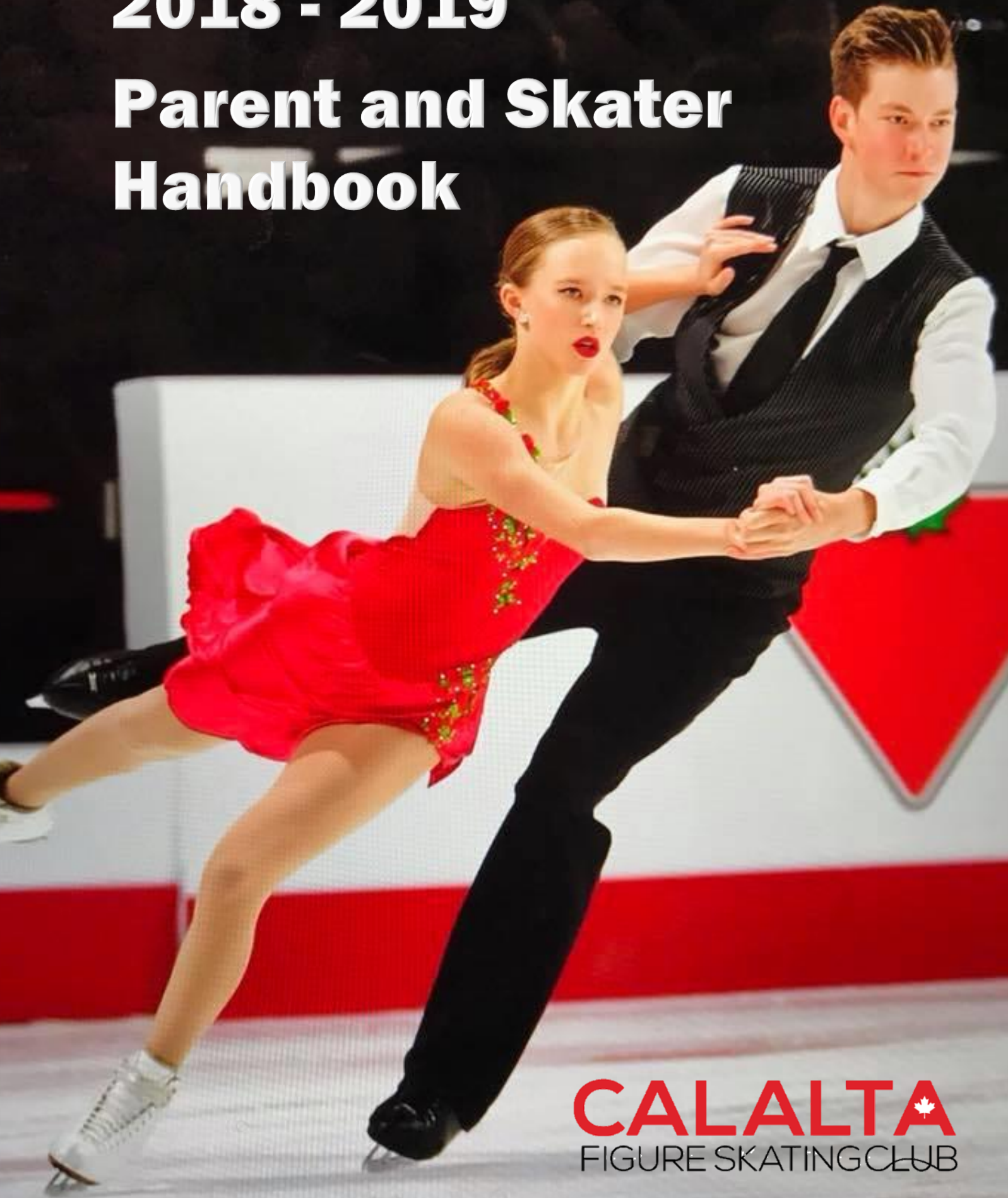


2018 - 2019

**Parent and Skater
Handbook**



CALALTA 
FIGURE SKATING CLUB

About Us

Calalta Figure Skating Club is Calgary's largest skating club. We offer skating programs to skaters of all abilities. Our skaters range from pre-school skaters who are learning to skate in 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: 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** so we can keep in touch with you!

Important Email Addresses

Administration: Natalie and Dianne

Director of Skating: Tyler Myles

Director of Group Programs: Jaime-Lyn Jackson

President: Diana Peters

info@calalta.net

director@calalta.net

calaltagroupprogramsdirector@gmail.com

president@calalta.net

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2018-2019 Board of Directors

Executive* and Board Members			
President*	Diana Peters	Public Relations	Rose Mastaller
Past President*	Lori Whalley	Director	Pamela O'Brien
Vice President*	Vacant	Health & Safety	Christy Lyon
Secretary*	Britt Gudmundsen	Director	Michele Whelan
Treasurer*	Terra-Lee Behiel	Fundraising	Cherie Maina
Test Chair	Gayle Stobie	Coaches Representative	Tammi Chudak

Staff		Administration
Director of Skating	Tyler Myles	Natalie Huber
Director of Group Programs	Jaime-Lyn Jackson	Dianne Daniel



Isabel, Jake, Lucas, Juliette, Mia & Will with Coaches Kim Weeks and Ben Westenberger in Lake Placid, New York

2018 – 2019 Schedule
Jimmie Condon Ice Sessions
 September 4, 2018 – June 23, 2019

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 No Dance Partner		5:15-6:00 pm JUNIOR	4:30-5:15 pm INTERMEDIATE AND SENIOR	1:00-1:30 pm STROKING	11:30 -12:30 pm SENIOR
6:00-6:45 pm JUNIOR	6:00-6:45 pm JUNIOR No dance partner	6:15-7:00 pm JUNIOR & INTERMEDIATE No Dance Partner	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 No Dance Partner	7:15-8:15 pm INTERMEDIATE & SENIOR No Dance Partner	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 No Dance Partner	8:15-9:15 pm SENIOR & ADULT No dance Partner	7:30-8:15 pm INTERMEDIATE & SENIOR		3:15-4:00 pm INTERMEDIATE & SENIOR	
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 4, 2018 to June 23, 2019

