

Welcome to October 2023!

We're one month into an amazing skating season! Lots of great information below – we encourage you to share the details with your skater – especially the information regarding music protocol and etiquette on and off the ice.

- **AGM Thursday October 27, 6:30 pm via Zoom**
- **Calalta Board Member Changes**
- **Avoiding Thefts from Jimmie Condon Change Rooms**
- **Skate Canada Safe Sport Program**
- **Skate Canada Code of Ethics**
- **STAR 1-5 Skate Canada Assessments**
- **Current Volunteer/Fundraising Opportunities**
- **Planning to Drop In and Skate? Read this first!**
- **Important Dates for October**
- **Music Playing Protocol**
- **Etiquette On and Off the Ice**

Calalta publishes a monthly update sharing information such as important dates, volunteer opportunities, safety issues and other items of interest. This document can also be found on our website at www.calalta.net

Annual General Meeting

6:30 pm Thursday October 26, 2023

On-line via Zoom

Calalta's Annual General Meeting will be held as a hybrid meeting – meaning both on-line and in-person from 6:30-7:30 pm Thursday October 26, 2023. As a member, you have the opportunity to vote in the Board of Directors, approve the 2023-2024 budget, and review the coaching staff and schedule. The meeting is a great time to bring up any questions you may have regarding the club, Skate Canada or skating in general. A zoom meeting invite will be shared with all members in the next few weeks with all the necessary details. For those that want to attend in person please join us upstairs at Jimmie Condon (snacks and refreshments will be available).

Calalta Board Members Changes

Lots of changes at the Board level! We said goodbye to Janine Heiderich, Rose Mastaller and Azura Willkomm-Linton and welcomed Melissa Hill who represents our popular Solstice Synchro program.

Another major change was our President Diana Peters has stepped down for a year to be the new Events Organizer. Calalta has grown and we are back to pre-pandemic levels of membership – this growth has created the need for another position in the office to support Natalie and create efficiencies in how we operate. This position won't take responsibilities away from the Director of Skating (Tyler Myles) or the Director of Group Programming (Jaime-Lyn Jackson) but is more suited to support them in what they do like managing the logistics and registration for a seminar that Tyler has planned or taking care of the back of house activities while Jaime-Lyn does her magic of producing and directing the ice show – and Diana won't be taking the place of volunteers – just simply providing leadership to the volunteers for the many activities that we host each year.

Michele Whelan (Calalta Board member for 9 years) has been appointed President for the duration. Michele brings a wealth of experience and has been a business leader for over 25 years in industries such as oil and gas, manufacturing, finance/tech and engineering. She is currently leading HR for Atco EnPower. Michele holds a Master's in Industrial Relations, Bachelor of Commerce and a Bachelor of Arts.

Although Diana is no longer a member of the Board, she will be invited as a guest to each board meeting as Jaime-Lyn, Tyler and Natalie are and she will also serve as an advisor to the President during Michele's tenure.

Avoiding Thefts at Jimmie Condon

As JC is located near the Heritage LRT station and is a public facility, we tend to get people wandering in. Please do not leave anything valuable in the dressing rooms, including your car keys! Bring your valuables rink side.

Skate Canada Safe Sport Program

Safety is a priority for Skate Canada and Calalta. We encourage you to check out Skate Canada's [Guide to Safe Sport](#) - very informative! If you have any questions regarding the guide, please contact the office or Skate Canada directly.

First aid kits and an AED are available at both Jimmie Condon (JC) and COP rinks:

**Jimmie Condon: First aid kit located rinkside and AED located next to the office in the foyer of JC
COP: On top of the lockers in the Coaches room.**

In the event of an emergency, please call 911 and then advise the rink staff **IMMEDIATELY** and they will ensure emergency personnel are met at the proper doors and brought to your location (very important for COP due to its many entrances and rinks).

Emergency Contact Numbers
Jimmie Condon Rink Staff: 403-808-2706
COP Security: 403-247-5454

Calalta coaches are aware of the above information and are also certified in first aid.

Calalta follows Skate Canada's Incident Reporting process, which means all incidents need to be documented and reported to Skate Canada. To understand the details of this process, we encourage you to review Skate Canada's Guide to Safe Sport [Guide to Safe Sport](#). If an incident happens, notify a coach immediately and they will assist in completing the incident report with you.

