

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 a former Olympian, World Champion, Cruise ship and "Disney on Ice" professionals and a "Stars on Ice" choreographer.

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 combined with quality, creativity and a strong technical standard. It is our goal to provide programs, coaching and activity 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** to show off your skating achievements!

Important Email Addresses

Administration: Natalie and Dianne	info@calalta.net
Director of Skating: Tyler Myles	director@calalta.net
Director of Group Programs: Jaime-Lyn Jackson	calaltagroupprogramsdirector@gmail.com
President: Diana Peters	president@calalta.net

On our Cover: Mia Saunders and William Oddson are the Bronze Medallists at the 2020 Canadian Tire National Skating Championships

Table of Contents

About Us	1
Contact Information	1
Table of Contents	2
Board of Directors	4
Programs at Calalta	4
Pre-CanSkate Group Program or Parent & Tot.....	5
CanSkate Group Program.....	5
Inclusive Skating.....	5
.....	5
What Comes After CanSkate?.....	6
Pre-Star Performance (PSP)	6
Explore Figure Skating.....	6
Power Skating	6
GroupStarSkate Program	8
Prestige Performance Bronze, Silver and Gold Program	10
Star Program 1 through 5	10
What Happens After Star 5?	11
Going Competitive?	11
Staying in StarSkate?.....	11
Levels in Competitions.....	12
The Disciplines of Figure Skating	12
Starskate and Competitve Program	13
Try Out Policy.....	14
Synchro	15
Competitions.....	Error! Bookmark not defined.
Competition Grid	Error! Bookmark not defined.
Off Ice Program	16
Testing/Assessments	16
Test/Assessment Schedules.....	17
What to do on Test/Assessment Day?.....	17
Skating Tests	18
The Value of a Coach.....	20
FAQs on Coaching.....	20
Skating Equipment	23

Skates	23
Skate Sharpening.....	24
Helmets	24
Skating Dress Code.....	24
Club Apparel.....	25
Security	25
Lost & Found	25
Club Policies	26
Liability	26
Code of Conduct.....	26
Refund Policy.....	27
Missed Ice Policy	27
Skating Etiquette	29
Important Links	30
Volunteer Requirements.....	31
Volunteer Positions.....	31
Calalta Sponsored Events.....	32
Annual Ice Show	32
Celebration of Skating Event.....	Error! Bookmark not defined.
Annual Spring Event	33
Have a Question?.....	33

2021-2022 Board of Directors

Executive* and Board Members			
President*	Diana Peters	Public Relations Director	Rose Mastaller
Past President*	Vacant	Health & Safety Director	Tamara-lynn Falconer
Vice President*	Vacant	Fundraising	Vacant
Secretary*	Britt Gudmundson	Coaches Representative	Nicole Grenon
Treasurer*	Terra-Lee Behiel	Director	Janine Heiderich
Test Chair	Gayle Stobie	Director	Michele Whelan
Director	Dayle Drummond		

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



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 or Parent & Tot

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

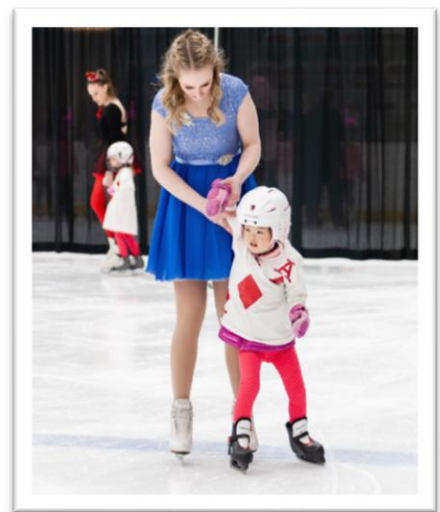
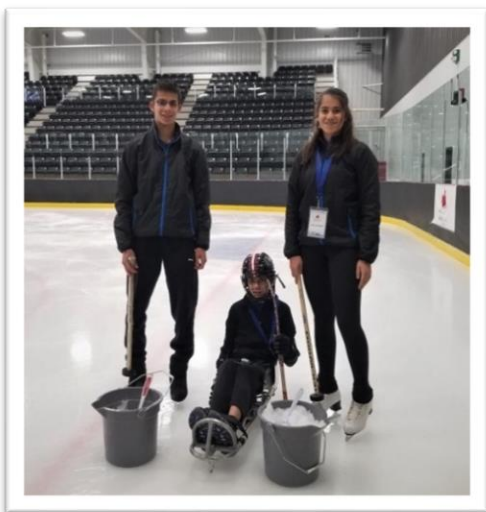
The CanSkate program teaches skaters aged 4 and up the foundations of ice-skating. Skaters will learn key skills that will form the basis for excelling at all ice sports such as figure skating, hockey, ringette and speed skating. Skaters are immersed in a positive and fun environment where they constantly 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.

