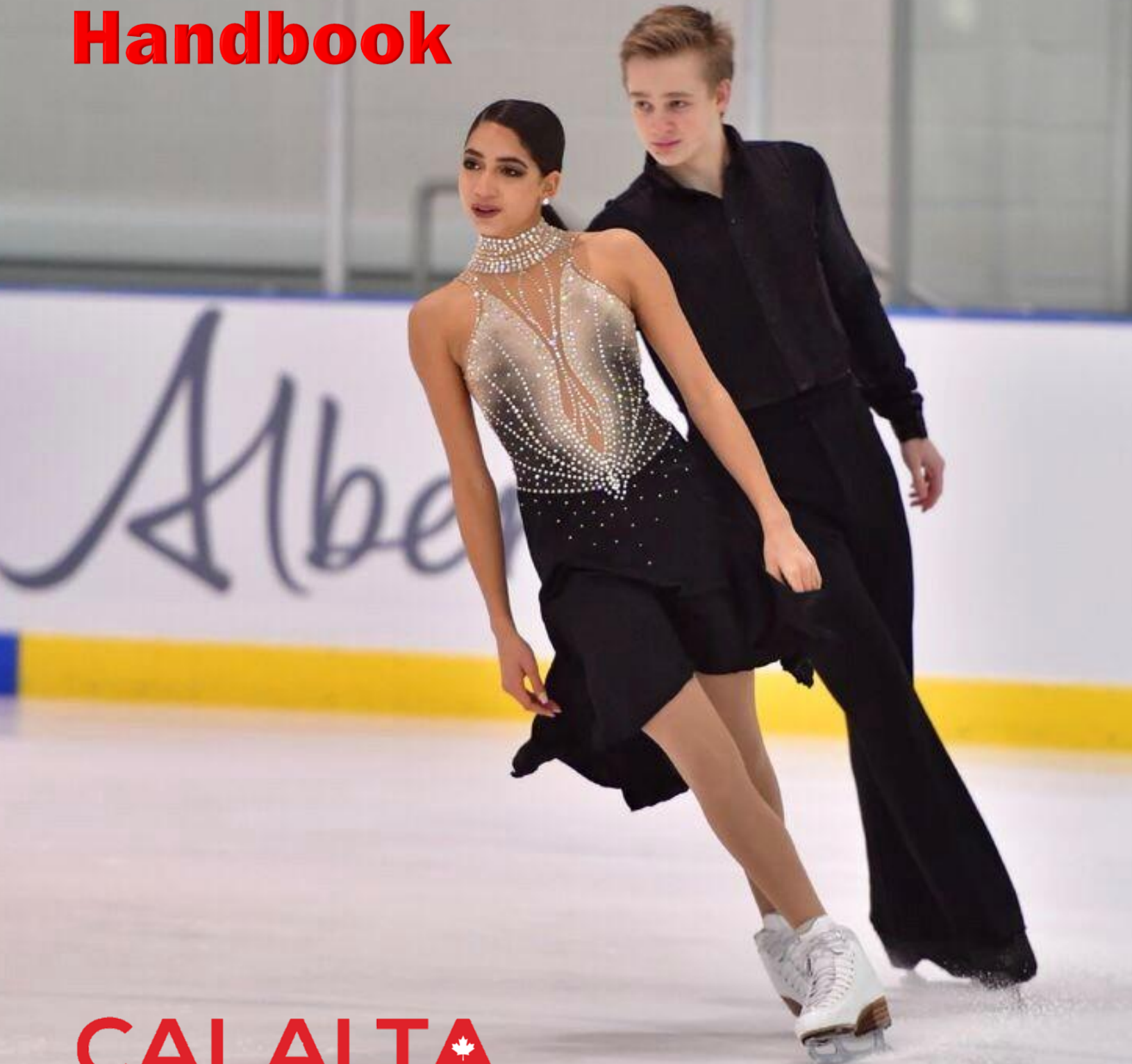


**2019 - 2020**

# **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, Disney on Ice stars, Stars on Ice choreographers 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. Calalta also holds Assessment (Tests) Days at Jimmie Condon arena from Star 1 through to Gold in Skills, Artistic (formerly Interpretive), FreeSkate and Dance (up to Diamond).

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](http://www.calalta.net)  
Email inquiries to the office at: [info@calalta.net](mailto: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 Dianne	<a href="mailto:info@calalta.net">info@calalta.net</a>
Director of Skating: Tyler Myles	<a href="mailto:director@calalta.net">director@calalta.net</a>
Director of Group Programs: Jaime-Lyn Jackson	<a href="mailto:calaltagroupprogramsdirector@gmail.com">calaltagroupprogramsdirector@gmail.com</a>
President: Diana Peters	<a href="mailto:president@calalta.net">president@calalta.net</a>

On our Cover: Isabel McQuilkin and Jake Portz skate together in Ice Dance and compete at the Junior level.

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## 2019-2020 Board of Directors

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

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



## 2019 – 2020 Schedule

### Fall/Winter and Spring Schedule

#### Jimmie Condon Arena

Tuesday September 3, 2019 to Sunday June 21, 2020

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 & INTERMEDIATE STROKING
				2:45-3:30 pm JUNIOR & INTERMEDIATE	11:15-12:15 pm JUNIORSTAR	9:00-10:00 am SENIOR 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	4:15-5:00 pm JUNIOR	3:30-4:15 pm JUNIOR & INTERMEDIATE	12:15-1:00 pm JUNIOR	10:15-11:15 am JUNIOR & INTERMEDIATE
5:15-6:00 pm JUNIOR	5:15-6:00 pm JUNIOR		5:00-5:45 pm JUNIOR/ INTERMEDIATE	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/INTERMEDIA TE	6:00-6:45 pm JUNIOR/INTERMEDIA TE	6:15-7:00 pm JUNIOR/INTERME DIATE	6:00-6:45 pm INTERMEDIATE	5:15-6:00 pm INTERMEDIATE AND SENIOR	1:45-2:30 pm JUNIOR & INTERMEDIATE	12:30 – 1:30 pm JUNIOR & INTERMEDIATE
7:00-7:45 pm INTERMEDIATE & SENIOR	7:00-8:00 pm INTERMEDIATE & SENIOR	7:15-8:15 pm INTERMEDIATE & SENIOR	6:45-7:15 pm STROKING		2:30-3:15 pm INTERMEDIATE/ SENIOR	
7:45-8:30 pm SENIOR	8:00-9:00 pm INTERMEDIATE & SENIOR	8:15-9:15 pm SENIOR & ADULT	7:30-8:15 pm INTERMEDIATE & SENIOR		3:15-4:00 pm INT/SENIOR FREE SKATE No dance	
8:45-9:45 pm SENIOR & ADULT	9:15-10:45 pm SYNCHRO		8:15-9:00 pm SENIOR			
			9:15-10:45 pm SYNCHRO			