Monday Off Ice	Tuesday Off Ice	Wednesday Off Ice	Thursday Off Ice	Friday Off Ice	Saturday Off Ice	Sunday Off Ice
					10:25 -11:10 am JUNIORSTAR Jaimie Lyn Jump Class	9:15-10:00 am HP, JUNIOR & INTERMEDIATE Rotation
5:20-6:05 pm JUNIOR PREP Jump, flexibility Physical Literacy	5:20-6:05 pm JUNIOR PREP Jump, flexibility Physical Literacy	5:20-6:05 pm JUNIOR PREP Jump, flexibility Physical Literacy	5:20-5:50 pm JUNIOR PREP Jump, flexibility Physical Literacy		12:20 -1:05 pm GROUPSTAR Jump, flexibility Physical Literacy	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 Jump, flexibility Physical Literacy	6:10-6:55 pm HP, INTERMEDIATE & SENIOR Jump, flexibility Physical Literacy	6:15-7:00 pm HP, INTERMEDIATE & SENIOR Jump, flexibility Physical Literacy	5:55-6:40 pm HP, INTERMEDIATE & SENIOR Jump, flexibility Physical Literacy			11:45-12:30 pm JR & INTERMEDIATE Flexibility Training
						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 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	Canskate 1:45-2:30 pm

COP Ice Sessions

September 3, 2018 to June 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am & 6:45-7:45 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & 6:45-7:45 am Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am Dance Teams
6:30-8:00 am Open		6:30-8:00 am Open		6:30-8:00 am Open
8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams	8:30-9:45 am Dance Teams
11:15-12:00 Pair Singles	11:15-12:00 Pair Singles	11:15-12:00 Pair Singles	11:15-12:00 Pair Singles	11:15-12:00 Pair Singles
12:00-12:45 pm Pair Singles	12:00-12:45 pm Pair Singles	12:00-12:45 pm Pair Singles	12:00-12:45 pm Pair Singles	12:00-12:45 pm Pair Singles
1:00-1:45 pm Pair Singles	1:00-1:45 pm Pair Singles	1:00-1:45 pm Pair Singles	1:00-1:45 pm Pair Singles	1:00-1:45 pm Pair Singles
2:00-2:45 pm Pair Singles	2:00-2:45 pm Pair Singles	2:00-2:45 pm Pair Singles	2:00-2:45 pm Pair Singles	2:00-2:45 pm Pair Singles
3:00-3:45 pm Pair Singles	3:00-3:45 pm Pair Singles	3:00-3:45 pm Pair Singles	3:00-3:45 pm Pair Singles	3:00-3:45 pm Pair Singles
4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	4:00-5:00 pm Int & Senior FreeSkate	
5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	5:00-5:45 pm Int & Senior FreeSkate	5:00-5:30 pm Int & Senior Stroking	
6:00-7:00 pm Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	6:00-7:00 pm Int & Senior FreeSkate	5:45-6:45 pm Int & Senior FreeSkate	
	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. Morning and 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 morning/afternoon ice (any session between 11:15 am to 3:45 pm), please contact the Director of Skating at director@calalta.net to check on availability.

COP Off Ice Sessions

September 3, 2018 to June 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
3:50-4:50 pm Rinkside Jump Class Spencer	4:00-5:00 pm Gym PTC	3:50-4:50 pm Ballet @ PTC	4:00-5:00 pm Gym PTC		
5:10-5:55 pm Rinkside Jump Class Spencer		5:10-5:55 pm Rinkside Jump Class			

CanSkate: Fall Sessions

September to December 2018

- Session 1: Wednesday September 19, 2018 to December 12, 2018
12 Wednesdays – no session on Wed October 31
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: Friday September 21, 2018 to Friday December 14, 2018
12 Fridays – no session on Friday October 5
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: Saturday September 22, 2018 to Saturday December 15, 2018
12 Saturdays – no session Saturday October 6
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 4: Saturday September 22, 2018 to Saturday December 15, 2018
12 Saturdays – no session Saturday October 6
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

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 22, 2018 to Saturday December 15, 2018
 12 Saturdays – no session Saturday October 6
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

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 (please call if interested as we may be able to change the day)
 30 minute sessions with private coach
 All sessions held at Jimmie Condon Arena (JCA)
 \$195.00 + GST+ Annual Skate Canada Fee of \$38.00 = \$242.75

CanSkate: Winter Sessions January to April 2019

Session 1: Friday January 11, 2019 to April 5, 2019
 12 Fridays – no sessions on Friday Feb 15
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: **Introduction to Figure Skating** - Saturday January 12, 2019 to April 6, 2019
 12 Saturdays – no sessions on Saturday Feb 16
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 3: Saturday January 12, 2019 to April 6, 2019
 12 Saturdays – no sessions on Saturday Feb 16
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 4: Saturday January 12, 2019 to April 6, 2019
 12 Saturdays – no sessions on Saturday Feb 16
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

Session 5: Sunday January 13, 2019 to Saturday April 6, 2019
 11 Sundays – no sessions Sunday Feb 17
1:45 am to 2:30 pm
 All sessions held at Jimmie Condon Arena (JCA)
 \$207 + GST + Annual Skate Canada Fee of \$38.00 = \$255.35

Session 6: Wednesday January 16, 2019 to Wednesday April 10, 2019
 12 Wednesdays – no sessions Wednesday Feb 13
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

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 or equivalent.

Saturday September 15, 2018 to Saturday December 8, 2018
 12 Saturdays - no session Sat Oct 6
 5:00 pm to 5:45 pm
 All sessions held at Jimmie Condon Arena (JCA)
 \$187.00 + GST + Annual Skate Canada Fee of \$38.00 = \$234.35

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

Saturday September 15, 2018 to Saturday December 8, 2018
 12 Saturdays - no session Sat Oct 6
 5:30 pm to 6:15 pm
 All sessions held at Jimmie Condon Arena (JCA)
 \$187.00 + GST + Annual Skate Canada Fee of \$38.00 = \$234.35

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

Saturday January 12, 2019 to Saturday March 23, 2019
 10 Saturdays – no session Saturday February 16, 2019
 5:00 pm to 5:45 pm
 All sessions held at Jimmie Condon Arena (JCA)
 \$187.00 + GST + Annual Skate Canada Fee of \$38.00 = \$234.35

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

Saturday January 12, 2019 to Saturday March 23, 2019

10 Saturdays – no session Saturday February 16, 2019

5:00 pm to 5:45 pm

All sessions held at Jimmie Condon Arena (JCA)

\$187.00 + GST + Annual Skate Canada Fee of \$38.00 = \$234.35

Please note the Skate Canada fee is an annual fee and is applicable from September 1 to August 31 every year. If you have already paid a Skate Canada fee for your child in the Fall session, you will not have to pay it again.

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 or have 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 skater's 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.