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



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](#).

Pre-Star Performance (PSP)

The Pre-Star Performance Skating group program is suited for skaters who are in Stage 4 or higher in CanSkate and who wish to continue in group lessons. (Group lessons are those lessons that are fully coached and have more than 6 skaters in them.)

- If your skater would like to pursue their skating tests in skills and dance, they will be required to book ice on a FreeSkate/Junior session;
- Hiring a coach is required at this level if you want book a FreeSkate/Junior session. Please email Jaime-Lyn at calaltagroupprogramsdirector@gmail.com if you require assistance in finding a coach that fits your schedule and budget.
- Typical age range: 5-10 years of age
- **This program is a learn to figure skate level**, which is less intense and a shorter time commitment than Prestige Performance. A proper fitted pair of figure skates is mandatory ***Please ask Jaime-Lyn or another Figure skating coach about skates before purchasing***

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 X 30 minute sessions with private coach
All sessions held at Jimmie Condon Arena (JCA)
\$245.00 + Annual Skate Canada Fee of \$43.65

Power Skating

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

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

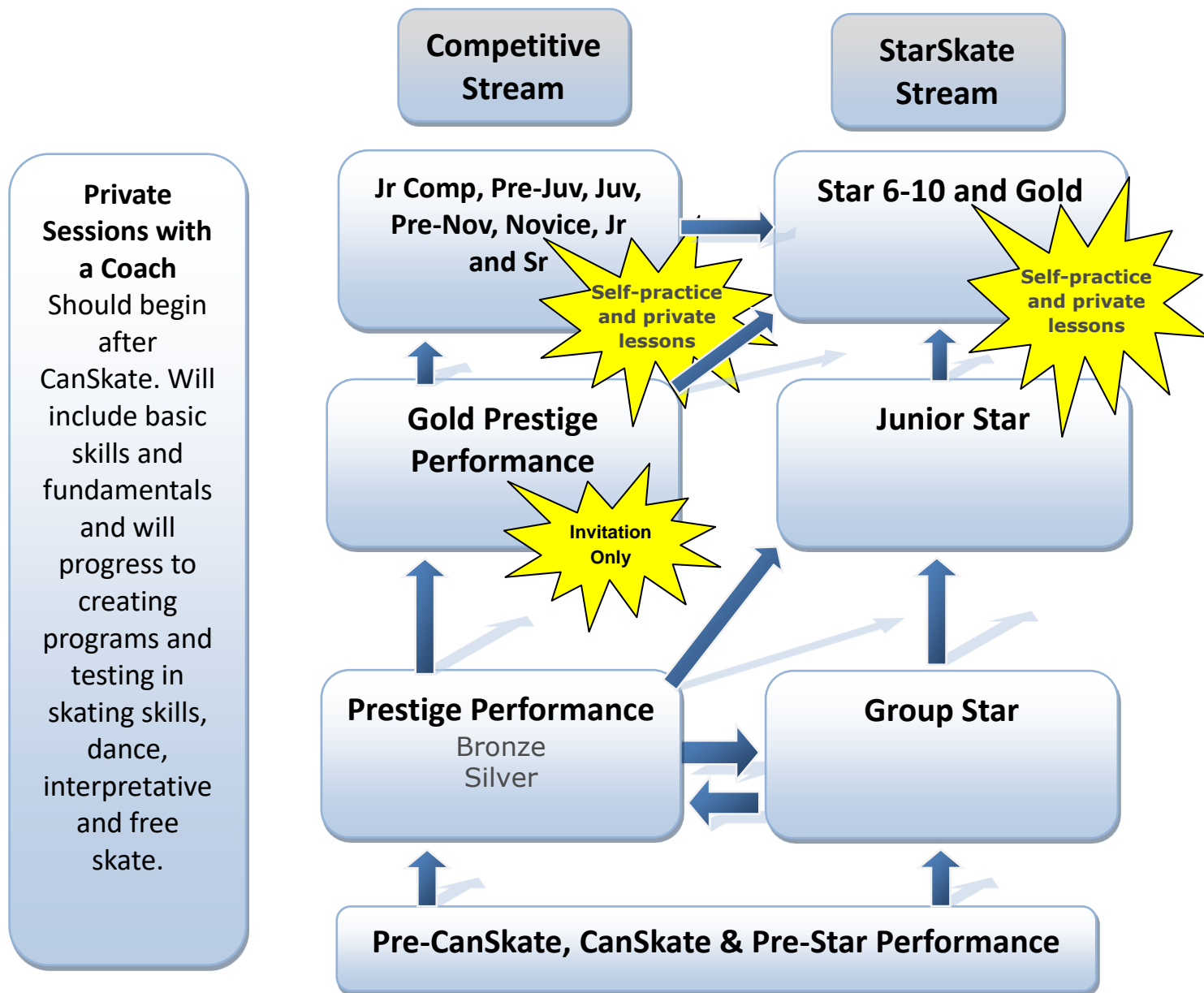


Skating Progression at Calalta

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

- **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.





GroupStarSkate Program

- The Group Star program is suited for skaters that have successfully completed the CanSkate program (level 5 or higher or Pre-Star Performance) and wish to continue in group lessons;