# Jimmie Condon Off Ice Sessions

Tuesday September 3, 2019 to Sunday June 21, 2020

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/INT Jaime-Lyn Jump Class	9:15-10:00 am HP, JUNIOR & INTERMEDIATE
5:20-6:05 pm JUNIOR PREP Flexibility Physical Literacy	5:20-6:05 pm JUNIOR PREP Flexibility Physical Literacy	5:20-6:05 pm JUNIOR PREP Jump	5:10-5:50 pm JR/INTERMEDIATE Jump		12:20 -1:05 pm GROUPSTAR Jump, Flexibility Physical Literacy	10:15-11:15 am Senior OFF ICE/SEMINAR Rotation Seminar scheduled for 1x month
6:10-6:55 pm HP, INTERMEDIATE & SENIOR Flexibility Physical Literacy	6:10-6:55 pm HP, INTERMEDIATE & SENIOR Flexibility Physical Literacy	6:15-7:00 pm HP, INTERMEDIATE & SENIOR Jump	5:55-6:40 pm HP, INTERMEDIATE & SENIOR Jump			
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 5:45-6:30 pm  ECTAS 6:00-6:50 pm	CanSkate 1:45-2:30 pm Winter only

## COP Ice Sessions

September 3, 2019 to June 21, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6:15-8:15 am & 6:45-7:45 am (To Challenge) Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & 6:45-7:45 am (To Challenge) Dance Teams	6:15-8:15 am Dance Teams	6:15-8:15 am & Dance Teams
6:30-8:00 am Stroking (6:30-7:00) FreeSkate (7-8 am)		6:30-8:00 am Stroking (6:30-7:00) FreeSkate (7-8 am)		6:30-8:00 am FreeSkate
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
<del>12:00-12:45 pm</del> FreeSkate	<del>12:00-12:45 pm</del> FreeSkate	<del>12:00-12:45 pm</del> FreeSkate	<del>12:00-12:45 pm</del> FreeSkate	<del>12:00-12:45 pm</del> FreeSkate
2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate	2:00-2:45 pm FreeSkate
3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate	3:00-3:45 pm FreeSkate
4:00-5:00 pm Int/Senior FreeSkate	4:00-4:45 pm Int/Senior FreeSkate	4:00-4:45 pm Jr/Intermediate FreeSkate	4:00-4:45 pm Int/Senior FreeSkate	
5:00-5:45 pm Jr/Intermediate FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	4:45-5:30 pm Int/Senior FreeSkate	
6:00-7:00 pm Int/Senior FreeSkate	5:45-6:45 pm Jr Prep/HP Groups	5:30-6:00 pm Stroking	5:45-6:45 pm Jr Prep/HP Groups	
		6:15-7:00 pm Int/Senior FreeSkate		

Morning and afternoon sessions at COP are not designated but are expected to be strong Pre Novice/Star 8 to Senior/Gold FreeSkate sessions. If you are Juvenile/Star 6 and would like to register for morning/afternoon ice (any session between 6:30 am to 3:45 pm), please contact the Director of Skating at [director@calalta.net](mailto:director@calalta.net) to check on availability.



## COP Off Ice Sessions

September 3, 2019 to June 21, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:50 pm Off Ice Spencer	4:45-5:30 pm Junior Prep/HP Off Ice	3:50-4:35 Dance (Ballet, Modern, Jazz rotation)	4:45-5:30 pm Junior Prep/HP Off Ice Natasha Taylor	
6:00-6:45 pm Off Ice Spencer	5:45-6:45 pm Off Ice PTC Strength and Conditioning		5:45-6:45 pm Off Ice PTC Strength and Conditioning	

## CanSkate: Fall Sessions

September to December 2019

- Session 1: Wednesday September 25, 2019 to December 11, 2019  
12 Wednesdays  
**5:30 pm to 6:15 pm**  
All sessions held at Jimmie Condon Arena (JCA)  
\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80
- Session 2: Friday September 20, 2019 to Friday December 13, 2019  
12 Fridays – no session on Friday October 11  
**6:15 pm to 7:00 pm**  
All sessions held at Jimmie Condon Arena (JCA)  
\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80
- Session 3: Saturday September 25, 2019 to Saturday December 14, 2019  
12 Saturdays – no session Saturday October 12  
**10:15 am to 11:00 am**  
All sessions held at Jimmie Condon Arena (JCA)  
\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80
- Session 4: Saturday September 25, 2019 to Saturday December 11, 2019  
12 Saturdays – no session Saturday October 12  
**4:15 pm to 5:00 pm**  
All sessions held at Jimmie Condon Arena (JCA)  
\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

## 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 21, 2019 to Saturday December 14, 2019

12 Saturdays – no session Saturday October 12

**9:30 am to 10:15 am**

All sessions held at Jimmie Condon Arena (JCA)

\$236 + GST + Annual Skate Canada Fee of \$45 = \$292.80

Tuesday September 3, 2019 to Tuesday December 17

16 Tuesdays

**4:15 pm to 5:15 pm**

All sessions held at Jimmie Condon Arena (JCA)

\$325.60 + GST + Annual Skate Canada Fee of \$45.00 = \$386.88

## 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](mailto:info@calalta.net) for more information.

**Explore FS:** 6 X 30 minute sessions with private coach

All sessions held at Jimmie Condon Arena (JCA)

\$225.00 + GST + Annual Skate Canada Fee of \$45.00 = \$281.25

## CanSkate: Winter Sessions

January to April 2020

Session 1: Friday January 10, 2020- to April 3, 2020

12 Fridays – no sessions on Friday Feb 14

**5:30 pm to 6:15 pm**

All sessions held at Jimmie Condon Arena (JCA)

\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

Session 2: **Introduction to Figure Skating** - Saturday January 11, 2020 to April 4, 2020

12 Saturdays – no sessions on Saturday Feb 15

**9:30 am to 10:15 am**

All sessions held at Jimmie Condon Arena (JCA)

\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

Session 3: Saturday January 11, 2020 to April 4, 2020  
 12 Saturdays – no sessions on Saturday Feb 15  
**10:15 am to 11:00 am**  
 All sessions held at Jimmie Condon Arena (JCA)  
 \$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

Session 4: Saturday January 11, 2020 to April 4, 2020  
 12 Saturdays – no sessions on Saturday Feb 15  
**4:15 pm to 5:00 pm**  
 All sessions held at Jimmie Condon Arena (JCA)  
 \$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

Session 5: Sunday January 12, 2020 to Saturday March 29 2020  
 11 Sundays  
**1:45 am to 2:30 pm**  
 All sessions held at Jimmie Condon Arena (JCA)  
 \$217.00 + GST + Annual Skate Canada Fee of \$45.00 = \$272.85

Session 6: Wednesday January 15, 2020 to Wednesday April 1, 2020  
 12 Wednesdays  
**5:30 pm to 6:15 pm**  
 All sessions held at Jimmie Condon Arena (JCA)  
 \$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