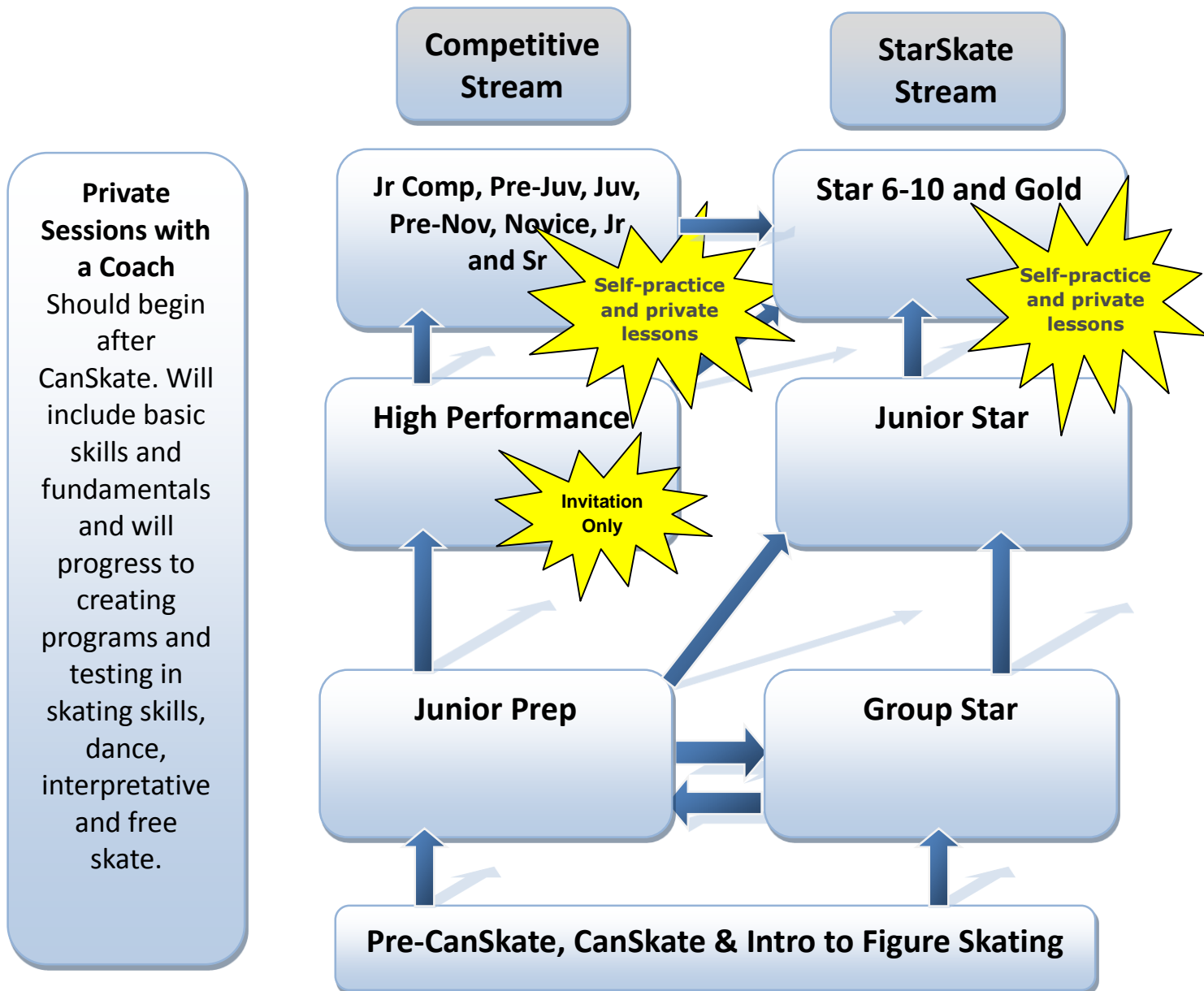
To learn more about what comes after CanSkate, check out this [link](#).

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.

As you can see by the arrows, it is possible to move between the streams.



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

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

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 2018-2019 skating season.

Junior Star

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

Junior Star Package Details Time Commitment Per Week

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

2-3 Total Days per Week Child is Skating

Skills Taught in the Jr Star Program									
Jumps				Spins				Field Moves	
Waltz	1W	Lutz	1Lz	Upright Spin	USp	Camel/Sit Combo	BCSp	Spiral Fwd	Russian Stroking
Salchow	1S	Axel	1A	Back Spin	BUSp	Back Sit	BSp	Spiral Bwd	Edges
Toe Loop	1T	Double Sal	2S	Camel Spin	CSp	Back Camel	BCSp	Pivot	Gliding turns
Loop	1L	Double Toe	2T	Sit Spin	SSp	Flying Camel	FCSp	Spread Eagle	Turns on Patterns
Flip	1F							Ina Bauer	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 Canasta Tango – Star 2B Baby Blues – Star 3A	Star 3 and higher	Not required

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 2018-2019 skating season.

Junior Prep Program

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

Jr Prep Package Details

Time Commitment Per Week

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

3 Total Days per Week Child is Skating

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

Tests			
Skaters must work with their coach in determining what tests they should be working on or taking			
Skills	Dance	FreeSkate	Interpretive
Star 3	Dutch Waltz – Star 2A Canasta Tango – Star 2B Baby Blues – Star 3A	Star 3 FreeSkate may be taken in Year 2 of the Jr Prep program.	Not required

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 2018-2019 skating season.

High Performance Program

By Invitation Only

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

HP Development Package Details

Time Commitment Per Week

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

4-5 Total Days per Week Child is Skating

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

Tests			
Skaters must work with their coach in determining what tests they should be working on or taking			
Skills	Dance	FreeSkate	Interpretive
Star 3	Dutch Waltz – Star 2A Canasta Tango – Star 2B Baby Blues – Star 3A	Year 1: Star 3 Year 2: Star 5	Not required

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 2018-2019 skating season.

3515 18th St SW Calgary Ph: 403-243-3663 ext 2 www.psscalgary.com

PROFESSIONAL SKATE SERVICE



At Professional Skate Service we are passionate on offering our customers the highest level of service and providing our customers with a one-stop shop for all your service needs. From our expert fittings to skate sharpening and even little repairs like hooks on your skates. We are here to service you from head to skate. Our dedicated staff have the expertise to service all your needs.

STORE HOURS:

Tuesday – Friday: 10am-7pm

Saturday: 9am-5pm

Sunday: 11am-5pm

Monday: Closed

NEW TO SKATING?

Our First Day Skating package is for you then. When you purchase select skate, bag, gloves, soft & hard covers, helmet or dress receive 15% off.

Our Services include:

- skate sharpening
- skate fitting
- heat fits
- blade alignments
- blade mounting
- power (boot) stretching
- bubble pressing
- hook repairs
- sole plugging
- boot dying
- patching and tongue repairs
- Custom boot fittings

10% OFF ACCESSORIES

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 based upon a discussion 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 may mean 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 coaches only coach out of 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!