Skate Canada Code of Ethics

As a sanctioned club of Skate Canada, Calalta follows [Skate Canada's Code of Ethics](#). The purpose of the Code of Ethics is to outline the expectations and guiding principles, at all times, of all individuals of appropriate decision making and behaviour within the Skate Canada community. This code is the roadmap to maintaining the safety and well-being of all individuals to whom this code applies within the Skate Canada community.

I encourage you to review it as it applies to all of us - skaters, parents, coaches, clubs, board members and volunteers.

STAR 1-5 Skate Canada Assessments

The STAR 1-5 program has five levels of assessment (or tests) for skaters in three disciplines of figure skating. These levels of assessments align with the STAR 1-5 events. The STAR 1-5 program offers opportunities for skaters to develop basic skating skills in three different areas: Freeskate, Dance, Skills

The Coach assessment of the skater is a very important part of a skater's development.

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you when an assessment will be done. As the parent or guardian, your job is to go into Uplifter and pay for the assessment PRIOR to getting assessed
- Payment does not guarantee your child will pass the assessment – your child will receive one of 3 marks – Retry, Pass or Pass with Honours.
- If your child receives a 'Retry', they will need to retake the assessment and you will need to pay another \$20 through Uplifter
- If your child passes or passes with honours, congratulations! Onto the next assessment!

There are 23 assessments in the STAR 1-5 program.

Each assessment has a Skate Canada/Club fee of \$20 which must be paid prior to the assessment here under products in Uplifter)

<https://calalta.uplifterinc.com/registration/products/>

Upcoming Volunteer/Fundraising Opportunities

We have just wrapped up the Used Dress & Skate sale and the Apple fundraiser – thank you to those parents that volunteered! We have LOTS of opportunities coming up including:

- Assessment Day in November – dates and times to be finalized
- Holly Jolly Star 1-3 event on Sunday December 10 at Jimmie Condon
- Calgary Winter Invitational Feb 9-11, 2024 at Jimmie Condon
- Casino at Cowboys March 3, 4, 2024
- Annual Ice Show in the spring – dates and location still being finalized
- Our fundraisers including Purdy's, Flowers and Fill the Freezer

Drop In Ice

YES, we are accepting drop-in skaters! This is how we do it:

1. Go to: [Calalta's Uplifter site](#) and log in

2. Navigate to the session of choice and select “Register” - Please ensure you have selected the session **best suited** for your skater!
3. You will see the option to register for the full program or drop-in – select drop in
4. Follow the prompts as directed

Parent Meetings

Our always popular parent meetings will be starting soon! Details will be emailed to all members. Great chance to meet the Board and to get your questions answered!

Important Dates to Remember

| October 2023 | |
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| Fri Oct 6 | All sessions cancelled at COP except Dance which still goes from 6:15 am to 9:45 am Jimmie Condon - all sessions running except for CanSkate |
| Fri Oct 6 Sat Oct 7 Mon Oct 9 Wed Oct 11 | No CanSkate or Power sessions |
| Mon Oct 9 | All sessions cancelled at COP and Jimmie Condon – Dance sessions still running |
| Fri Oct 27 | All sessions cancelled at COP (including Dance) – All sessions running at Jimmie Condon |
| Mon Oct 30 | All sessions cancelled at COP – Dance and Jimmie Condon sessions still running - Looking for Drop In ice now |
| Tue Oct 31 | All sessions cancelled at COP – Dance and Jimmie Condon sessions still running Dance: 6:15 am to 7:15 am, 7:45 to 9:45 am - Looking for Drop In ice now |
| November 2023 | |
| Wed Nov 1 | All sessions cancelled at COP except for Dance Jimmie Condon sessions still running - Looking for Drop In ice now |
| Thu Nov 2 | Skate AB NWT NUN Sectionals Begins – Good Luck Skaters! All sessions cancelled at COP except for Dance which runs 6:15 am to 7:15 am, 7:45 am to 9:45am All Jimmie Condon sessions still running - Looking for Drop In ice now |
| Fri Nov 3 | All sessions cancelled at COP – Dance and Jimmie Condon sessions still running - Looking for Drop In ice now |
| Wed Nov 8 | All sessions cancelled at COP except for Dance from 6:15 am to 8:15 am |
| Thurs Nov 9 | All sessions cancelled at COP except for Dance from 6:15 am to 8:15 am |
| Fri Nov 10 | All session cancelled at COP except for Dance (normal session from 6:15 am to 8:15 am and 8:30 am to 9:45 am) |
| Sat Nov 11 | All sessions cancelled at Jimmie Condon – No CanSkate or PowerSkate |
| Fri Nov 17 | Star Series # 1 begins in Airdrie – Good Luck Skaters! |
| Thu Nov 30 | COP Dance sessions cancelled – all other sessions running |

