

Parent and Skater Handbook



CALALTA 
FIGURE SKATING CLUB

About Us

Calalta Figure Skating Club is a non-profit organization based in Calgary, Alberta, offering professional coaching and high-quality skating programs for all ages and skill levels — from preschoolers just learning to skate to competitive athletes performing on the international stage.

Founded in 1960, Calalta has a proud legacy of excellence in skating. We were the home training facility for Olympic figure skaters during the 1988 Calgary Winter Games and have continued to support skaters at all levels ever since.

Our club is powered by a team of highly trained, passionate coaches — many of whom are former national, international, and Olympic-level athletes — who bring years of experience and dedication to the ice.

Calalta operates out of two primary locations:

Jimmie Condon Arena – 502 Heritage Drive SW, Calgary, AB

Winsport's Markin MacPhail Centre – 88 Olympic Road NW, Calgary, AB

At Calalta, we strive to instill a lifelong love of skating through programs that emphasize strong technical skills, creativity, and personal growth in a safe, supportive environment.

Thank you for choosing Calalta Figure Skating Club. We look forward to an exciting and rewarding season with all our skaters — both new and returning.

Contact Information

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

Website: www.calalta.net
Email inquiries to the office at: info@calalta.net
Registration: <https://calalta.uplifterinc.com/>

Facebook: **Calalta Figure Skating Club**
Instagram: **calaltafsc**
Remember to tag **#calaltafsc** or **@calaltafsc** to show off your skating achievements!

Important Email Addresses

Administration: Natalie and Ysabella
General Manager: Jaime-Lyn Jackson
CanSkate Coordinator: Lisa Briggs
Chair: Diana Peters

info@calalta.net
gm@calalta.net
calaltacanskatecoordinator@gmail.com
chair@calalta.net

On our Cover: Kaiya Ruiter Gold Medallist Women at the 2024 National Skating Championships

Contents

About Us	1
Contact Information.....	1
Board of Directors	4
Programs at Calalta	4
Pre-CanSkate Group Program	4
CanSkate Group Program.....	4
What Comes After CanSkate?	5
Pre-Star Performance (PSP)	5
GroupStar Program	6
Prestige Performance Program.....	6
Teen Star Skate Program	7
StarSkate Program	7
Podium Pathway	9
Competitive Ice Dance	9
Synchronized Skating	10
Adult Skating Programs.....	11
Power Skating	12
Skating Progression at Calalta	12
Levels in Competitions	13
The Disciplines of Figure Skating	13
4 Different disciplines	14
Singles Program Explained	14
Competitions.....	15
Competition Grid	15
Off Ice Program	15
Assessments.....	15
What to do on a Star 6-Gold Assessment Day?	16
The Value of a Coach.....	17
FAQs on Coaching.....	18
Skating Equipment	20
Skates	20
Skate Sharpening	21
Helmets	21
Skating Dress Code.....	21
Club Apparel	22
Security.....	22

Lost & Found	22
Club Policies	23
Liability	23
Refund Policy.....	24
Missed Ice Policy	24
Disciplinary Guidelines	25
Skating Etiquette	26
Music	28
Volunteer Requirements.....	28
Important Links	29
Calalta Sponsored Events	31
Annual Ice Show	31
Celebration of Skating Event.....	31
Star 1-3 Competitions	32
Have a Question?.....	32

Board of Directors

Click [here](#) to see our current Board of Director



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 skater's progress and development.

Pre-CanSkate Group Program



This program introduces skaters (starts at 3 years old) 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.

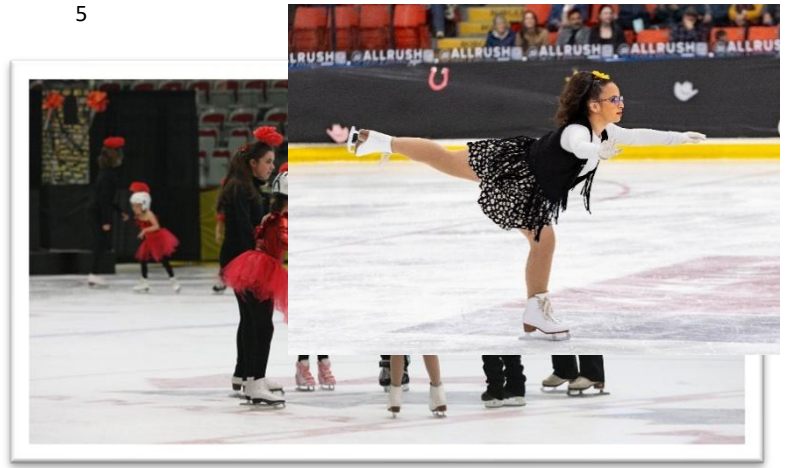
During the year, coaches will use their discretion to progress skaters through appropriate group levels according to their skating ability.