- This program will offer the skater the opportunity to begin their tests in skills and dance;
- Hiring a coach is required at this level;
- Age Range: 6 - 12 years of age;

GroupStarSkate Details

Time Commitment Per Week

- | | |
|----------|---|
| 1 | Weekly On-Ice Group Session |
| 1 | Weekly Off-Ice Session |
| 1 | FreeSkate Session |
| <hr/> | |
| 2 | Total Days per Week Child is Skating |

Group Star Program						
Jumps		Spins		Skills		Dance
Waltz	1W	Upright Spin	USp	Fwd and Bwd three-	Spiral circles	Fwds Progressives
Salchow	1S	Back Spin	BUSp	turns	1 foot sit glide	Fwds Chasses
Toe Loop	1T	Camel Spin	CSp	Fwd and Bwd Inside	Inside Spread Eagle	Fwds Slide Chasses
Loop	1L	Sit Spin-	SSP	and Outside Edges	Inside Ina Bauer	Fwds Outside Swing
Flip	1F	Front and back		Fwd and Bwd	Y Spiral	Rolls
Lutz	1Lz			Mohawks		Fwds Outside Cross
Axel	1A					Rolls

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 skating season.

Bronze Prestige Performance

- The Bronze Prestige performance program is best suited for skaters who have completed Pre-Star Performance and are ready to enter the Star stream. *Age Range: 5-7 years of age*
- Hiring a coach is required at this level;

Bronze Prestige Performance

Time Commitment Per Week

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

2 Total Days per Week Child is Skating

Bronze Prestige Program-Focus on Star 1-2 test Elements in all disciplines						
Jumps		Spins		Skills		Dance Step Elements
Waltz	1W	Upright Spin	USp	Fwd three-turns	Spiral circles	Fwds Progressives
Salchow	1S	Back Spin	BUSp	Inside Mohawks	1 foot	Fwds Chasses
Toe Loop	1T	Sit Spin	SSp	(sequence)	sit glide	Fwds Slide Chasses
Loop	1L	Camel spin	CSp	Fwd Inside and	Inside Spread	Fwds Outside Swing Rolls
Flip	1F	Change foot	CUSp	Outside Edges	Eagle	Fwds Outside Cross Rolls
Waltz+toe		upright spin		Stroking Circles (X and O)	Inside Ina Bauer	