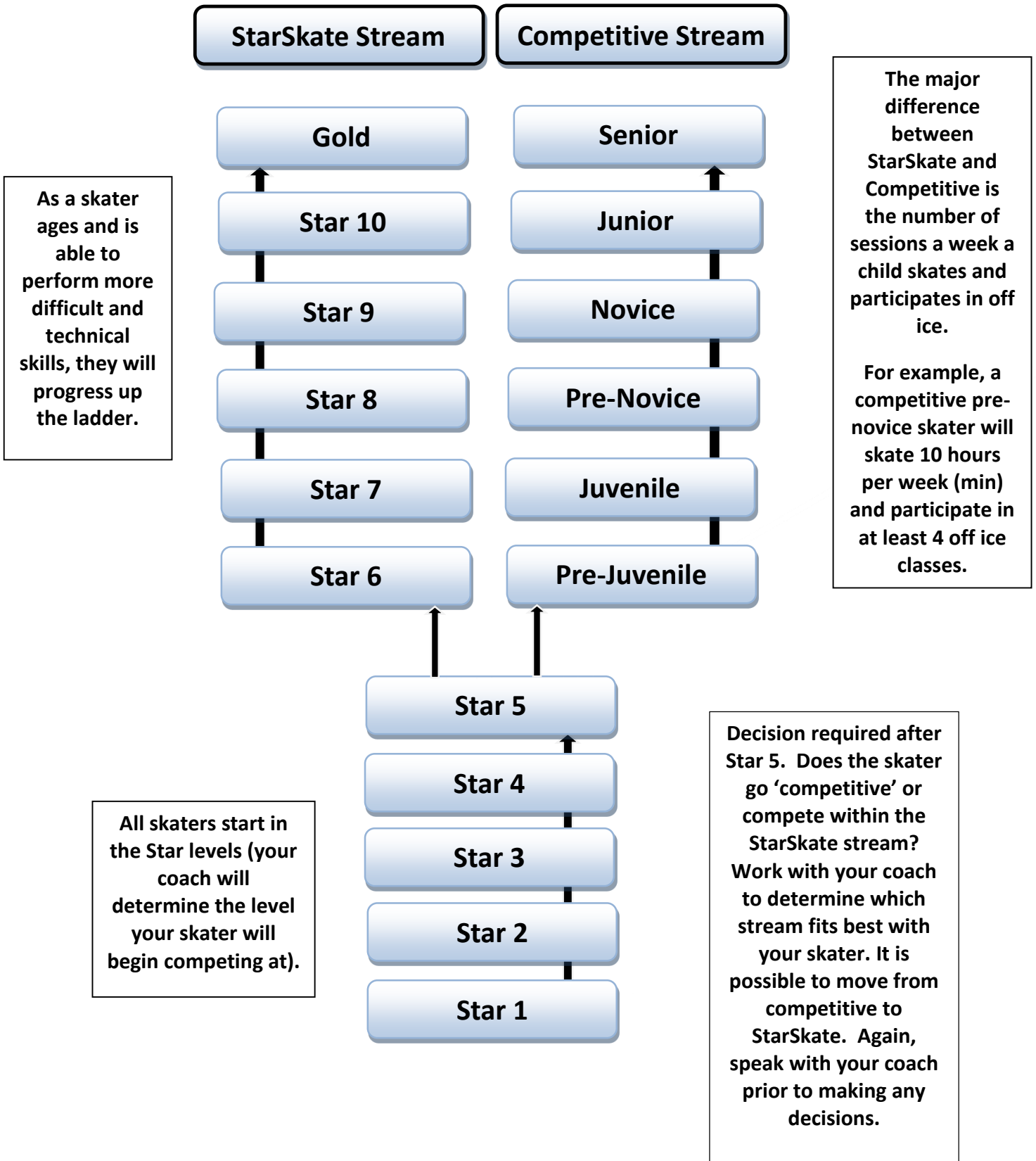
Check out <http://skateabnwtun.ca/skatingprograms/competitiveskate/> to read more about Competitive Skate.

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://skateabnwtun.ca/skatingprograms/starskate/> to read more about StarSkate and all that it offers!

Levels in Competitions



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 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

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 has an excellent program located out at WinSport's COP (Canada Olympic Park) arena involving both on ice and off ice sessions. For an athlete to be successful in Pairs, they need to continue training in the singles discipline as well. If you are interested in this discipline or just have questions, we encourage you to contact Anabelle or Cody or give us a call in the office and we would be more than happy to help.

Calalta's Pairs program is coached by Anabelle Langlois-Hay and Cody Hay – 2010 Olympians and

Shown here are Asha and Josh competing at the 2018 Canadian National Championships



Josh and Asha in a death spiral



Addison and Jaden

Ice Dance Program



Isabel & Jake

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 the office at info@calalta.net.

Calalta's Ice Dance program is a leading, Canadian training ground for young, competitive Ice Dancers.

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. These skaters are well suited to consistently advance and demonstrate the core skills required to be competitive throughout various levels of competition in ice dance.

Our program features athletes ranging from Pre-Juvenile to Junior level competitors, each level requiring a variation of set pattern



Torri and Josh

Try Out Policy

Calalta fully supports skaters trying out for both our Pairs and Ice Dance programs. Our new policy allows a skater to try out for a one week period – Monday to Friday in either the Pairs or Ice Dance program at no cost to the skater.

A few details:

1. Skater **MUST** be registered with Skate Canada prior to stepping onto Calalta ice;
2. Choreography, program development or practicing for tests is not permitted for the duration of the try out;
3. For coaches accompanying the guest skater, both skater and coach will be subject to Skate Canada and Calalta's policies, procedures and guidelines. The coach will be subject to Calalta's Guest Coaching agreement;
4. The coaching and lesson arrangement and fees for the skater is independent of Calalta;
5. All billeting arrangements are independent of Calalta;
6. Limited to a one week period (Monday to Friday) on the appropriate on-ice and off-ice sessions in Pairs or Ice Dance;

If you are interested, the application form must be completed and approved by the respective coaches within Pairs or Ice Dance, Director of Skating and the President prior to acceptance. Email the office if you have questions!




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

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 Executive National Vice President
 Independent Consultant

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

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 fifth 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://skateabnwtun.ca/skatingprograms/synchroskate/>.



Solstice Synchro Team

Competitions

Skate Canada holds many competitions – both for the StarSkate and competitive stream - 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 or click here: <http://skateabnwtun.ca/events/competitions/2018-2019-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 2018-2019 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.

Every two months, 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 Performance Dietician 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.

This process allows for maximum opportunity for skill progression and development for the skater and it is now more convenient, timely and less expensive. With the changes made by Skate Canada, the new assessment testing will replace 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 (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 - **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.



2018 Calalta Club Competition

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.