CanSkate Group Program

The CanSkate program teaches skaters 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. Achievement ribbons are given throughout the entire program.



Awards / Prix



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 PreStar Performance (Introduction to Figure Skating), the Group Star or Prestige Performance program – depending upon the skater's interest, and the amount of time they are able to commit to skating on a weekly basis.

What Happens After CanSkate

Pre-Star Performance (PSP)

The Pre-Star Performance Skating group program is suited for skaters in Stage 4 or higher in CanSkate and who wish to continue in figure skating-specific group lessons. Group lessons are coach-led for the entire session and the program runs from September to June.

- Age range: 5-9 years of age (registrants are required to be aged 8 or under by July 1)
 - Jimmie Condon Arena:
 - Mon OR Wed 5:15 pm - 6:00 pm

- Off-Ice 6:10 -6:30 pm
- COP WinSport Arena:
 - Thursday 6:15-7:00 pm (includes 15 minutes of self practice)
 - Off-ice 5:45-5:05 pm
- If your skater would like to pursue their skating tests in skills and dance, they will be required to book additional ice on a JR/INT ice session.
- Hiring a coach is mandatory at this level if you want to book a JR/INT ice session. Please email Jaime-Lyn at GM@calalta.net if you require assistance in finding a coach who fits your schedule and budget.
- This learn-to-figure skate program is less intense and requires less time than the Prestige Performance level, having properly fitted figure skates is still essential.

There Two Figure Skate shops in Calgary, please ensure you purchase skates from one of them to be certain of correct style and fit of skates for our programs

Professional Skate Service 1070 42 AVENUE SE, Calgary, AB

The Skate Lab 7777 Macleod Trail SW #130, Calgary, AB

GroupStar Program

- The **Group Star program** is suited for skaters that have successfully completed the CanSkate program (level 5 or higher or Pre-Star Performance) 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 – 12 years of age

Time Commitment Per Week

1 - Weekly On-Ice Group Session

1 - Weekly Off-Ice Session

1 - Free Skate Session

2 - Total Days per Week Child is Skating

Prestige Performance Program

This program is for skaters *invited* based on their achievements in the Prestige Performance program and is ideal for STAR 2-4 levels. Must be interested in competing in Free Skate, Dance, and Synchro at a high level. Required commitment to the Prestige Performance sessions on Mon **AND** Wed, plus 2 extra sessions.

- Age range: 6-10 years of age (registrants are required to be aged 9 or under on July 1 of 2025)
- Jimmie Condon arena. **Mandatory attendance at both Mon and Weds group lessons**

- Mon *AND* Wed 4:35 pm - 6:00 pm (includes off ice jump class 4:35-5:05 pm)
- Extra sessions to choose: 2 JR/INT ice time sessions.

Go to <https://calalta.uplifterinc.com/> for pricing and registration

By Invitation Only

Teen Star Skate Program

This program is best suited for Pre-Teens and Teens who have completed CanSkate or gained previous skating experience in group programming. Includes group instruction with a Skate Canada coach focusing on skills up to the Star 3 level and will run from September to June.

- Typical age range: 11-15 years of age (registrants must be 11 or older on July 1)
- Jimmie Condon arena:
 - Sat 10:45-11:30 am (45-minute group lesson with a coach)
- If your skater would like to pursue their skating tests in skills free skate and dance, hiring a private coach would be required. Additional Ice times for practice and private coaching may be purchased and will increase the skill attainment of a skater.
- Please fill out the coach request form [here](#) and our General Manager will help find a coach for your skater.

StarSkate Program

StarSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skills, free skate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Assessments through a nationally standardized assessment system. Skaters who have mastered figure skating skills in StarSkate may also choose to pursue synchronized skating or pairs skating.

When you/your child registers for a StarSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized assessment system for achieving specific figure skating skills
- invitational and interclub competitions, including the StarSkate championship stream
- StarSkate Skater of the Year awards program
- Special StarSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.

How StarSkate Works

The StarSkate program consists of figure skating skills in four areas – Skills, Ice Dance, Free Skate and Artistic. Each area is divided into the following levels:

- Star 1-5 Skills
- Star 1-5 Dance
- Star 1-5 Free Skate
- Star 5 Artistic

All Star 1-5 levels are assessed by a coach.

Intermediate Level Assessments

- Star 6-8 Skills
- Star 6-8 Dance
- Star 6-8 Free Skate
- Star 7 Artistic

Senior Level Assessments

- Star 9, 10 & Gold Skills
- Star 9, 10, Gold & Diamond Dance
- Star 9, 10 & Gold Free Skate
- Star 9 & Gold Artistic

StarSkate Pathways

Once a skater is in the Skate Canada StarSkate Program, there are several options. Skaters may choose to remain in the StarSkate Program, taking assessments (although not mandatory) at organized assessment sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada assessments. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada Podium Pathway or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.