Silver Prestige Performance

- The Silver Prestige performance program is best suited for skaters who are competing and testing at the Star 2-3 levels- *Age Range: 6-8 years of age*
- Hiring a coach is required at this level

Silver Prestige Performance

Time Commitment Per Week

2 Weekly On-Ice Group Sessions

1 Weekly Off-Ice Group Session

2 FreeSkate Sessions

2-3 Total Days per Week Child is Skating

Silver Prestige Performance Program- Star 3-4 test focus all disciplines					
Freestyle			Skills		Dance
1 Flip	1F	Backspin	BUSp	Skills Ex-Power	Bwd Progressives
1 Lutz	1Lz	Back sit spin	BSSp	Fwds Spiral Circles	Bwds Chasses
1 Axel	1A	Camel Sit	COSP	Bwds 1 foot sit glide	Bwd Swing Roll Sequence
Waltz+1 Loop	1W+1Lo	Combination		Spread Eagle	FIO Open Mohawk
1 Loop+1 Loop	1Lo+1Lo	Back Camel Spin	BCSp	Y Spiral	RFO cross roll, cross behind
1Flip +1 Toe	1F+1T	Change foot Sit Spin	CSSp	Ina Bauer	Fwd Outside 3 turn/bwd outside edge
		Flying Camel Spin	FCSp	Fwds and Bwds Brackets	Fwd Outside Cross roll three turn
		Flying Sit Spin	FSSp	Fwd double 3s	Bwd Outside rolls
				Bwd Circle on Circle	
				Fwd Change of Edge	

Gold Prestige Performance Program

By Invitation Only

- The Gold Prestige Performance Program is by invitation only based on achievements in the Bronze and Silver Performance program, Must show an interest in pursuing the competitive stream of skating in FreeSkate, Dance, Synchro at a high performance level. *Age Range: 7 - 9 years of age*
- Hiring a coach is required at this level;
- It may take a skater 1-2 years to progress through this program;

Gold Prestige Performance program details

Time Commitment Per Week

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

4-5 Total Days per Week Child is Skating

Prestige Gold Program- Star 5 test focus all disciplines					
Freestyle				Skills	Dance
1 Lutz 1 Toe	1Lz+1	Sit Spin (Fwds and Bwds)	SSp	Brackets	LFO Open Mohawk
1 Axel	T	Camel(Fwds and Bwds)	CSp	X and O Quick Edges	Fwd Outside double knee bend
2 Salchow	1A	Variation spins	CCOSp	X and O Back Slalom	Fwd Progressive Swing Roll
2 Toe Loop	2S	Change foot combination spin	FCSp	Spiral Sequence	Bwd Progressive Swing Roll
2 Loop	2T	Flying Camel spin	FSSp		Ten-Fox Progressive
	2 Lo	Flying Sit spin			LFO cross-behind
					Fwd Outside Cross rolls
					Fwd Outside Cross roll three turn
					Bwd Outside rolls



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 in Freeskate, Dance, Pairs or Synchro (Pre-Juv, Juv, etc.).

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.

Competitive

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

- 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 and skating fit together– 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;
- Competitive route could lead to a change in coaches –you will need to find the right one for your skater;
- Understanding that the skater follows the skating calendar – and the most a competitive skater will take off is a week at a time a maybe 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.