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

## **Power Skating – Fall and Winter Sessions**

**Power Skating 5:00-5:45 pm** is suitable for Timbits, Novice or first year Atom or Ringette equivalent.

Saturday September 21, 2019 to Saturday December 14, 2019

12 Saturdays - no session Sat Oct 12

5:00 pm to 5:45 pm

All sessions held at Jimmie Condon Arena (JCA)

\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

**Power Skating 5:45-6:30 pm** is suitable for 2nd Year Atom and Pee Wee players or Ringette equivalent.

Saturday September 21, 2019 to Saturday December 14, 2019

12 Saturdays - no session Sat Oct 12

5:45 pm to 6:30 pm

All sessions held at Jimmie Condon Arena (JCA)

\$236.00 + GST + Annual Skate Canada Fee of \$45.00 = \$292.80

**Power Skating 5:00-5:45 pm** is suitable for Timbit Players, Novice or first year Atom or Ringette equivalent

Saturday January 11, 2020 to Saturday March 21, 2020

10 Saturdays – no session Saturday February 15, 2020

5:00 pm to 5:45 pm

All sessions held at Jimmie Condon Arena (JCA)

\$200.00 + GST + Annual Skate Canada Fee of \$45.00 = \$255.00

**Power Skating 5:45-6:30 pm** is suitable for 2nd Year Novice, Atom and 1st Year Pee Wee players.

Saturday January 11, 2020 to Saturday March 21, 2020

10 Saturdays – no session Saturday February 15, 2020

5:45 pm to 6:30 pm

All sessions held at Jimmie Condon Arena (JCA)

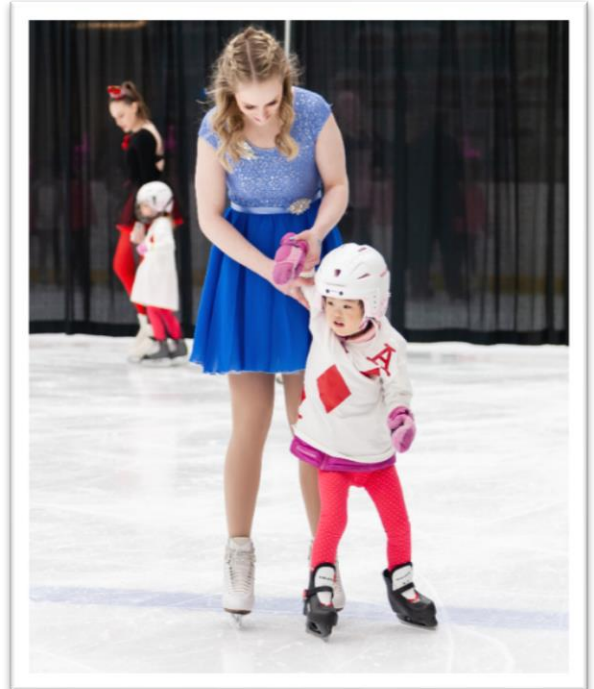
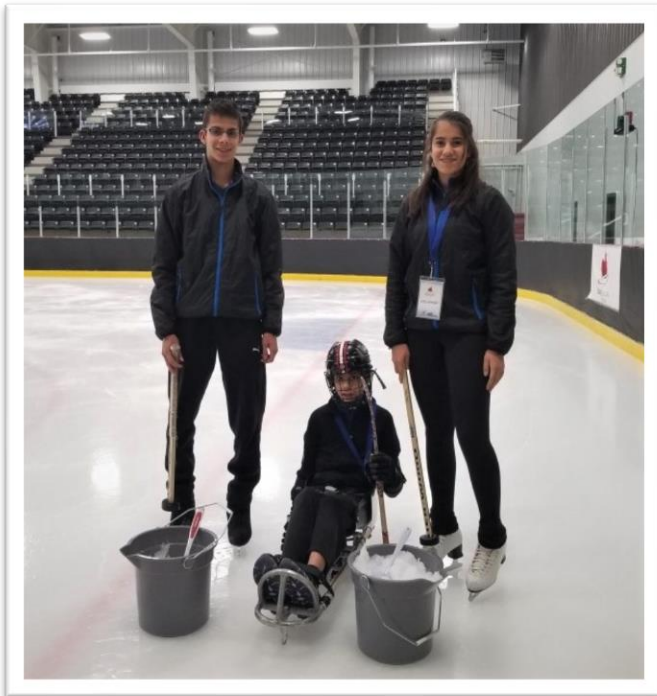
\$200.00 + GST + Annual Skate Canada Fee of \$45.00 = \$255.00

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](mailto: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 (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 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.

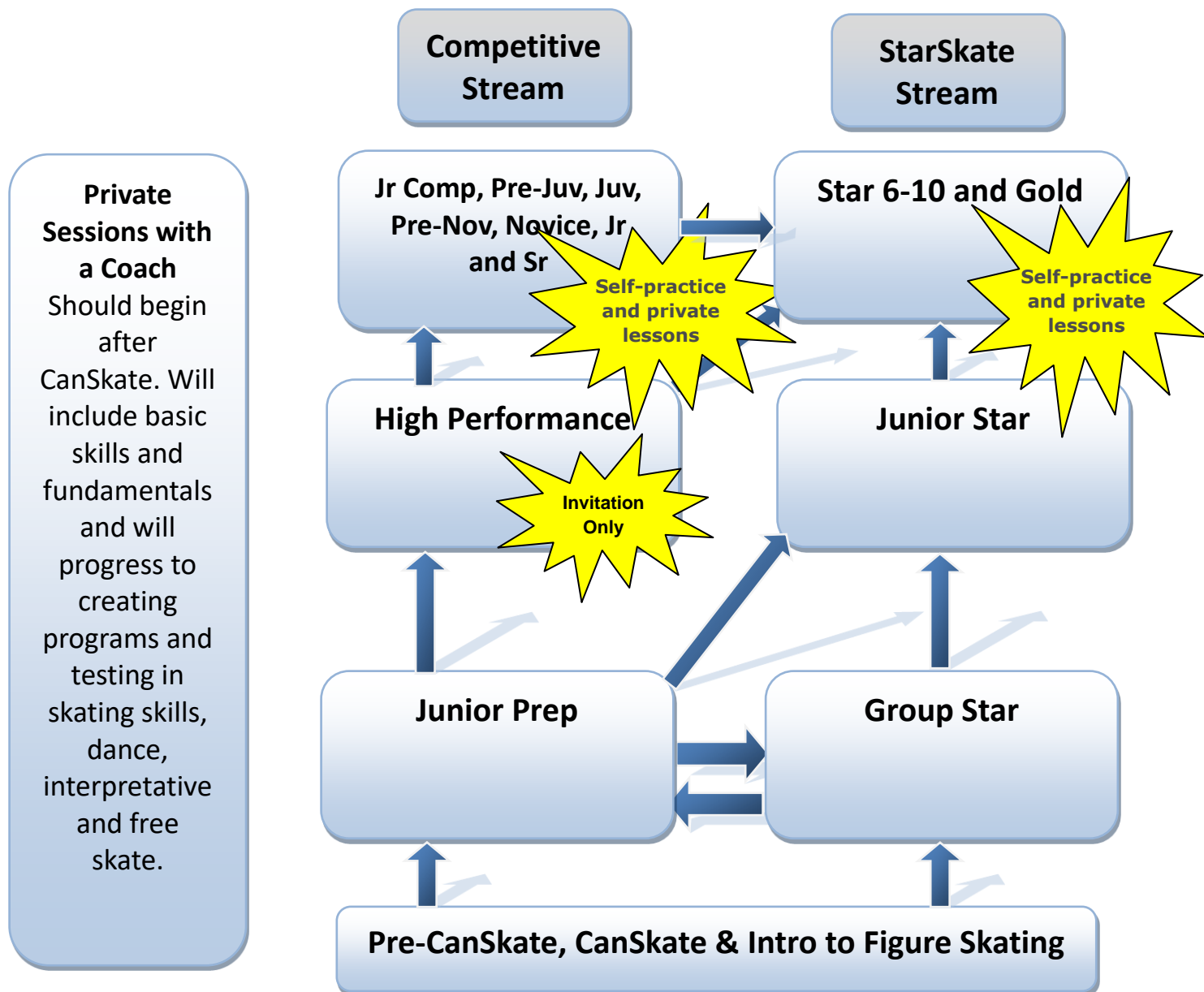
To learn more about what comes after CanSkate, check out this [link](#).