Skills

Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dance. The objective of the Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

There are 11 Skills assessments in the StarSkate program:

- Star 1
- Star 2
- Star 3
- Star 4
- Star 5
- Star 6
- Star 7

- Star 8
- Star 9
- Star 10
- Gold

Podium Pathway

Skaters who wish to challenge themselves and further their figure skating skills and who show potential as competitive skaters can participate in the Podium Pathway program.

It's more than just skating!

Skaters enrolled in Podium Pathway learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. In addition to the life skill benefits, skaters in this program receive:

- access to provincial and national funding programs (as applicable)
- the opportunity to be selected to Skate Canada's National Team
- the opportunity to compete at Skate Canada Sectionals, Skate Canada Challenge, and/or the Canadian Figure Skating Championships
- opportunity and potential to be selected to represent Canada internationally

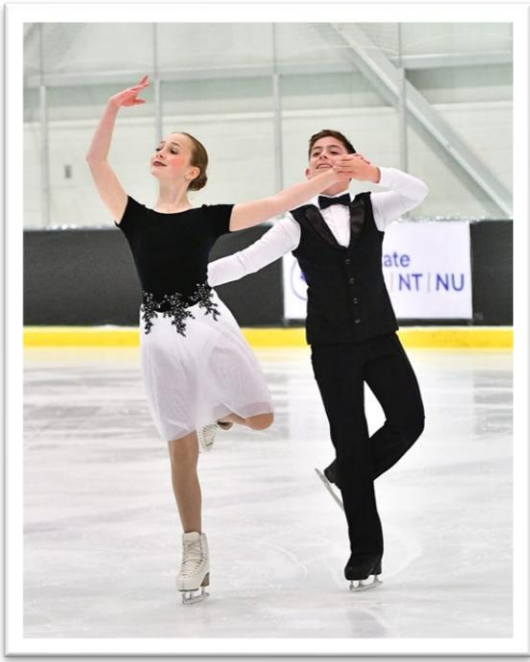
The Qualifying Event structure

There are several opportunities throughout the season for skaters to participate in competitive events.

The Skate Canada Podium Pathway Program offers nationally standardized competitions to competitive skaters. These events are the stepping stones to things such as the National Team and the World and Olympic teams. Skaters competing in the qualifying event structure can do so at the Juvenile (optional category), Pre-Novice, Novice, Junior and Senior levels in singles, pair and ice dance.

Competitive Ice Dance

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



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

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

Athletes come from around Alberta and across the country to be part of Calalta's ice dance program. Calalta's ice dance program, led by Kim Weeks, and team who helps bring it all together and make Calalta's ice dance the success it is! Kim also draws upon talent of guest coaches to make for better and more well rounded teams

Calalta gets results! Every year Calalta sends skaters to Canadians and this year is no different.

For more information on Calalta's ice dance program please contact Kim Slopak-Weeks at toepik@shaw.ca or the office at info@calalta.net

Synchronized Skating

Calalta is pleased to partner with Solstice Synchronized Skating Club



Family Competitive Opportunity

Solstice is committed to providing quality synchronized skating programs in Calgary and surrounding areas, that will inspire lifelong participation in skating in a positive and supportive environment, while encouraging skaters to achieve their own personal level of highest performance.

Solstice is home to several teams from Beginner to Adult 3!

We are currently recruiting for NEW and existing teams for the upcoming season!

If you are interested, please fill out the form: <https://forms.gle/xj8WVPA29c61uyVn7>

Questions, please send an email to solsticesynchro@gmail.com



Adult Skating Programs

Calalta is home to numerous AdultSkate athletes who train on our sessions. Adults have the option to register for a weekly ice session(s) or to purchase individual drop in sessions, depending on needs. Private coaching is available and encouraged, if you are interested in hiring a coach please fill out the form [here](#)



Explore Figure Skating Ages 14 to Adult

Ever wanting to learn how to figure skate but never had the opportunity? Explore Figure Skating allows you to try our program without committing to an entire season. Private lessons will focus on needed skills to introduce basic figure skating movements. Contact info@calalta for registration

Explore Figure Skating:

6 X 30 minute sessions with private coach
Tuesday and Thursday 6:00-6:30 at COP

\$268.00 + Annual Skate Canada Fee of \$61.65
Email info@calalta.net for more information

NEW Program

Adult Group Star 1-3 Skate
Saturday 10:45-11:30 am at Jimmie Condon arena
10:45-11:00 Group Stroking
11:00-11:30 Group Lesson

Adult Star 1-3

Group lessons

New This Season!
 Adult STAR 1-3 group lessons are here!
 Jimmie Condon Arena
 Saturdays | 10:45-11:30 AM
 Fun, fitness & skating skills—all in one!