Please note we are trying to find drop in ice to replace COP ice that is cancelled right before Sectionals. Stay tuned on this!

Music Playing Protocol

1. Skaters' music will be played on a “first come, first serve” basis. To ensure that your music will be played, please put your phone in line near the beginning of the session. There will not be any “holding spots.”
2. Please keep the volume to a reasonable level!
3. Coaches have the right to “bump” into the line as many times during the lesson as appropriate. Obvious misuse of this rule will be addressed ie. Overuse and back-to-back programs will not be allowed when there is a line-up of phones.
4. Coaches when adding music to the line up – please do not put your name down and put X 3 (or 2 or 4). Other coaches have the right to put music in between your line up of 3 programs.
5. Skaters will have the opportunity to have ONE phone in line at a time. They will not be allowed to have both a short and a long in line at the same time. Once their music is done, it can be placed at the end of the line if they so choose.
6. Skaters attending upcoming competitions will have priority WITHIN REASON. For example, there are several skaters attending Sectionals and each are of equal importance. Once Sectionals is finished, the skaters qualifying for Western Challenge will have priority with Canadian qualifiers and World Team members having priority in December and January. This will be closely watched by the Director of Skating and if skaters are abusing this privilege then it will be removed.

Any questions or concerns please see Tyler Myles, Director of Skating

Etiquette On and Off the Ice

To ensure that membership in Calalta Figure Skating Club is an enjoyable and safe experience for all, we ask that skaters and parents respectfully observe the following ice etiquette rules & guidelines:

- a. Parents and/or guardians are responsible for the behaviour of their children
- b. **ALL** skaters need to be aware of their surroundings and everyone else on the ice – this is a learned skill – please be patient with the little ones. They are learning!
- c. **Everyone** is to be treated with respect, dignity and fairness
- d. Respect the arena's property and the property of other's
- e. Skaters in their program have the right of way
- f. Coaches doing choreography have the right of way if they are using music
- g. The jumping zone is at the two ends of the ice - exit the jumping zone towards the end of the arena
- h. The spinning zone is at centre ice
- i. Do not hang out in the centre of the ice – you will be asked to move
- j. Please no profanity, yelling, or showing disrespect to fellow skaters, coaches, volunteers and rink chairs.
- k. Being kind, saying hi and smiling makes for a better session for everyone!
- l. The ice is not meant for food/snacks, candy, gum and/or drinks. Please leave in the dressing room. Limit drinking water to once or twice a session and when you do, take your water bottle and do a lap.
- m. Everyone **MUST** leave the ice during a flood and promptly at the end of each session. COP skaters take notice of this – we have had complaints from WinSport about skaters ignoring the Zamboni. As soon as the doors begin to open, **GET OFF THE ICE!**
- n. Remove all belongings (tissues (used & unused)), water bottles, gloves, phone, keys, CD's, etc.) when exiting the ice surface – they may not be there when you get back!
- o. No pushing, tripping, horseplay, nor intentional interference with other skaters
- p. Skaters should be constantly moving during the session – please refrain from standing around and socializing with other skaters or coaches
- q. Please keep it clean in the dressing rooms – no cursing, no inappropriate discussions, no mean behaviour and clean up your own garbage and mess

We have high standards for our skaters and expect them to be on their best behaviour whether that be on the ice, in the dressing room/arena or in an off-ice class. Coaches are **obligated** to call out and deal with all inappropriate behaviours by anyone on the ice, dressing room/arena, foyer or in off-ice class immediately. Disciplinary actions may be taken if the behaviour continues.