## Skating Progression at Calalta

Typically a child learns to skate in Pre-CanSkate or CanSkate (or an equivalent learn to skate program). 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 Session
<b>2</b>	<b>Total Days per Week Child is Skating</b>

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

### Competitions

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 2019-2020 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	CSp	Back Camel	BCSp	Pivot	Gliding turns
Loop	1L	Double		Spin		Flying Camel	FCSp	Spread Eagle	Turns on
Flip	1F	Toe	2T	Sit Spin	SSp			Ina Bauer	Patterns
									Full perimeter
									Stroking Fwd & Bwd

### Competitions

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 2019-2020 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

### Competitions

**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 2019-2020 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

#### Competitions

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 2019-2020 skating season.

3515 18th St SW Calgary Ph: 403-243-3663 ext 2 [www.psscalgary.com](http://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 fitting

## 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.

Offer valid until October 31, 2019. One per customer.

## 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, 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!

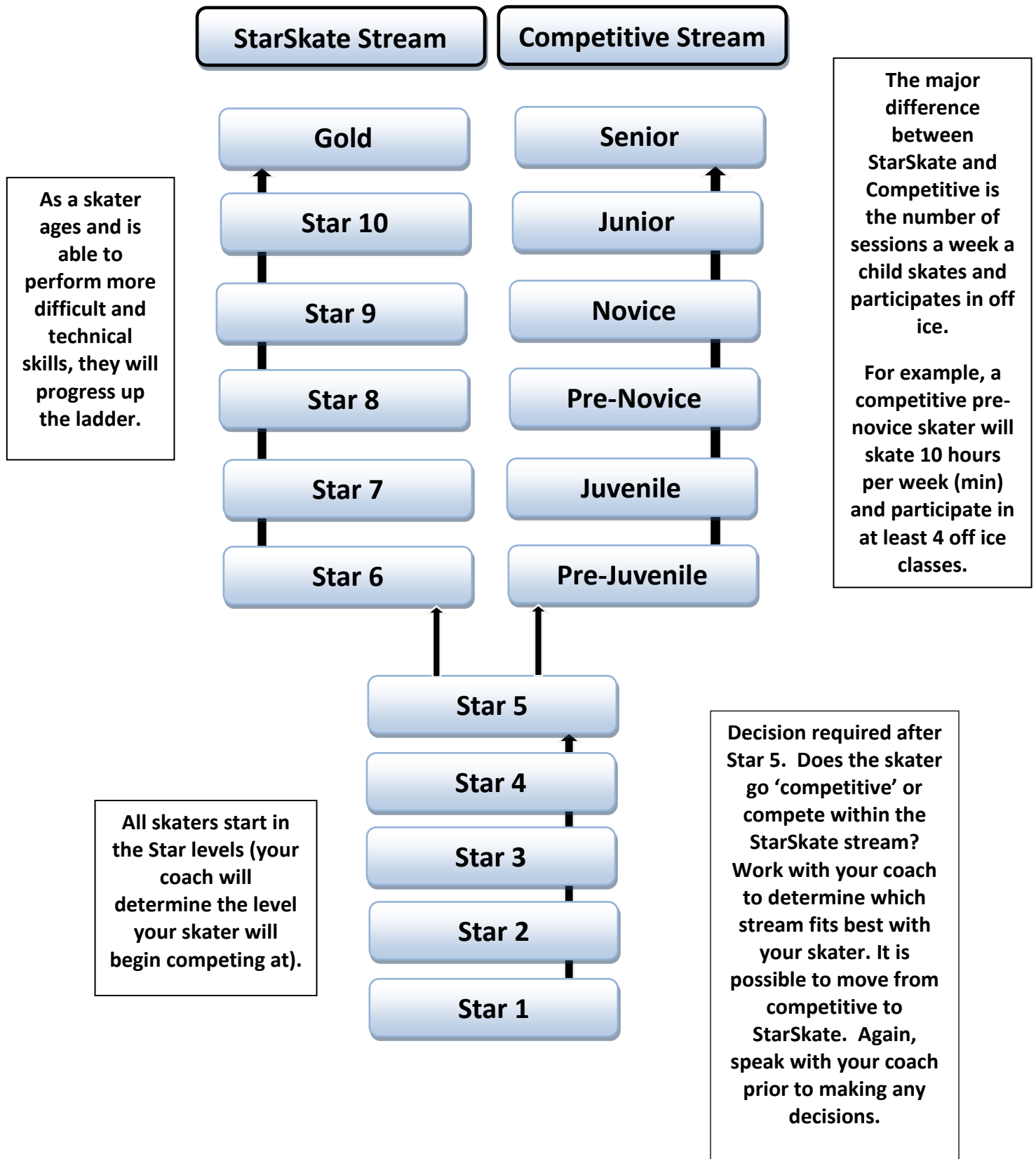
Check out <http://skateabnwtun.ca/skatingprograms/competitiveskate/> to read more about Competitive Skate.