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 from 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 tests replaced with Star 1 – 5 tests				
Star 1	Elements	FWD edges FWD 3-turns FI-MoH turn sequence Stroking FWD spiral circles Choice of Field moves	Elements Waltz jump Single salchow Single toe loop FWD upright spin BWD upright spin	Program No program
Star 2	1. Dutch waltz – 2A 2. Canasta tango – 2B	BWD edges BWD 3 turns FWD circle on circle 2ft to 1-foot multi turns Turn sequence	Single salchow Single loop Single flop Waltz/ toe loop combo Sit spin Change foot upright spin Camel spin	Star 2 program
Star 3	3. Baby Blues – 3A	Stroking Spiral circles Choice of field moves: (BWD 1-foot glide, spread eagle, spiral or Ina Bauer)	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo BWD camel spin Change foot sit spin Flying camel or sit spin FWD combination spin	Star 3 program
Star 4	3. Swing dance – 4A 4. Fiesta tango – 4B	FWD and BWD Bracket Double threes BWD circle on circle FWD change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Change foot sit spin Flying camel or sit spin FWD combo spin	Star 4 program *must attempt axel

Star 5	6. Willow Waltz – 5A	Stroking (quick edges and BWD slalom) Spiral sequence	Single axel Any double jump Single lutz/toe loop combo Spin in 1 position with any variation Sit or camel spin Combination spin	Star 5 program *must land axel	
Intermediate					
Senior Bronze	7. Ten Fox 8. Fourteen Step 9. European Waltz	Forward Brackets Power Circles Expanding Exercise	Senior Bronze		Bronze
Junior Silver	10. Keats Foxtrot 11. Harris Tango 12. American Waltz 13. Rocker Foxtrot	Multi-turns and Power Threes Snakes and Ladders Flying Choctaws	Junior Silver		
Senior					
Senior Silver	14. Paso Doble 15. Starlight Waltz 16. Blues 17. Kilian 18. Cha Cha	Rockers and Choctaws Multi-Circle Threes & Brackets Expanding Exercise	Senior Silver		Silver
Gold	19. Viennese Waltz 20. Westminster Waltz 21. Argentine Tango 22. Quickstep 23. Silver Samba	Counters Three Change Threes Multi-Circle Double Threes and Mohawks Expanding Exercise	Gold		Gold

The Value of a Coach....

If your child moves out of CanSkate and into the group programs (Junior Prep, StarSkate, GroupStar, Introduction to Figure Skating 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 \$12 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, Introduction to Figure Skating 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?

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?

Cody & Mia



Isabella & Danielle

A: Basically it means that the parent/guardian is not to direct the skater during the session. Jimmie Condon Arena is unique in that it 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 two years ago:

- 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.

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;
 - 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.

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.

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

Skating Dress Code

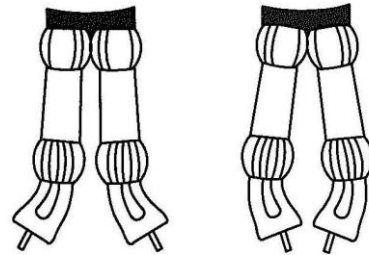
All skaters should dress appropriately for their session whether that be an on-ice or off-ice session.

CanSkate & Pre-CanSkate:

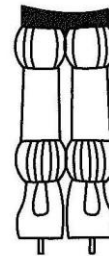
- Sweats, track pants, snow pants and yoga pants are all good bottoms;
- Layers consisting of long sleeve shirts, hoodies and vests allow for easy movement and warmth;
- Be sure to have a few pairs of **mittens** and **gloves** on hand;
- Items such as long drawstrings, scarves, dangling coat belts etc.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



Poorly Equipped Skater



Properly Equipped Skater

- 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, 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.



Skaters in their Club Jackets

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 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

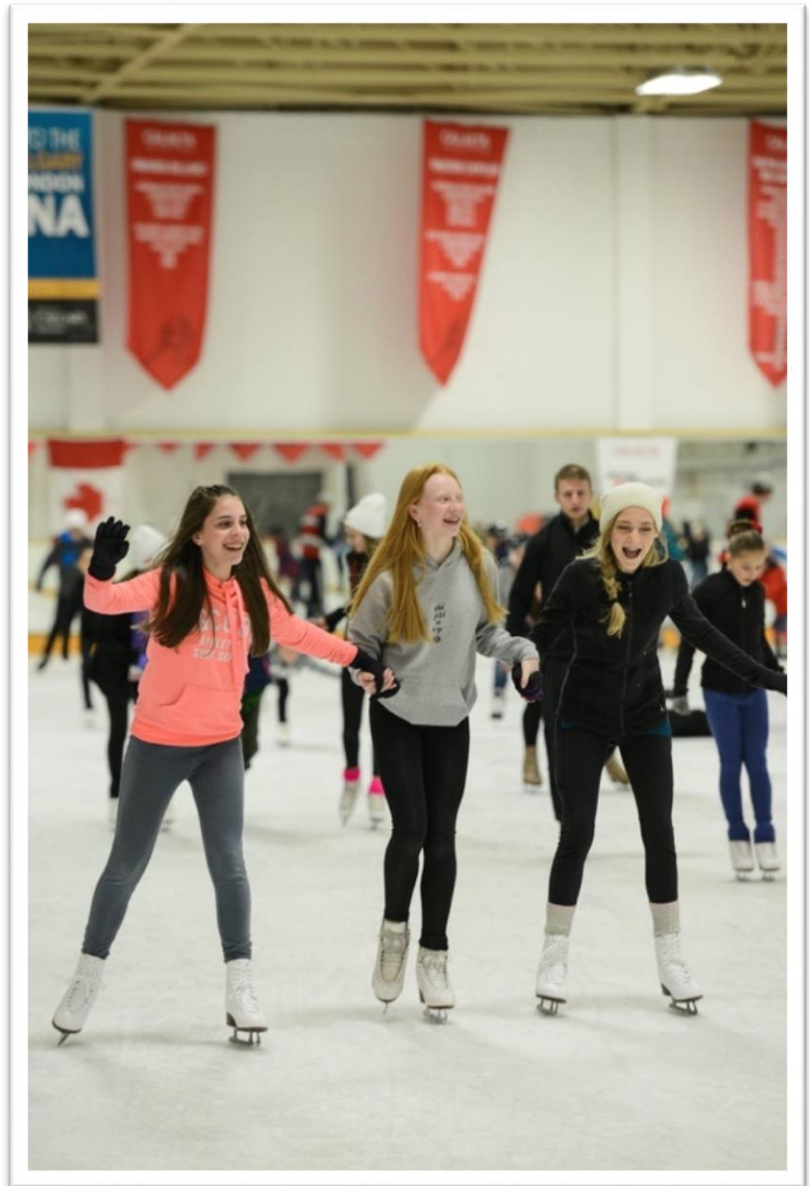
Liability

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 you or your skater's personal physical abilities, please consult your physician before participating in any activity.