At 10:45-11:30 am
Every Saturday

Jimmie Condon Arena
502 Heritage Drive SW
Calgary AB

REGISTER NOW

Visit Our Website
www.calalta.uplifttr.com

Power Skating

Calalta PowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

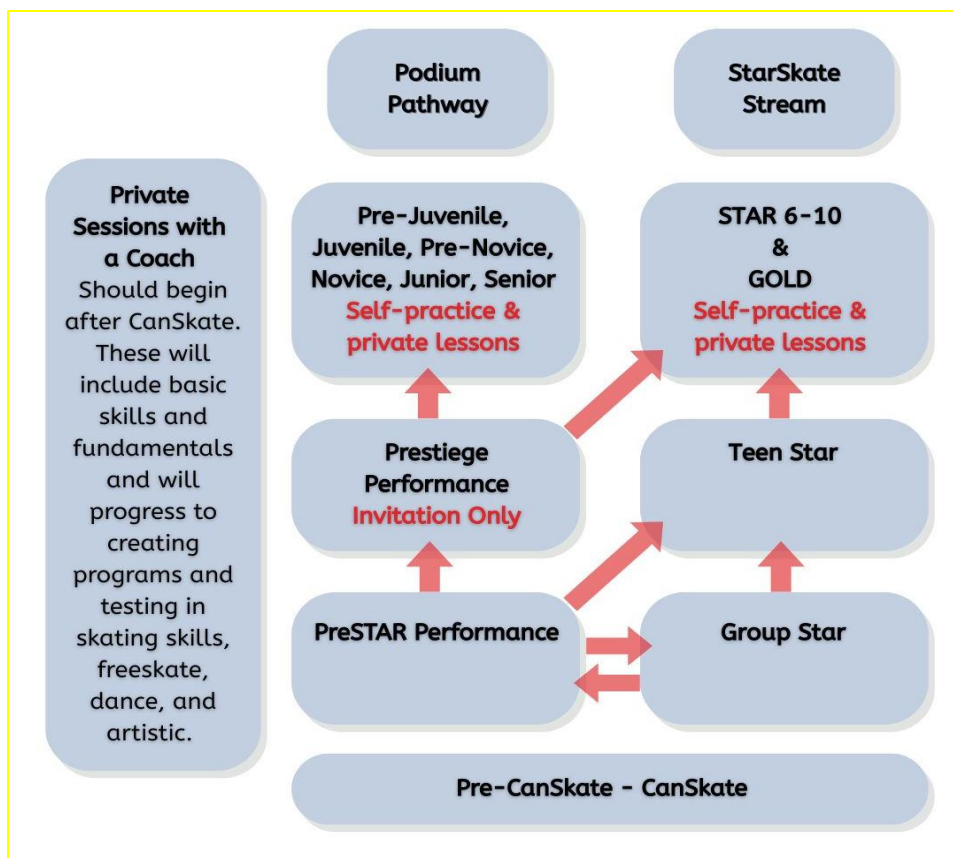
PowerSkate is an excellent complement for those athletes playing on hockey or ringette teams. Calalta PowerSkate is geared to skaters in U9, U11, U13 level hockey or ringette equivalent. For safety reasons participants wear full hockey/ringette equipment that is CSA approved.