## 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.

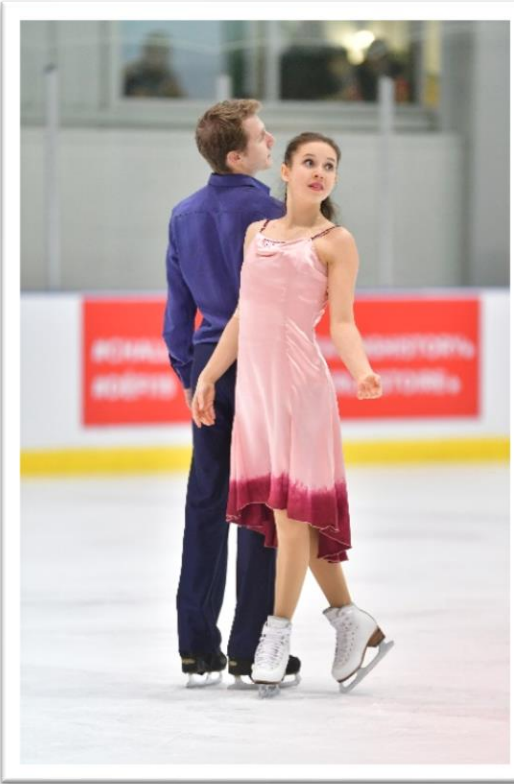
Once a skater has completed Star 5, a decision will need to be made whether the skater will ‘go competitive’ or remain on the StarSkate side. Both are competitive but the StarSkate side is not as intense and requires less of a time commitment.

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 invationals) as well as the StarSkate Championships held annually.

## Ice Dance Program



*Sophia & Kyle*

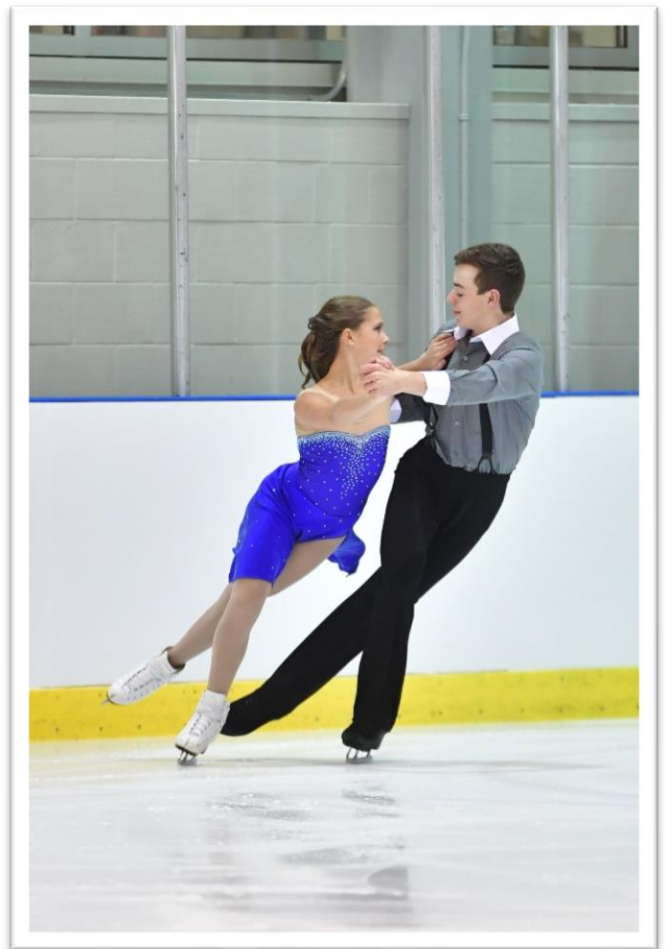
These athletes train year-round primarily in the morning at Winsport's COP facility, while maintaining their individual skating and off ice programming in the evenings and on weekends. The program is led by Kim Slopak-Weeks who with her team of coaches bring a wealth of experience and expertise to the 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](mailto: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 dances and free dances.



*Savanna and Kobi*



## Try Out Policy

Calalta fully supports skaters trying out for our Ice Dance programs. Our new policy allows a skater to try out for a one week period – Monday to Friday in the 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 Ice Dance;

If you are interested, the application form must be completed and approved by the respective coaches within 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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## 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 prefer a team environment 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](mailto:solsticesynchro@gmail.com) or



contact the office at [info@calalta.net](mailto:info@calalta.net) for more information or check out <http://skateabnwnun.ca/skatingprograms/synchroskate/>.



*Solstice Synchro Team*

## Competitions

Skate Canada holds many competitions – both for the StarSkate and CompetitiveSkate 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 or click here: <http://skateabnwnun.ca/2019-2020-season-competitions/>

## Off Ice Program

Off ice or dry land sessions are very important to a skater's success. What we have learned is that skating is not just about the hours on the ice and learning a new jump or spin, it is about taking the time to understand and learn how to move correctly to prevent injury; it is about being calm, focused and knowing how to relax and because we are dealing with kids, it is about having fun! Our programs for the 2019-2020 season will include fitness, jump classes, gymnastics and flexibility classes.

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 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 Jamie Bunka.

## Testing/Assessments

As skaters progress, their coach will be introducing them to various skating tests/assessments 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/assessments and which tests they will be taking.**

## Test/Assessment Schedules

### High Tests (STAR 6 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/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 \$18 for Calalta members for tests assessed by coach- **payable by cheque or cash on test day.**

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

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

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

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. Artistic

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.

### Star 1 – 5 Tests

Level	Dance	Skills	Free Skate		Artistic
Star 1	Elements	FWD edges FWD 3-turns FI-MoH turn sequence Stroking FWD spiral circles Choice of Field moves	Elements	Program	
			Waltz jump Single salchow Single toe loop FWD upright spin BWD upright spin	No program	
Star 2	Dutch waltz – 2A 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	Baby Blues – 3A	Stroking Spiral circles Choice of field moves: (BWD 1-foot glide, spread eagle, spiral or Ina Bauer)	Single flip Single lutz jump Waltz + single loop combo Single loop/loop combo BWD upright spin BWD sit spin Camel/ sit spin combo	Star 3 program	
Star 4	Swing dance – 4A Fiesta tango – 4B	FWD and BWD Bracket Double threes BWD circle on circle FWD change of edge	Single lutz Single axel Single flip/ toe loop combo BWD camel spin Change foot sit spin Combo spin (2 position changes) Flying camel spin/flying sit spin	Star 4 program *must attempt axel	

<b>Star 5</b>	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 Flying camel or sit spin	Star 5 program *must land axel	STAR 5 Artistic
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## STAR 6 – Gold Equivalence by Discipline

Skills		
Skating Skills Equivalency (current status)	STAR 6 - Gold	Next step
Senior Bronze	STAR 6 Skills	STAR 7 Skills
Junior Silver	STAR 8 Skills	STAR 9 Skills
Senior Silver	STAR 10 Skills	Gold Skills
Gold	Gold Skills	NA

FreeSkate		
Freeskate Equivalency (current status)	STAR 6 - Gold	Next step
Senior Bronze Elements	STAR 6 Elements	STAR 7 Elements
Senior Bronze Program	STAR 6 Program	STAR 7 Program
Junior Silver Elements	STAR 8 Elements	STAR 9 Elements
Junior Silver Program	STAR 8 Program	STAR 9 Program
Senior Silver Elements	STAR 9 Elements	STAR 10 Elements
Senior Silver Program	STAR 10 Program	Gold Program
Gold Elements	NA	NA
Gold Program	Gold Program	NA
*To achieve the Gold Freeskate Assessment, the skater must have completed STAR 10 Freeskate Elements in addition to the Gold Program.		