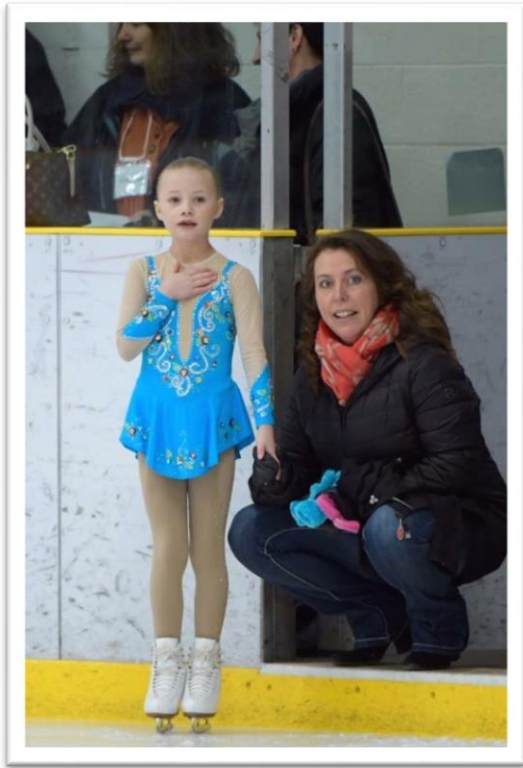
Code of Conduct

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;
- 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;
- Must follow Skate Canada's Code of Ethics which applies to parents, skaters, coaches, club management and Board members;



Mia and her friends at the Canada 150 Event



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

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;

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;

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.

2018 – 2019 Pick Up Ice Fees

On Ice, Stroking and Off Ice Sessions			
Members		Non - Members	
On Ice			
15 minutes On Ice	\$5.00	15 minutes On Ice	\$7.00
30 minutes On Ice	\$8.50	30 minutes On Ice	\$10.00
45 minutes On Ice	\$13.00	45 minutes On Ice	\$15.00
60 minutes On Ice	\$17.00	60 minutes On Ice	\$20.00
10 Session Pass of 45 min	\$130.00	10 Session Pass of 45 min	\$150.00
10 Session Pass of 60 min	\$170.00	10 Session Pass of 60 min	\$200.00
Stroking			
30 minutes	\$13.00	30 minutes	\$15.00
60 minutes	\$22.00	60 minutes	\$25.00
Off Ice Jimmie Condon/COP Non PTC		Off Ice PTC/Pilates/Ballet at COP	
Members		Members	
60 minute session	\$17.00	60 minute session	\$22.00
45 minute session	\$13.00		
30 minute session	\$8.50		
Non - Members		Non - Members	
60 minute session	\$20.00	60 minute session	\$25.00
45 minute session	\$15.00		
30 minute session	\$10.00		
Remember:			
<ul style="list-style-type: none"> • All skaters wishing to drop onto Calalta ice, must be Skate Canada members; • All coaches dropping MUST have a pre-arranged guest coaching contract in place; • 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 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.

Club Dispute Resolution Policy

Calalta Figure Skating Club in alignment with Skate Canada supports the principles of dispute resolution and is committed to the techniques of negotiation, facilitation, mediation and arbitration as effective ways to resolve disputes with and among members.

- 1) In case of a conflict between Skate Canada members, the individuals involved in the dispute must make every effort to resolve the conflict amongst themselves;
- 2) Where reasonable efforts to resolve the conflict fail, a request may be made to the President of the Club at president@calalta.net for assistance to resolve the dispute;
- 3) The President will share the complaint with the Executive of the Board of Directors. Depending upon the complaint, the manner in which the Executive will handle may include the following:
 - a. Complaint is investigated:
 - i. The conflict is investigated and the findings shared with the Executive. The President will then contact the individuals involved and share the outcome that initiated the complaint. The President will then share high level findings with the Board.
 - b. Complaint is dismissed:
 - i. The decision to dismiss may be appealed to the Section. The Section can uphold the Club's decision to dismiss the complaint or refer the complaint to the Section's Dispute Resolution Policy;
 - c. Where the disputed parties agree in writing, the Club may refer a complaint to the Section Dispute Resolution Process for Resolution. Included in this will be a statement by the Club that reasonable efforts to resolve the conflict have failed;
 - d. If the conflict involves allegations of misconduct described in the Membership Harassment Policy or the Complaint Policy, the Club shall refer it to the National Complaints Review Officer or a Harassment Officer;

If you have any questions, please refer to the following policies or email the office at info@calalta.net



Ta Da!!

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;
 - 3rd incident is permanent removal from dressing room and informing your parents.
- ✓ Keep the bad attitude elsewhere! Skating is a wonderful and enjoyable sport so don't wreck it for others!
 - Don't kick the boards or ice in anger;
 - Keep the language clean and the tone pleasant;
 - Don't intimidate others with your skating – so no cutting close to other skaters or other nasty moves;
 - If violated, a coach will tell you to leave the ice session and your parents will be informed and further incidents may result in a suspension or expulsion from the club.
- ✓ There will be no bullying of others.
 - If violated, you will be dealt with immediately by a coach;
 - Skaters involved in the incident will be met with by Club Management and your head coach to discuss and try to find tools to change the situation;
 - If the situation continues, your parents and Board member will be included in the discussion. If necessary, this may result in mediation and/or counselling whereby the cost will be absorbed by the parent of accused bully;
 - If there is no change in the situation, the accused bully may be suspended or expelled from the club.

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

[Calalta's Dispute Resolution Policy](#)

[Skate Canada's Club Dispute Resolution Policy](#)

[Skate Canada's Section Dispute Resolution Policy](#)

[Skate Canada's Membership Complaints Policy](#)

[Skate Canada's Membership Harassment, Bullying and Discrimination Policy](#)

[Skate Canada's Membership Complaints, Investigation and Hearing Procedures](#)

[Skate Canada code of Ethics](#)

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;
- ✓ All injuries are to be reported to a coach who will ensure an incident form is completed and submitted to Skate Canada.;
- ✓ If you have any safety concerns please speak with a coach or contact the club at info@calalta.net

Music

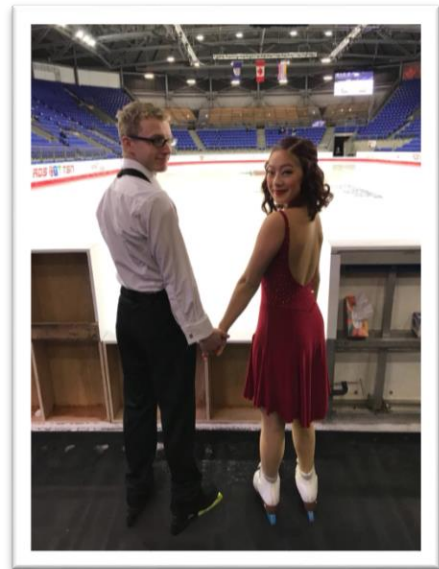
- ✓ Please hand in your CD/phone to the rink chair if you will be practicing your program; CDs that are left behind will be filed alphabetically in the music room;
- ✓ Skaters in a lesson with a coach have the right to bump other skaters' music that are not in a lesson;
- ✓ Be respectful of the person 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, 2019 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.