StarSkate

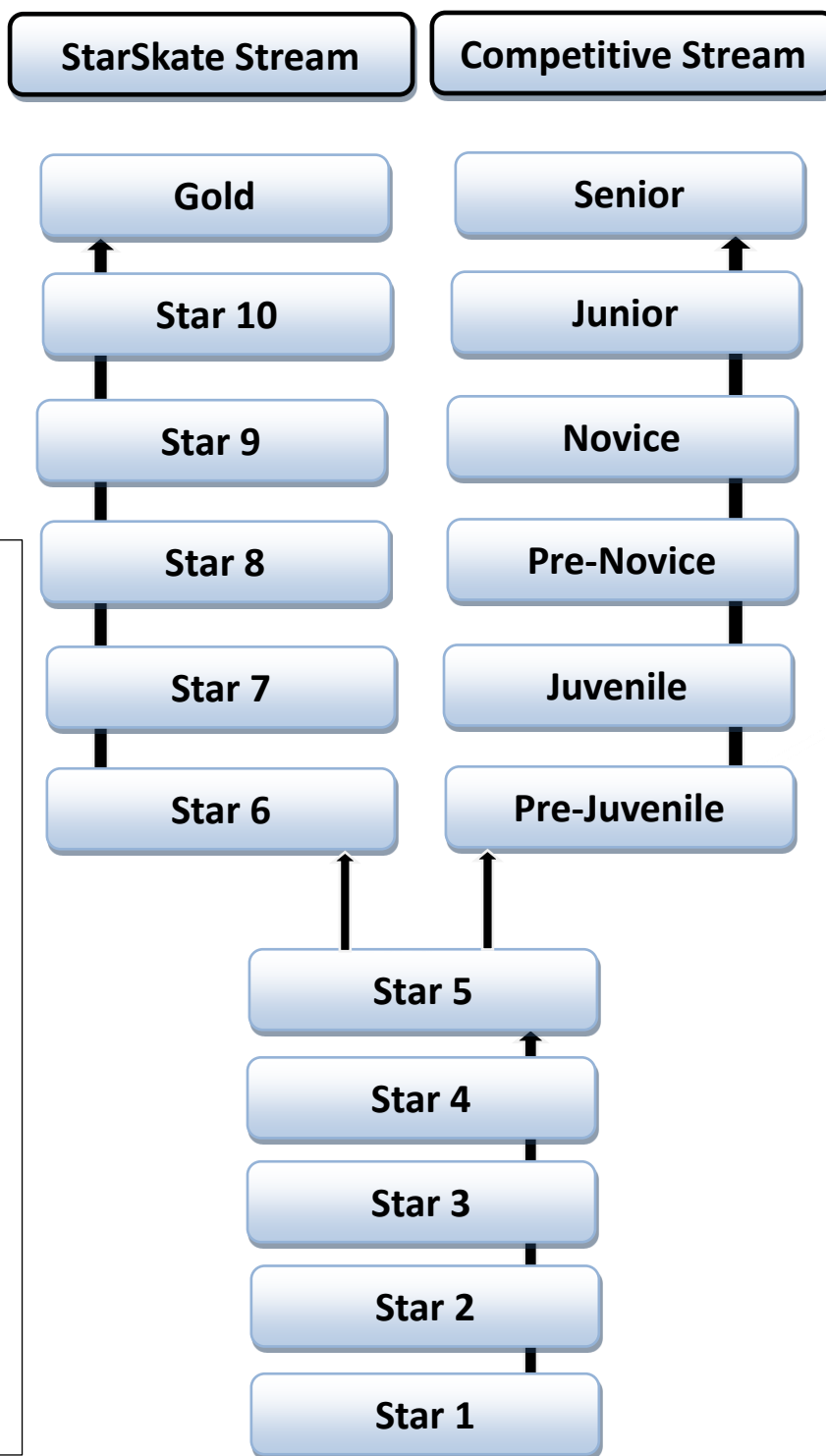
StarSkate is the best of both worlds for some skaters! Less intensive and less of a time commitment. Speak to your coach if you have questions.

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

Levels in Competitions

As a skater ages and is able to perform more difficult and technical skills, they will progress up the ladder.

There is usually a decision required after Star 5 where the skater will choose Competitive Skate or StarSkate. Work with your coach to determine which stream fits best with your skater. It is possible to move between competitive to StarSkate. Both streams get to participate in competitions with different requirements. Again, speak with your coach prior to making any decisions.



A major difference between StarSkate and Competitive is the number of sessions a week a child skates and participates in off ice. Time, Energy and Financial commitments increases in the competitive stream

For example, a competitive pre-novice skater will skate 10-15 hours per week (min) with at least 30 minutes of private instruction and daily off-ice classes of fitness, Dance, flexibility or Jump is expected.