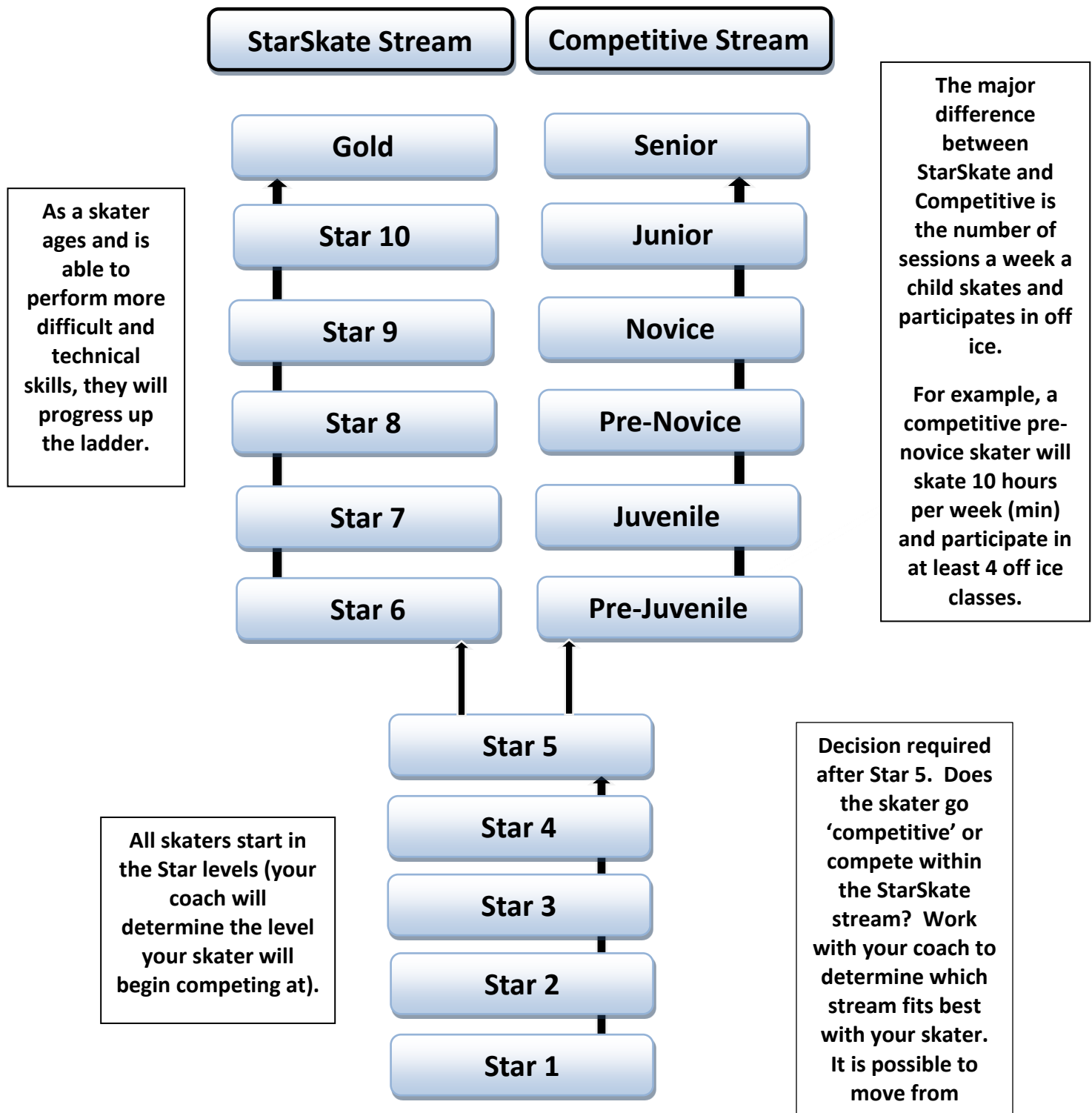
Skating Progression at Calalta

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

- **Podium Pathway:** More demanding and intense than the StarSkate Stream; Also requires more of a time commitment on **and** off the ice;
- **StarSkate Stream:** Less demanding and requires less of a time commitment on and off the ice. As you can see by the arrows, it is possible to move between the streams.



Levels in Competitions



The Disciplines of Figure Skating

4 Different disciplines

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 Explained

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 about 5 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 Level of Competition
Pre Juvenile & Juvenile	Sectionals (like Provincials) and skater must qualify to skate at this competition
Pre-Novice	Challenge – semi-finals to Nationals – skaters 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 – Skate Canada will name the athletes that will represent Canada at these events.

Senior	Grand Prix, Worlds, Olympics and other international competitions – Skate Canada will name the athletes that will represent Canada at these events
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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.

Competitions

Skate Canada holds many competitions – both for the StarSkate and Podium Pathway streams - throughout the skating season. Your skater upon direction from their coach will need to register for the appropriate competitions in advance. You should discuss when and which competitions your skater will be participating in with their coach.

Competition Grid

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

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!

Skaters are strongly 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 to do it on the ground and that is why we have jump classes with experienced skaters.



Assessments

Skaters will move through the **STAR 1–10 assessment system**:

STAR 1–5 (Coach-Assessed)

- Done by the skater's own coach during lessons or practice
- No formal assessment days needed
- Focus on development, encouragement, and feedback

Level	Assessed In	Evaluator
STAR 1	Basic skills, elements, simple programs	Coach

Level	Assessed In	Evaluator
STAR 2	Skills, freeskate, dance, artistic	Coach
STAR 3	Skills, freeskate, dance, artistic	Coach
STAR 4	Skills, freeskate, dance, artistic	Coach
STAR 5	Skills, freeskate, dance, artistic	Coach

STAR 6–Gold (Evaluator-Assessed)

- Scheduled by the club on **Assessment Days**
- Skater pays a fee and performs in front of a **Skate Canada Evaluator**
- More formal (like an exam) but still supportive

Level	Assessed In	Evaluator
STAR 6	Skills, freeskate, dance, artistic	Trained Evaluator
STAR 7	Skills, freeskate, dance, artistic	Trained Evaluator
STAR 8	Skills, freeskate, dance, artistic	Trained Evaluator
STAR 9	Skills, freeskate, dance, artistic	Trained Evaluator
STAR 10	Skills, freeskate, dance, artistic	Trained Evaluator
Gold	Skills, freeskate, dance, artistic	Trained Evaluator

What to do on a Star 6-Gold Assessment Day?