Artistic		
Interpretive Equivalency (current status)	STAR 5 - Gold	Next Step
Introductory Interpretive	STAR 5 Artistic	STAR 7 Artistic
Bronze Interpretive	STAR 7 Artistic	STAR 9 Artistic
Silver Interpretive	STAR 9 Artistic	Gold Artistic
Gold Interpretive	Gold Artistic	NA

Dance		
Dance Equivalency (Full level completed) (current status)		
	STAR 6 - Gold	Next Step
Senior Bronze	STAR 6A - Ten-Fox	STAR 7 Dances
	STAR 6B - European Waltz	
	STAR 6C - Fourteenstep	
Junior Silver	STAR 7A - Foxtrot	STAR 8 Dances
	STAR 7B - Tango	
	STAR 7C - American Waltz	
	STAR 8B - Rocker Foxtrot	
Senior Silver	STAR 8A - Kilian	STAR 10 Dances
	STAR 8C - Starlight Waltz	
	STAR 9A - Paso Doble	
	STAR 9B - Blues	
	STAR 9C - Silver Samba	
Gold	STAR 10 A - Cha Cha Congelado	NA
	STAR 10B - Westminster Waltz	
	STAR 10C - Quickstep	
	Gold A - Viennese Waltz	
	Gold B - Argentine Tango	
	Gold C - Gold Rhythm Dance	
<p>*Skaters who have not completed a full dance level will proceed through the remaining dances from where they are currently.</p> <p>Example: Skater has completed full Junior Silver plus Kilian; this skater would move to remaining STAR 8 and STAR 9 dances.</p>		

Current Status	Dance	Freeskate	Skills	Artistic	NEXT STEPS
<b>Sr. Bronze</b>	STAR 6 Dance				
Ten-Fox	STAR 6A - Ten-Fox				STAR 7 Dances
European Waltz	STAR 6B - European Waltz				
Fourteenstep	STAR 6C - Fourteenstep				
FS Elements		STAR 6 Elements			STAR 7 Elements
FS Program		STAR 6 Program			STAR 7 Program
Skating Skills			STAR 6 Skills		STAR 7 Skills
Intro. Interpretive				STAR 5 Artistic	STAR 7 Artistic
<b>Jr. Silver</b>	STAR 7 Dance				
Foxtrot	STAR 7A - Foxtrot				STAR 8 Dances
Tango	STAR 7B - Tango				
American Waltz	STAR 7C - American Waltz				
Rocker Foxtrot	STAR 8B - Rocker Foxtrot				
FS Elements		STAR 8 Elements			STAR 9 Elements
FS Program		STAR 8 Program			STAR 9 Program
Skating Skills			STAR 8 Skills		STAR 9 Skills
Bronze Interpretive				STAR 7 Artistic	STAR 9 Artistic
<b>Sr. Silver</b>	STAR 9 Dance				
Kilian	STAR 8A - Kilian				STAR 10 Dances
Starlight Waltz	STAR 8C - Starlight Waltz				
Paso Doble	STAR 9A - Paso Doble				
Blues	STAR 9B - Blues				
Silver Samba*	STAR 9C - Silver Samba				
FS Elements		STAR 9 Elements			STAR 10 Elements
FS Program		STAR 10 Program			Gold Program
Skating Skills			STAR 10 Skills		Gold Skills
Silver Interpretive				STAR 9 Artistic	Gold Artistic

<b>GOLD</b>	Gold Dance				
Cha Cha Congelado*	STAR 10A - Cha Cha Congelado				N A
Westminster Waltz	STAR 10B - Westminster Waltz				
Quickstep	STAR 10C - Quickstep				
Viennese Waltz	Gold A - Viennese Waltz				
Argentine Tango	Gold B - Argentine Tango				
	Gold C - Gold Rhythm Dance				
FS Elements		NA			
FS Program		Gold Program			N A
Skating Skills			Gold Skills		N A
Gold Interpretive				Gold	N A



## The Value of a Coach....

If your child moves onto the group programs such as Junior Prep, StarSkate, GroupStar or High Performance Development, a coach is required.

A coach will create a yearly plan for the skater which will start with the basic skills and fundamentals and will eventually progress to include choreography of competition programs and tests in skating skills, dance and free skate.

The coaches' primary role is to determine the course of these events based upon how the child is progressing. The role of the parent changes to a support role for the child.

The cost of a coach varies depending upon their qualifications. Typically they can charge anywhere from \$10.00 to \$20.00 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 \$18 (members) and \$20 (non-members) for a 60 minute session. 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 for the right session. Some sessions are for intermediate or senior skaters while others are deemed junior. If you have questions, the rink chairperson (in the music room) 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](mailto:info@calalta.net) and they will work with you directly to help find the right coach for your child.

**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](mailto: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?



*Coach Nicole and one of her students*

**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?**

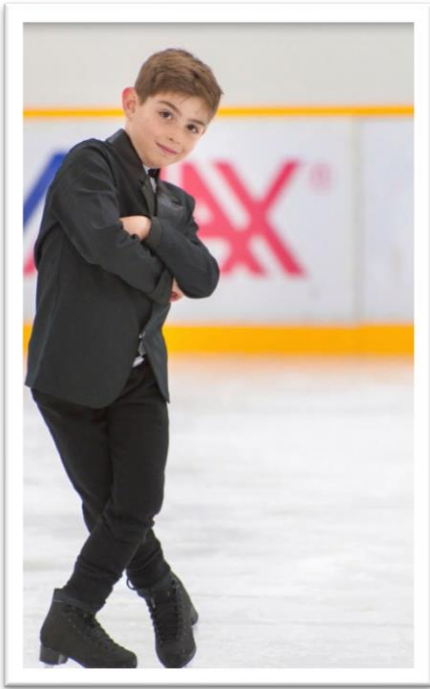
**A:** Before or after the lesson with the coach, the skater is expected to warm up and practice what they have learned to date. The more practice your skater gets, the more progress they will make.

**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. Jimmie Condon Arena is unique in that it does not have glass that separates the skater from the parents watching.



Ryan

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 three 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.

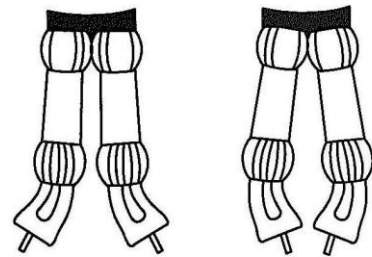
To protect the skate blades, **hard skate guards** should be worn in areas that are not protected by rubber mats. At the end of every skating session, the blades should be wiped with a dry cloth to prevent rusting. Please ensure that all skates are sharpened regularly at least twice a season. If you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

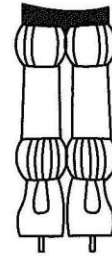


Poorly Equipped Skater

## 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.



Properly Equipped Skater

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

## Skating Dress Code

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

### CanSkate & Pre-CanSkate:

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

### For all other skaters:

- Skating dresses with appropriate tights; or
- Comfortable fitted jacket and fitted sports leggings;
- 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, Toms, Uggs, boots or flip flops. Ensure they have footwear that provides

the proper support for their feet. The instructor may ask them to sit out if they do not have the proper footwear.

