ice moved to 7:45-8:45 am. No 9-10 am ice | |
| Wed Feb 28 | COP-Pairs – sessions changed to 8-9 am and 9:15-10:15 am | |
| | March 2018 | |
| Thurs Mar 1 | COP-Pairs – 9-10 am session moved to 9-9:45 am | |
| Tues Mar 6 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Fri Mar 9 | Calgary Winter Invitational begins in Calgary! Good Luck Skaters! | |
| Tues Mar 13 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Tues Mar 20 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Fri Mar 23 | StarSkate Championships begin! Good Luck Skaters! | |
| Tues Mar 27 | COP – Singles – No 11:15 am ice, 12:00 pm ice moved from 11:45 to 12:45 | |
| Fri Mar 30 | Good Friday No skating at JCA | |
| Sat Mar 31 | | |
| Sup Apr 1 | April 2018 Factor Sunday No classes (office and ice) running at limmic Condon | |
| Sun Apr 1 | Easter Sunday – No classes (off ice and ice) running at Jimmie Condon COP-Singles – 11:15 am ice cancelled, 12 pm ice replaced with 11:45-12:45 | |
| Mon Apr 2 Fri Apr 6 | Lethbridge StarSkate Invitational begins – Good luck Skaters! | |
| Wed Apr 11 | Last session for Wednesday CanSkate | |
| Fri Apr 13 | Last session for Friday CanSkate | |
| Sat Apr 14 | Last session for Saturday CanSkate | |
| Thurs Apr 19 | Calalta's Annual Carnival held at COP | |
| Fri Apr 20 | Sunsational begins in Edmonton – Good luck Skaters! | |
| Sun Apr 22 | No stroking or morning off ice – all other ice sessions and flexibility class running | |
| Mon Apr 23 to Sun May 6 | No sessions at JCA/COP | |
| Mon Apr 23 to Wed Apr 25 | Test Days at JCA | |
| | May 2018 | |
| Mon May 7 | All sessions running at JCA and COP | |
| Tues May 8 | COP-Singles – 11:15 am ice cancelled, 12 pm sessions replaced with 11:45-12:45 | |
| | 12. 1o.co 12.125 diri ice carrocirca, 12 prii sessiono repiacea with 11.75 12.75 | |

| Monday July 2 | Summer Skating Starts!! |
|----------------------|---|
| Mon-Wed Jun 25/26/27 | Test Days at JCA |
| Sun Jun 24 | JCA – Last day of skating – all sessions running |
| Fri Jun 22 | COP – Last day of skating |
| | Annual Spring Event at JC |
| | June 2018 |
| | 5 pm, 5.45 pm sessions an cancelled |
| TUCS IVIAY 23 | 5 pm, 5:45 pm sessions all cancelled |
| Tues May 29 | COP-Singles – 11:15 am ice cancelled, 12 pm sessions replaced with 11:45-12:45. 4 pm, |
| | COP-Singles – All sessions cancelled COP-Dance – Both sessions running at COP |
| Thurs May 24 | COP-Pairs – Both sessions moved to XX |
| Thurs May 24 | COP-Singles – 11:15 am ice cancelled, 12 pm sessions replaced with 11:45-12:45 |
| Tue May 22 | All sessions running at JCA |
| Mon May 21 | May Long Weekend: No ice at JCA/COP |
| Sun May 20 | May Long Weekend: No ice at JCA |
| Sat May 19 | May Long Weekend: No ice at JCA |
| Fri May 18 | May Long Weekend: No ice at JCA/COP |
| Thurs May 17 | COP-Singles – 4 pm, 5 pm and 5:45 pm sessions cancelled |
| Tues May 15 | COP-Singles – 11:15 am ice cancelled, 12 pm sessions replaced with 11:45-12:45 |

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).

Links to have at your fingertips

Calalta's Web site: www.calalta.net

Calalta's Registration Site: https://calalta.uplifterinc.com/

Skate Canada: Alberta Section: http://skateabnwtnun.ca/

Skate Canada: https://skatecanada.ca/

United Cycle Edmonton: https://www.unitedcycle.com/
Professional Skate Calgary: http://www.psscalgary.com/



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