Clothing: Skaters should be dressed as if they were competing in a competition (dress) 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 for tests judged by an evaluator/official and \$20 for Calalta members for tests assessed by coach- **payable in advance on Uplifter**.

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.

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.

The Value of a Coach....

A coach is crucial in a skater's journey. Here's why:

- Creating a Yearly Plan: A coach designs a yearly plan that starts with basic skills and fundamentals. Over time, this plan progresses to include choreography for competition programs and tests in skating skills, dance, artistic, and free skate.
- Guiding Progress: The coach's main role is to set the pace and structure of training based on the skater's progress. Parents shift to a supportive role for their child.
- Cost of Coaching: The cost of hiring a coach varies by their qualifications, typically ranging from \$15.00 to \$20.00 per 15-minute session. Coaches bill directly, so payments are made to them, not through Calalta.
- Ice Time: When working with a coach, you also need to book ice time. This can be done as part of the skater's registration package or through drop-in sessions. Note that ice costs are separate from coaching fees. Sessions are categorized by skill level (e.g., junior, intermediate, senior), and you must ensure your child registers for the correct session. If you have questions, your coach can help.
- Choosing a Coach: Calalta offers a variety of coaches with different qualifications and skills. If you're interested in hiring one, contact the Calalta office at info@calalta.net for assistance in finding the right match for your child. You can view coach bios [here](#).

Coaches help navigate the complex world of skating. They will work with your skater 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 (Prestige Performance, Group Star) 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 follow this link and fill out the Request a Coach form [here](#).

All of Calalta's coaches can be found on our website. Feel free to contact them directly via email or phone.

Q: How much do coaches cost?

A: Coaches can charge anywhere from \$15.00 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?



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?

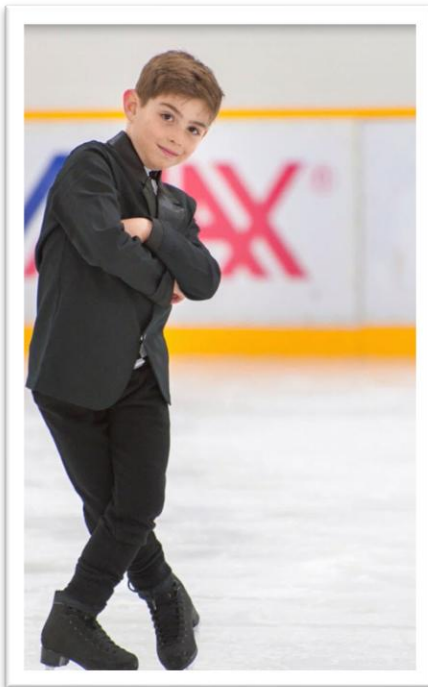
A: Before or after the lesson with the coach, the skater is expected to warm up and practice what they have learned to date. The more practice your skater gets, the more progress they will make.

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

A: It depends – one 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?

A: Basically it means that the parent/guardian is not to direct the skater during the session.



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':

- 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 a 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.
- # 1 reason kids stop skating is they are no longer having fun!

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

Q: Why do I pay my coach directly for skating lessons?

A: Coaches are independent contractors to Calalta and are registered with Skate Canada and not Calalta. Being a Calalta coach means they are permitted to run their coaching business on Calalta ice. When a

parent hires a coach to teach their skater, they will be invoiced directly by the coach, and the parent will pay the coach. Calalta is not involved in this relationship.

Q: Can I pre-pay for skating lessons? Can I use my credit card?

A: This is a question for your coach. Payment methods should be discussed with your coach prior to beginning lessons.

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.

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.
 - b. 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.

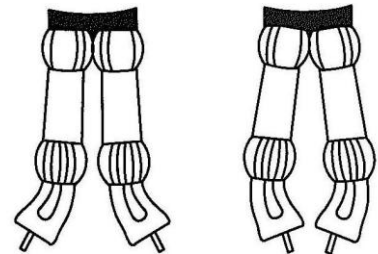
To protect the skate blades, **hard skate guards** should be worn in areas that are not protected by rubber mats. At the end of every skating session, the blades should be wiped with a dry cloth to prevent rusting. Please ensure that all skates are sharpened regularly at least twice a season. If you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

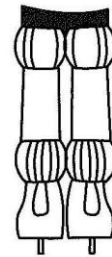
- Skates fit comfortably and properly.
- There is room for the toes to wiggle slightly.
- Heels **do not** lift inside the skate more than $\frac{1}{4}$ inch.
- An adult finger can fit in the top of the boot when done up.
- Longer laces are tucked or tied up so that they do not hang loose or drag on the ice

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!