Pearl & Kyle

Volunteer Positions

- **Test Days:** Opportunities include ice captains, music player, announcer, hospitality, runners; Held 4 times a year and last 2-3 days each.

- **Calgary Winter Invitational Competition:** There are opportunities including registration, announcing, hospitality, set up and take down, dressing room captains, ice captains, ice patchers, sponsorship, medals, signage and medical. Held in Feb 2019
- **Year End Carnival:** Security, costumes, silent auction, advertising, signage, hospitality, ticket sales, music, back stage operations, flowers, etc; Held in April 2019
- **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 2019
- **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 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.
- **Fundraising** – Lots of opportunities to help this year! Stay tuned on the details!

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

Calalta Sponsored Events

Annual Ice Show

Date: Sunday April 7, 2019

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.



#Throwback Thursday Calalta Ice Show 2018

Celebration of Skating Event

Date: May 11, 2019

Venue: Sunnyside/Hillhurst Community Association



A few of the little ones at the 2018 Calalta Banquet

Calalta's annual banquet has been rebranded to celebrate all of our skaters! Of course, we will honour the many accomplishments of our skaters – which includes 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!

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

All skaters and their families are invited to attend this celebration and awards night which is truly the highlight of the season. The event will be held on May 11, 2019 so mark your calendars now! More information will be sent as we get closer to the date.

Annual Spring Event

Date: Saturday June 8, 2019

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 volunteer 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!



2018 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!



Important Dates for 2018-2019 Season for JCA and COP

September 2018	
Mon Sept 3	Welcome back everyone! All ice and off ice sessions are cancelled for Labor Day except: Dance 6:15-8:15 am and 6:45-7:45 am running
Tue Sept 4	Dance at COP: 6:15-8:15 am session running JC: 6:45-8:15 am session running All COP sessions from 11:15-3:45 pm moved to JC No Off Ice at COP HP & Jr Prep ice session from 4:15-5:15 pm and & Jr Prep off ice session from 5:20-6:05 pm running at JC COP 4:00-5:00 moved to JC 5:30-6:30 pm COP 5:00-5:30 moved to JC 6:30-7:00 COP 5:45-6:45 pm AND Jr Comp moved to 7:15-8:15 pm at JC JC 8:00-9:00 pm sessions moved to 8:15-9:00 pm (45 mins) JC 5:15-6:00 pm, 6:00-6:45 pm, 7:00-8:00 pm all cancelled
Wed Sep 5	Dance 6:15-8:15 and 6:45-7:45 am at COP running COP: 6:30-8:15 am session cancelled All COP sessions from 11:15-3:45 are moved to JC HP & Jr Prep ice session from 4:15-5:15 pm and & Jr Prep off ice session from 5:20-6:05 pm running at JC COP 4:00-5:00 moved to JC 6:15-7:15 pm COP 5:00-5:45 moved to JC 7:15-8:00 pm COP 6:00-7:00 moved to JC 8:15-9:15 pm No Off Ice at COP JCA 6:15-7:00 pm, 7:15-8:15 pm & 8:15-9:15 pm all cancelled
Thu Sept 6	Dance at COP: 6:15-8:15 am session running JC: 6:45-8:15 am session running All COP sessions from 11:15-3:45 pm moved to JC No Off Ice at COP

	<p>HP & Jr Prep ice session from 4:15-5:15 pm and & Jr Prep off ice session from 5:20-6:05 pm running at JC</p> <p>COP 4:00-5:00 pm moved to JC 5:30-6:30 pm</p> <p>COP 5:00-5:30 pm moved to JC 6:30-7:00 pm</p> <p>COP 5:45-6:45 pm moved to 7:15-8:15 pm at JC</p> <p>JCA 5:15-6:00 pm, 6:00-6:45 pm, 6:45-7:15 pm 7:30-8:15 pm all cancelled</p> <p>JCA 8:15-9:15 pm still running</p>
Fri Sep 7	<p>Dance at COP 6:15-8:15 am at COP running</p> <p>COP: 6:30-8:00 am session cancelled</p> <p>All COP sessions from 11:15-3:45 are moved to Rose Kohn</p> <p>All sessions at JC running as scheduled and will continue unless noted</p>
Sat Sept 8	PA Training 4:00-6:00 pm JC
Sat Sept 15	Power Skating begins (12 weeks, no class Oct 6)
Sun Sep 16	Sunday CanSkate begins 1:45-2:30 pm (12 weeks no class Oct 7 & Nov 11)
Wed Sept 19	<p>Wednesday CanSkate begins 5:30-6:15 pm (12 weeks no class Oct 31)</p> <p>COP - No 4:00-5:00 pm, 5:00-5:45 pm, 6:00-7:00 pm ice sessions & no 5:10-5:55 pm</p> <p>Jump class at COP</p>
Thu Sept 20	COP - No 4:00-5:00 pm, 5:00-5:30 pm, 5:45-6:45 pm ice sessions
Fri Sept 21	Friday CanSkate starts – 6:15-7:00 pm (12 weeks no class Oct 5)
Sat Sept 22	Intro to Figure Skating starts 9:30-10:15 am, Saturday CanSkate begins 10:15-11:00 am, 4:15-5:00 pm (12 weeks no class Oct 6)
Fri Sept 28	<p>Fall Competitive Competition begins in Lethbridge</p> <p>Good luck skaters!</p>
October 2018	
Mon Oct 8	<p>Thanksgiving!</p> <p>COP: All ice and off ice sessions running at COP</p> <p>JC: No ice or off ice sessions running at JCA</p>
Wed Oct 24	COP - No 6:30-8:00 am session
Thu Oct 25	COP - No 4:00-5:00 pm, 5:00-5:30 pm, 5:45-6:45 pm sessions, No 5:10 Jump class at COP
Wed Oct 31	<p>COP Dance - No 6:45-7:45 am Supplementary Dance Session</p> <p>JC - 4:15-5:15 pm Jr Prep and HP cancelled and 5:20-6:05 pm & 6:15-7:00 pm off ice cancelled.</p>
Wed Oct 31	<p>Skate AB/NWT/NUN Sectional Championships begins in Red Deer</p> <p>Good luck skaters!</p>
November 2018	
Thu Nov 1	COP – 6:15-8:15 am and 8:30-9:45 am Dance Ice cancelled
Fri Nov 2	COP - No sessions at COP
Sun Nov 4	JC: No Stroking or off ice classes. Skating session and flexibility class still running
Thu Nov 8	COP - No 4:00-5:00 pm, 5:00-5:30 pm, 5:45-6:45 pm sessions, No 5:10 Jump class at COP
Fri Nov 9	<p>COP - Dance sessions moved to Springbank. Session will run 6:15-9:15 am</p> <p>COP - 6:30-8:00 am still running – all other sessions at COP cancelled</p>
Sun Nov 11	JC – No sessions running – Remembrance Day
Thu Nov 15	COP - No 4:00-5:00 pm, 5:00-5:30 pm, 5:45-6:45 pm sessions, No 5:10 Jump class at COP
Fri Nov 16	<p>COP-No sessions at COP</p> <p>COP - Dance sessions moved to Springbank. Session will run 6:15-9:15 am</p>
Nov 19, 20, 21	JCA Test days – Stay tuned for changes to ice and off ice schedules at JC
Wed Nov 21	COP- No 6:30-8:00 am, 4:00-5:00, 5:00-5:45, 6:00-7:00 sessions or 5:10 pm Jump Class