All skaters start in the Star levels (your coach will determine the level your skater will begin competing at).

The Disciplines of Figure Skating

There are 4 different disciplines from which a skater can choose to participate in:

- **Singles:** Skaters learn single, double, triple and quadruple jumps, upright, camel, sit, layback and variation spins, Spiral and Step or Choreographic sequences and performs these skills in a choreographed program(s). Skaters may test and follow the Starskate or Competitive skate streams.
- **Pairs:** Requires two skaters, matched in skill level, age and body type, skaters learn the same skills as the free skate as well as lifts, pairs spins and throw jumps which are performed in a synchronized choreographed program. Freeskate pairs is usually focused only in the competitive stream.
- **Ice Dance:** Skaters learn pre-set pattern dances to music and follow the test structure in Starskate, Competitive Ice Dancers require a pair of skaters matched by skill, age and body type who in addition to performing set dance patterns, also have choreographed short and free dances similar to ballroom dancing which include dance spins and lifts.
- **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.

StarSkate Program

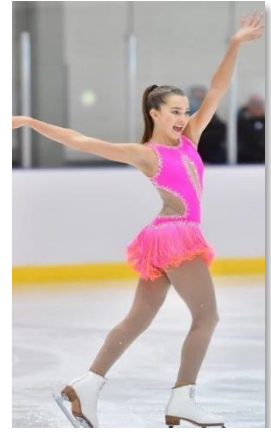
The StarSkate with a focus on freeskate (SINGLES) at Calalta is the most popular pathway. All kids start in StarSkate and learn the basics of figure skating beginning in CanSkate progressing through to group programs. Skaters hire a coach once in the Figure Skate Group Program structure, and learn jumps, 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 when the skater will begin testing and competing. Once a skater has completed Star 5, a decision may be made whether the skater will ‘go competitive’ or remain on the StarSkate side. Both sides may compete- StarSkate is provincially, Competitive is up to Internationally.

Skating Level	Highest Level of Competition
Star 1-3	Invitational and Open Competitions
Star 4-Gold	Starskate Championships-a provincial level event, invitational and open events.



Competitive Skate Program

For skaters that chose a competitive route, their private coach will provide guidance and direction as they progress through 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.



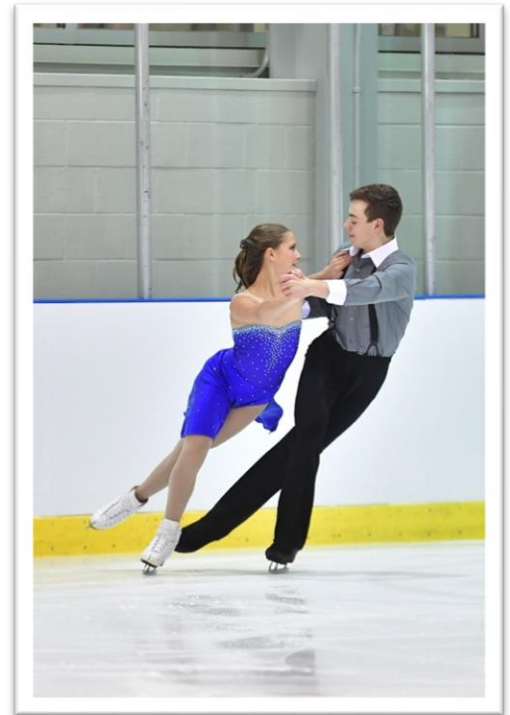
Maja

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

Ice Dance Program

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.

These athletes train year-round primarily in the morning, 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



Savanna and Kobi



Alyssa and Jake

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!

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 or contact the office at info@calalta.net for more information or visit

<http://skateabnwtun.ca/skatingprograms/synchroskate/>



Competition Grid

A full listing of all competitions can be located on Skate Canada's AB/NWT/Nun section website or click here: <https://skateabnwnun.ca/competitions/2021-2022-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!