Poorly Equipped Skater



Properly Equipped Skater

Helmets

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

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 & PreCanSkate:

- 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 **mitten**s 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.
- Mittens 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, Vans, 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 Information will be emailed in the fall regarding club jackets and apparel.

Security

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

Skaters typically meet their coach on the ice for their lesson. Between sessions, skaters must ensure they use common sense in public areas. If you are uncomfortable with leaving your skater at the arena, please stay with your child and watch from the viewing area.



Skaters in their Club Jackets

Lost & Found

There is a lost and found area in the Rose Kohn lobby. If your skater has misplaced an item please feel free to look there first. Some items may also be put in the music area 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

I, as the parent or guardian of the registrant, hereby give my permission for the registrant to participate in any and all activities associated with Calalta Figure Skating Club.

I agree that the Calalta Figure Skating Club and/or its directors, coaches, volunteers and members will not be held responsible for any accident or loss, however caused, and for any damages which may arise from such accident or loss.

Further, I agree to abide by the policies, rules and practices of Skate Canada and the Calalta Figure Skating Club as set down by the Board of Directors.

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



Refund Policy

Podium Pathway / StarSkate Sessions

- A request for a refund may be made within 10 days of the program commencing minus a \$25 administration fee.
- Refunds after the 10-day grace period will be subject to a 30% cancellation fee of the remaining, unused sessions. Refunds will be pro-rated to the date of the request of refund.
- There will be no refund on sessions used, the membership fee paid to Skate Canada, or Calalta Figure Skating Club fees.
- Medical credit - Skaters are eligible to apply for a medical credit accompanied with a medical note after they have missed 1 week (7 days) of skating and off-ice sessions. If you qualify for a medical credit it will start on day 8 and will be in place until your date of return. If a skater is unable to return due to injury a refund for the remaining sessions can be requested but will be subject to a \$50 administration fee and there is no refund for the membership fee paid to Skate Canada or Calalta Figure Skating Club.
 - To apply for a medical credit, please email info@calalta.net and include a medical note from your medical professional and date of first day of absence. Medical credits will be calculated starting on day 8.
 - All questions to be directed to info@calalta.net

Introductory Programs

- Introductory Program refunds will be prorated to the date of request to withdraw. A \$25 administration fee will apply to all Introductory Program refunds. There is no refund on the membership fee paid to Skate Canada. Please contact the Calalta Office for all refunds at info@calalta.net

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.

Podium Pathway / StarSkate Sessions

If a skater misses an ice session for any reason, the session will NOT be credited back to their account, nor will the session be allowed to be made up on another day or time. Skaters must skate the sessions they are registered for or pay applicable drop-in fees.

If a skater is a **Home Club Member of Calalta** (represents Calalta) they may switch sessions within the same day if space allows. Prior to switching sessions, the skater must:

- Advise their coach of the switch.
- Verify that the session is not full (An email must first be sent to the office (info@calalta.net), and/or check in with the rink chair on that session.)
- Verify the session is an appropriate level for the skater.

If a skater is a **Non-Home Club Member of Calalta** (represents a club other than Calalta), ice sessions **CANNOT** be switched. **Non-Home Club Members** must skate the sessions they are registered for or pay applicable drop-in fees.

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 for your drop in session through Uplifter. Navigate to the session of choice and select “Register” you will then see the option to “Drop In” and you can select your dates(s)

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 by the skater and/or the Calalta member, the following will apply:

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

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

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

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

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

Skating Etiquette

Rules of the Dressing Room

Calalta skaters are expected to be exemplary role models on and off the ice.

Calalta Figure Skating Club is an all genders / all age groups figure skating club. Please keep this in mind when you are in the Dressing Rooms.

- Please tailor your behavior to the youngest in the room.

Please keep the Dressing Rooms neat and tidy.

- Keep your belongings together.
- Put your garbage in the garbage

Please be respectful of other skater's belongings and property.

No Photos or Videoing allowed in the Dressing Rooms.

Please change in the locked bathroom stalls, not in the open.

Bullying of others will not be tolerated.

Do **Not** leave valuables in the Dressing Room. Please take them with you to the boards. (Calalta is not responsible for lost or stolen items.)

Rules of the Ice

Skaters and Coaches need to exit the ice surface promptly at the end of the session

Skaters are not permitted on the ice when the Zamboni doors are open, or the Zamboni is on the ice.

No skater is allowed on the ice until a Coach is present. (This is a Skate Canada policy)

Please enter and exit the ice in the designated area.

- Corner doors should remain closed at all times. (This is a Skate Canada policy.)

Only non-breakable water bottles are permitted at the boards.

No food, gum, or candy at the ice surface.

Do not socialize on the ice.

Keep the bad attitude elsewhere.

- Do not kick the ice
- Do not kick the boards
- Keep language clean and tone appropriate
- Do not intimidate others with your skating
- If you need to take a moment (crying or frustrated) please exit the ice.