	COP - Dance supplementary session moved to 7:00-8:00 am
Thu Nov 22	COP- No 4:00-5:00, 5:00-5:30, 5:45-6:45 sessions or 5:10 Jump Class
Fri Nov 23	COP-No sessions at COP COP- Dance sessions moved to Springbank Edmonton Region StarSkate Invitational begins in St Albert Good luck skaters!
Wed Nov 28	Skate Canada Challenge begins in Edmonton! Good luck skaters!
December 2018	
Mon Dec 3	COP- No 6:00-7:00 pm session
Tue Dec 4	COP- No 1:00-1:45, 2:00-2:45 pm sessions
Fri Dec 7	Calgary Region StarSkate Invitational begins in Okotoks Good luck Calalta skaters!
Sat Dec 8	Last day of Power Skating
Wed Dec 12	Last day of Wed CanSkate
Fri Dec 14	Last day of Fri Canskate
Sat Dec 15	Last day of Sat CanSkate
Fri Dec 21	Last day of skating at COP – return Monday January 7
Sat Dec 22	Last day of skating (return Sun Jan 6)
Dec 24-Jan 4	Christmas Pick Up Ice - schedule TBD
January 2019	
Sun Jan 6	JC-Skating and off ice starts
Mon Jan 7	COP-Skating and off ice starts
Fri Jan 11	CanSkate begins 6:15 pm (12 sessions and no class Feb 15) and last class April 5
Sat Jan 12	CanSkate/Intro to FS begins 9:30 am, 10:15 am & 4:15 pm (no class Feb 16) and last class April 6 Power Skating begins (no class Feb 16 and last class Mar 23)
Sun Jan 13	CanSkate begins at 1:45 pm (11 sessions) and last class is March 31 Skate Canada's National Figure Skating Championships start in Halifax! Good luck Calalta skaters!
Wed Jan 16	CanSkate begins 5:30 – 6:15 pm (12 classes – no class Feb 13) and last class April 10
Mon-Fri (Jan 14-18)	COP-No Dance 8:30-9:45 am
Fri Jan 18	COP-6:30-8:00 am session ends at 7:30 am
Mon-Fri (Jan 21-25)	COP-No Dance 8:30-9:45 am
Tue Jan 22	COP-No 4:00-5:00 pm, 5:00-5:30 pm and 5:45-6:45 pm
Mon-Fri (Jan 28 Feb 1)	COP-No Dance 8:30-9:45 am
February 2019	
Fri Feb 15	COP-Only session running is 6:30-8:00 am Calgary Winter Invitational begins in Calgary at COP! Good luck Calalta skaters!
Sun Feb 17	JC - No stroking or off ice. Regular sessions and flexibility classes are running
Mon Feb 18	COP & JC No sessions. Happy Family Day
March 2019	
Fri Mar 22	COP-Only session running is 6:30-8:00 am all other COP sessions cancelled
Mar 25, 26, 27	Test Days at JC
Mar 31	Last day of Sunday CanSkate
April 2019	
Fri Apr 5	Last day of Friday CanSkate
Sat Apr 6	Last day of Saturday CanSkate and Intro to FS
Sun Apr 7	Calalta Ice show at COP – starts at 2:00 pm

Wed Apr 10	Last day of Wednesday CanSkate
Sun Apr 14	JC - No stroking or off ice. Regular sessions and flexibility classes are running
Fri April 19	COP & JC No sessions - Good Friday Sunsational begins in Edmonton! Good luck Calalta skaters!
Sat Apr 20 to Sun May 5	COP & JCA No sessions - Skating Break
Sun Apr 28	JC - No stroking or off ice. Regular sessions and flexibility classes are running
May 2019	
Mon May 6	COP & JC All sessions resume
Fri May 10	COP all sessions at COP cancelled except Dance 6:15-8:15 am and Singles 6:30-8:00 am which ends at 7:45 am
Fri May 17 to Mon May 20	COP & JCA No sessions – May Long Weekend
Sat May 11	Calalta 's Celebration of Skating held at the Sunnyside/Hillhurst Community Hall
Sun May 19	JC - No stroking or off ice. Regular sessions and flexibility classes are running
Fri May 24	COP – 6:30-8:00 am session ends at 7:45 am
June 2019	
Sun Jun 23	Last day of regular programming
Mon Jun 24 -26	JCA Test Day

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).

Sunday Stroking and Off Ice Sessions Schedule and Cancellations

8-9 am Junior & Intermediate Stroking

9-10 am Jr Competitive, Senior & Elite Stroking

9:15-10:00 am HP, Junior & Intermediate Off Ice

10:15-11:15 am Jr Competitive, Senior & Elite Off Ice/Seminar

Sessions running September 9, 16, 23 - No Sessions on September 30

Sessions running October 14, 21, 28 - No Sessions on October 7

Sessions running November 18, 25 - No Sessions on November 4 & 11

Sessions running December 2, 9, 16 - No Sessions on December 23 & 30

Sessions running January 6, 13, 20, 27

Sessions running February 3, 10, 24 - No Sessions February 17

Sessions running March 3, 10, 17, 24, 31

Sessions running April 7 - No Sessions April 14, 21 & 28

Sessions running May 12, 26 - No Sessions May 5 & 19

Sessions running June 2, 9, 16, 23

Season ends Sunday June 23

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