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

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

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 and Sports Psychology.

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.

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: \$40 for Calalta members for tests judged by an evaluator/official and \$20 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: Skills, Dance, Freeskate, Artistic

The table below is a listing of the elements in each test level. The tests are progressive – you will need to complete the level prior in order to proceed.

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	
Star 5	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

STAR 6 – Gold by Discipline

	Dance STAR 6 – Gold
STAR 6 Dances	STAR 6A - Ten-Fox
	STAR 6B - European Waltz
	STAR 6C - Fourteenstep
STAR 7 Dances	STAR 7A - Foxtrot
	STAR 7B - Tango
	STAR 7C - American Waltz
STAR 8 Dances	STAR 8B - Rocker Foxtrot
	STAR 8A - Kilian
	STAR 8C - Starlight Waltz
Star 9 Dances	STAR 9A - Paso Doble
	STAR 9B - Blues
	STAR 9C - Silver Samba
Star 10 Dances	STAR 10 A - Cha Cha Congelado
	STAR 10B - Westminster Waltz
	STAR 10C - Quickstep
Gold	Gold A - Viennese Waltz
	Gold B - Argentine Tango
	Gold C - Gold Rhythm Dance
FreeSkate STAR 6 Gold Part 1, Elements	FreeSkate STAR 6 – Gold Part 2, Freeskate
STAR 6 Elements	STAR 6 Program
STAR 7 Elements	STAR 7 Program
STAR 8 Elements	STAR 8 Program
STAR 9 Elements	STAR 9 Program
STAR 10 Elements	STAR 10 Program
	Gold Program
*To achieve the Gold Freeskate Assessment, the skater must have completed STAR 10 Freeskate Elements in addition to the Gold Program.	
Artistic STAR 5 - Gold	Skills STAR 6 - Gold
STAR 5 Artistic	STAR 6 Skills
STAR 7 Artistic	STAR 7 Skills
STAR 9 Artistic	STAR 8 Skills
Gold Artistic	STAR 9 Skills
	STAR 10 Skills
	Gold Skills

The Value of a Coach

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.



If your child moves onto the group programs, 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 \$12.00 to \$20.00 per 15 minute session. Coaches will invoice you directly and you will need to pay them directly. Calalta has no part in the invoicing or collection of fees for private lessons.

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 \$20.00 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 and they will work with you directly to help find the right coach for your child.

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.



Coach Nicole and one of her students

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 \$12.00 to \$20.00 for a 15 minute coaching session. The difference in rates is dependent upon the experience, training and certifications. Coaches will invoice you directly and you will need to pay them directly. This does not go through Calalta.

If you are concerned with cost, please speak to your coach directly and discuss a budget with them – how many lessons can you afford per week?

Q: What is the role of the head coach? How many coaches can my child have?

A: The primary or head coach is responsible for your skater's training. Your head coach determines your skater's progress. They may ask another coach to provide training in another discipline such as dance or skills. If this happens, you will be required to pay for this additional coach and the lessons they provide to your child.

If you are interested in having your skater work with an additional coach, speak to your head coach before adding the coach to your skater's coaching team. Head coaches will typically arrange substitute coaches should the occasion arise.

Q: If my child is only being coached for 15 minutes, why does my child have to stay on the ice for the entire 45 or 60 minute session?

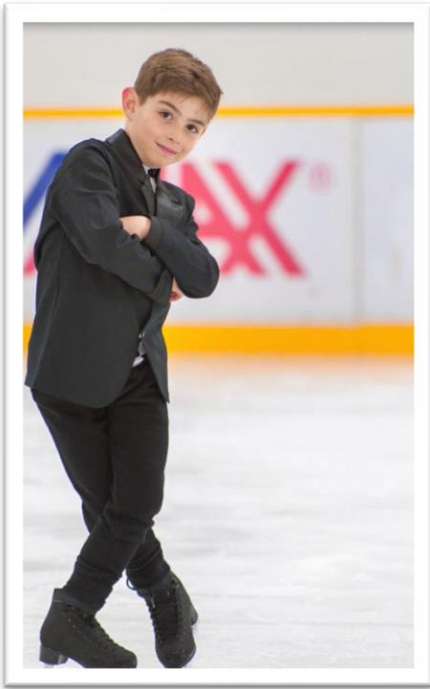
A: Before or after the lesson with the coach, the skater is expected to warm up and practice what they have learned to date. The more practice your skater gets, the more progress they will make.