## Club Apparel

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

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



*Skaters in their Club Jackets*

## 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.

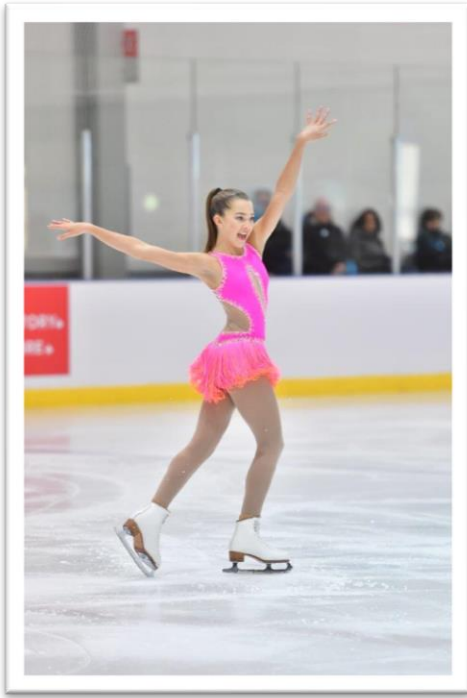
### Code of Conduct

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;



- All skaters are to display good sportsmanship and encourage all skaters' enjoyment of skating;



Maja

- 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.**



2019-2020 Pick Up 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	\$9.00	30 minutes On Ice	\$10.00
45 minutes On Ice	\$14.00	45 minutes On Ice	\$15.00
60 minutes On Ice	\$18.00	60 minutes On Ice	\$20.00
10 Session Pass of 45 min	\$140.00	10 Session Pass of 45 min	\$150.00
10 Session Pass of 60 min	\$180.00	10 Session Pass of 60 min	\$200.00
Stroking			
30 minutes	\$14.00	30 minutes	\$15.00
60 minutes	\$25.00	60 minutes	\$30.00
Off Ice Jimmie Condon/COP Non PTC		Off Ice PTC/Pilates/Ballet at COP	
Members		Members	
60 minute session	\$18.00	60 minute session	\$22.00
45 minute session	\$14.00		
30 minute session	\$9.00		
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:**

- 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](mailto: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, email the office at [info@calalta.net](mailto:info@calalta.net)



*Calgary Ice Dancers*

## 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](mailto: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](mailto: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 **10 hours per skater** or **12 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, 2020 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.



## Volunteer Positions

- **Test/Assessment Days:** Opportunities include ice captains, music player, announcer, hospitality, runners; Held 4 times a year and last 2-3 days each.
- **2020 Sectionals 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 November 2019
- **Year End Carnival:** Security, costumes, silent auction, advertising, signage, hospitality, ticket sales, music, back stage operations, flowers, etc; Held in April 2020
- **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 2020



- **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 June 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 10-12 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:** April 11, 2020

**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.

*Adventure in Arenaland 2019 Carnival*

### Celebration of Skating Event

**Date:** Saturday June 6, 2020

## Venue: Strathcona Community Center



*Photo Booth at the 2019 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 June 6, 2020 so mark your calendars now! More information will be sent as we get closer to the date.

## Annual Spring Event

**Date: Sunday June 21, 2020**

**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!



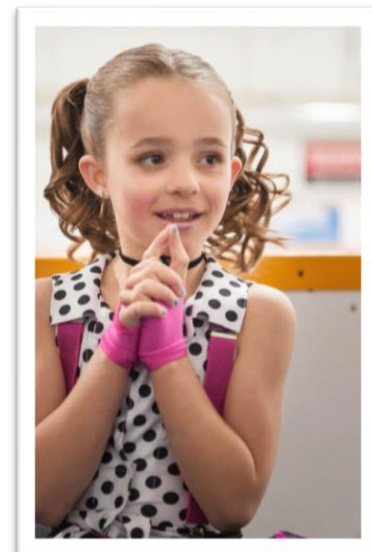


## Have a Question?

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](mailto:info@calalta.net) or phone 403-245-2425.

**Happy Skating!**



## Important Dates for 2019-2020 Season for JCA and COP

September 2019	
<b>Tue Sept 3</b>	Welcome back everyone!
<b>Tue Sep 10</b>	COP 4:45-5:30 pm JP/HP Off Ice Cancelled COP 5:45-6:45 pm Jr Prep/HP Cancelled
<b>Sat Sep 14</b>	PA Training JCA 4:00-4:30 Off ice, 4:45-5:45 Ice, 5:45-6:15 off ice
<b>Thu Sept 19</b>	COP 4:00-4:45 pm Ice Cancelled COP 4:45-5:30 pm Ice Cancelled 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>Fri Sept 20</b>	JCA 6:15-7:00 pm CanSkate begins (12 sessions) ends Dec 13
<b>Sat Sept 21</b>	JCA CanSkate, Intro to FS and Power Skating begins Intro to FS 9:30-10:15 am CanSkate 10:15-11:00 am, 4:15-5:00 pm Power Skating 5:00-5:45 & 5:45-6:30 pm (12 sessions) ends Dec 14 No Class Oct 12
<b>Wed Sept 25</b>	JCA Canskate begins – 5:30- 6:15 pm (12 sessions) ends Dec 11
<b>Fri Sept 27</b>	<b>Fall Competitive Competition begins in Okotoks</b> <b>Good luck Calalta skaters!</b>
October 2019	
<b>Mon Oct 14</b>	Thanksgiving! COP: All ice and off ice sessions running at COP JCA: No ice or off ice sessions running at JCA
<b>Tue Oct 22</b>	COP 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>Wed Oct 23</b>	COP 6:15-7:00 pm Cancelled
<b>Thu Oct 24</b>	COP 2:00-2:45 pm, 3:00-3:45 pm, 4:00-4:45 pm, 4:45-5:30 pm all cancelled COP 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>Fri Oct 25</b>	COP 2:00-2:45 pm, 3:00-3:45 pm Int/Senior FreeSkate cancelled