Videoing on the ice is for Training purposes only.

Don't post other skaters on your social media without their permission.

If you fall, please clear the area as quickly as possible.

Please pick up all belongings and garbage at the end of each session.

Coaches may call out clearly to alter a skater to move for safety reasons

Right of Way on the Ice (Listed in order of Priority)

1. Skaters actively in a jump or in the jump harness, Any type of Lift, or any type of spin, hydroblade, slide (any type of element a skater cannot exit easily) have the right of way.

2. Those skaters in a program to their music have the right of way. Please stay clear of their pattern.

3. Those skaters in a lesson with a coach.

Be respectful of the Ice Zones. The safest areas to work on:

- Jumps are at the ends / corners
- Spins are in the center circle
- Skills break down / walk throughs are done lengthwise at the sides of the ice surface. (Not in the Jump Zones)
- Dance and skills to be completed on specified pattern.
- Remember to look both ways before leaving the boards.
- Ice dance partnering will be at the discretion of the GM and should always be to the level of the session.

Each skater needs to be aware of their surroundings and respect everyone on the ice. Please be patient and understanding if someone accidentally gets in your way.

Music

1. Skaters' music will be played on a 'first come, first served' 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. 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.
3. 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.
4. Skaters attending upcoming competitions will have priority WITHIN REASON. For example, there are several skaters attending Sectionals and each skater's music is of equal importance. Once Sectionals is finished, the skaters qualifying for Skate Canada Trophy (aka Challenge) will have priority with Canadian qualifiers and World Team members having priority in December and January. This will be closely watched by the General Manager and if skaters and/or coaches are abusing this privilege then it will be removed.

Volunteer Requirements

Calalta Figure Skating Club is a non-profit organization, and we rely on our members to volunteer to make for a successful skating season. Volunteer work is essential to the quality and success of our club, and to the overall experience of the skater. Prior experience is not required, and it is a great opportunity to learn about the sport of figure skating, how the club runs, as well as a fun way to meet other Club members.

Throughout the season Calalta Figure Skating Club will post volunteer opportunities through the Monthly Update and Club emails. Volunteer opportunities will be filled on a first come first served basis usually through SignUp Genius.

Designation	Volunteer Commitment	Buy-Out Payment Amount
Fundamentals Programs	0 hours of volunteer time	\$0
Prestige Performance / Group Star	6 hours of volunteer time	\$300
Adult Skaters	6 hours of volunteer time	\$300
StarSkate / Podium Pathway	12 hours of volunteer time	\$600
Multiple Skater Families (2 or more)	18 hours of volunteer time	\$900

Note: Fundamentals Programs include Parent & Tot, PreCanskate, Canskate, Powerskate, Explore, Pre-Star, Teen Star, Adult/Teen learn to skate

Please note the following:

- Volunteer hours must be completed as per the chart above or the designated dollar amount must be paid in lieu of completing the designated volunteer hours.
- Calalta Figure Skating Club tracks volunteer hours but it is important that families keep track of their own volunteer hours. Volunteer hours **cannot** be carried over into subsequent years. Volunteer hours must be completed by June 30.
- If the volunteer hours are NOT completed by June 30 of the current season, the designated dollar amount will be applied to the account or the credit card on file.



Important Links

If things do not go as planned and you feel it is important to speak up, there are a number of resources for you to draw upon. Please check out the following links - If you have any questions, please contact the office at info@calalta.net

[Skate Canada code of Ethics](#)

[Skate Canada Policies](#)

The National Safe Sport Program establishes the framework, policies and procedures governing the reasonable and appropriate measures to optimize the prevention and management of misconduct, incidents of injury and general disputes. The policies and procedures include:

- [Misconduct Reporting and Resolution Policy](#)
- [Misconduct Reporting and Resolution Procedure](#)
- [Incidents of Injury Reporting and Management Policy](#)
- [Incidents of Injury Reporting and Management Procedure](#)
- [General Disputes Reporting and Resolution Policy](#)
- [General Disputes Reporting and Resolution Procedure](#)



Calalta Sponsored Events

Annual Ice Show

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 social media and monthly updates.



Celebration of Skating Event



Calalta's annual banquet is a highlight to the season – a night to celebrate all of our skaters! We will recognize achievements from Star 1 to Gold and Gold/diamond test skater achievements. In addition, three \$1,000 awards will be presented: the Marissa Staddon Memorial Award, the Sharon Lariviere Memorial Award, and the Calalta StarSkater Award.

Of course, we will still have dancing and the photo booth – two of the most popular activities of the evening!

All *Photo Booth at the Calalta Banquet* skaters and their families are warmly invited to attend this special celebration of accomplishments and community.

Star 1-3 Competitions

Calalta's Star 1-3 competitions are 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 volunteer judges providing scores.

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

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!