<b>Thur Oct 31</b>	COP 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>Thur Oct 31 – Sun Nov 3</b>	<b>Skate AB/NWT/NUN Sectional Championships begins in Calgary</b> <b>Good luck skaters!</b>
<b>November 2019</b>	
<b>Fri Nov 1</b>	COP Dance 6:15-8:15 & 8:30-9:45 Moved to Springbank COP - No sessions at COP
<b>Sun Nov 3</b>	JCA No Stroking or off ice classes. Skating sessions still running
<b>Thu Nov 7</b>	COP – No afternoon and evening ice or off ice (only Dance Teams in the morning are running)
<b>Fri Nov 8</b>	COP Dance 6:15-8:15 & 8:30-9:45 Moved to Springbank COP - No sessions at COP
<b>Mon Nov 11</b>	JCA – No sessions running – Remembrance Day COP - Dance 6:15-8:15 & 8:30-9:45 COP No singles ice or off ice sessions running
<b>Fri Nov 15</b>	COP Dance 6:15-8:15 & 8:30-9:45 Moved to Springbank COP - No sessions at COP
<b>Nov 18, 19, 20</b>	JCA Test days – Stay tuned for changes to ice and off ice schedules at JCA
<b>Fri Nov 22</b>	COP Dance 6:15-8:15 & 8:30-9:45 Moved to Springbank COP - No sessions at COP <b>Edmonton Region StarSkate Invitational begins in St Albert</b> <b>Good luck skaters!</b>
<b>Mon Nov 25</b>	<b>Skate Canada Challenge begins in Edmonton!</b> <b>Good luck skaters!</b>
<b>December 2019</b>	
<b>Mon Dec 2</b>	COP- No 6:00-7:00 pm session
<b>Fri Dec 6</b>	<b>Calgary Region StarSkate Invitational begins in Cochrane</b> <b>Good luck Calalta skaters!</b>
<b>Mon Dec 9</b>	COP- No 6:00-7:00 pm session
<b>Wed Dec 11</b>	Last day of Wed CanSkate
<b>Fri Dec 13</b>	Last day of Fri Canskate
<b>Sat Dec 14</b>	Last day of Sat CanSkate, Intro to FS & Power Skating
<b>Fri Dec 20</b>	Last day of skating - return Sun Jan 5
<b>Sat Dec 21</b>	Special Event TBD
<b>Dec 22-Jan 4</b>	Christmas Pick Up Ice - schedule TBD
<b>January 2020</b>	
<b>Sun Jan 5</b>	JCA-Skating and off ice starts
<b>Mon Jan 6</b>	COP-Skating and off ice starts
<b>Fri Jan 10</b>	CanSkate begins 6:15 pm (12 sessions and no class Feb 14) and last class April 3
<b>Sat Jan 11</b>	CanSkate/Intro to FS begins 9:30 am, 10:15 am & 4:15 pm (12 sessions and no class Feb 16) and last class April 6 Power Skating begins (10 sessions and no class Feb 15 and last class March 21)
<b>Sun Jan 12</b>	CanSkate begins at 1:45 pm (11 sessions) and last class is March 29
<b>Wed Jan 15</b>	CanSkate begins 5:30 – 6:15 pm (12 classes) and last class April 1
<b>Jan 12 – Jan 18</b>	<b>Canadians – Good luck Calalta skaters!</b>
<b>Mon-Fri (Jan 13-17)</b>	COP-No Dance 8:30-9:45 am
<b>Mon-Fri (Jan 20-24)</b>	COP-No Dance 8:30-9:45 am
<b>Wed Jan 22</b>	COP-No 6:30 – 8:00 am, 8:30 – 9:45 am, 2:00-2:45 pm all cancelled
<b>Jan 24-26</b>	<b>Mountain Regional Synchronized Skating Championships – Richmond BC- Good luck Calalta skaters!</b>

<b>Thu Jan 30</b>	COP – 4:00-4:45 pm, 4:45-5:30 pm cancelled COP 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>February 2020</b>	
<b>Feb 7-9</b>	<b>Central Region SSI Sylvan Lake – Good luck Calalta skaters!</b>
<b>Feb 10, 11, 12</b>	JCA test day
<b>Tue Feb 11</b>	COP 4:45-5:30 pm Off Ice JP/HP Cancelled COP 5:45-6:45 pm JP/HP Ice Cancelled
<b>Wed Feb 12</b>	COP – No 6:15 – 7:00 pm Int/Senior FreeSkate Session
<b>Feb 14-16</b>	<b>Alberta Winter Games – Airdrie- Good luck Calalta skaters!</b>
<b>Mon Feb 17</b>	COP & JCA No sessions. Happy Family Day
<b>Wed Feb 19</b>	COP – No 6:15 – 7:00 pm Int/Senior FreeSkate Session
<b>Feb 21-23</b>	<b>Skate Canada Synchronized Skating Championships – Waterloo, ON – Good luck Calalta skaters!</b>
<b>Feb 28-Mar 1</b>	<b>Calgary Winter Invitation – Airdrie- Good luck Calalta skaters!</b>
<b>March 2019</b>	
<b>Tue Mar 4</b>	COP – No 6:15 – 7:00 pm Int/Senior FreeSkate session
<b>Mar 6-8</b>	<b>South SSI -Lethbridge - Good luck Calalta skaters!</b>
<b>Mar 13-15</b>	<b>Synchronized Skating Invitational – Carstairs, AB – Good luck Calalta skaters!</b>
<b>Mar 20-22</b>	<b>StarSkate and Adult Championships – Edmonton – Good luck Calalta Skaters!</b>
<b>Sat Mar 21</b>	Last day of Power Skating
<b>Sun Mar 29</b>	Last day of Sunday CanSkate
<b>April 2019</b>	
<b>Wed Apr 1</b>	Last day of Wednesday CanSkate
<b>Fri Apr 3</b>	Last day of Friday CanSkate
<b>Sat Apr 4</b>	Last day of Saturday CanSkate and Intro to FS
<b>Apr 6, 7, 8</b>	JCA test day
<b>Fri Apr 10</b>	COP Only 6:30-8:00 am session running at COP JCA No sessions - Good Friday
<b>Sat Apr 11</b>	Calalta Ice show at COP – starts at 2:00 pm
<b>Sat Apr 11</b>	Pick up ice JCA TBD
<b>Sun Apr 12</b>	JCA – No sessions – Easter Sunday
<b>Fri April 17-19</b>	<b>Sunsational begins in Edmonton!</b> <b>Good luck Calalta skaters!</b>
<b>Sun Apr 19 to May 3</b>	COP & JCA No sessions - Skating Break
<b>May 2020</b>	
<b>Mon May 4</b>	COP & JCA All sessions resume
<b>Fri May 15 to Mon May 18</b>	COP & JCA No sessions – May Long Weekend
<b>June 2019</b>	
<b>Sat Jun 6</b>	<b>Celebration of Skating Dinner and Dance – Strathcona Community Hall</b>
<b>Jun 15, 16, 17</b>	JCA Test Day TBD
<b>Sat Jun 20</b>	Last day of regular skating
<b>Sun Jun 21</b>	<b>Spring Event! Fun for the whole club!</b>
<b>Tue June 30</b>	Summer School begins!

Please note that the above dates may change – please contact the office at [info@calalta.net](mailto:info@calalta.net)

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 8, 15, 22 - No Sessions on September 29

Sessions running October 6, 13, 20, 27

Sessions running November 10, 17, 24 - No Sessions on November 3

Sessions running December 1, 15 - No Sessions on December 8, 22 & 29

Sessions running January 5, 12, 19, 26

Sessions running February 2, 9, 23 - No Sessions February 16

Sessions running March 8, 15, 22, 29 - No Sessions on March 1

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

Sessions running May 10, 24, 31 - No Sessions May 3 & 17

Sessions running June 7, 14, 21

Season ends Sunday after June 21



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