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

A: It depends – one 15 min lesson per session is typical. If your skater is training for a competition or a skating test, your coach may recommend more sessions. If your skater is just beginning, one or two 15-minute sessions a week may be adequate. This is a conversation you should have with your head coach and is dependent upon your budget and what level your skater is at.

Q: As a parent I have been told that I need to stop coaching from the boards – what does that mean?

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



Ryan

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

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.

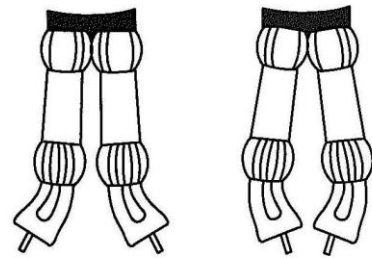


Help your skaters to ensure that:

- 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!

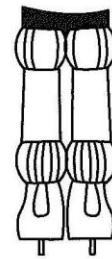


Poorly Equipped Skater

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.



Skaters in their Club Jackets

Club Apparel

Once a year Calalta sells club apparel, watch your emails for updates!

Security

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

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

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;
- 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.



Alyrra and Mia

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.

Pick Up Fees	
On Ice	
45 minutes On Ice	\$15.00
60 minutes On Ice	\$20.00
Stroking	
COP 45 min Free Skate + 15 min stroking	\$25.00
COP 60-minute Free Skate + 30 min Stroking	\$35.00
45 min Stroking	\$20.00

- You may only drop into a session that is appropriate for your level **AND** if there is room on the ice;
- You **must** pay for your drop in session through Uplifter or use existing pick up passes and single session passes on file
- 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 go 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. If you have any questions, email the office at 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

[Skate Canada code of Ethics](#)

[Skate Canada Policies](#)

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

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



Group Star Skaters

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

- ✓ 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.

Volunteer Positions/Opportunities will be emailed once they are known.

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.



Kim, Jaime-Lyn and Cami after a successful ice show

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, 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 – no need to provide a \$600 deposit.

Calalta Sponsored Events

Annual Ice Show

A great event that celebrates skating. It is an eagerly anticipated event and all skaters are encouraged to take part. Details of the show and how to play a part will be announced during the skating year.

The success of the Ice Show is dependent on the involvement of volunteers. Look out for sign-up sheets and information about the show, posted on our Facebook and club website.



Calalta Backstage at the 2019 ice show



Photo Booth at the 2019 Calalta Banquet



Natalie, Victoria and Isabella at the

2019 Calalta Banquet

Celebration of Skating Event

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. Information will be sent as we get closer to the date.

Annual Spring Event

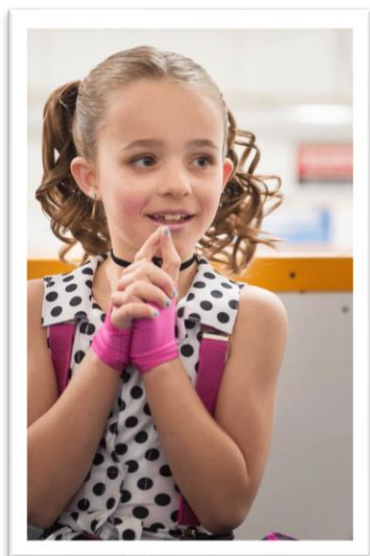
Calalta's Annual Spring Event is a great opportunity for our skaters to see what a real figure skating competition looks like in a fun and safe environment.

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!



Skaters at the Calalta Spring Event



Selena

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!



**HEAL STRONGER
SKATE STRONGER**
**Physiotherapy
Pelvic Health
Chiropractic
Massage**

3320 17 Avenue SW #312

403-454-1600

Direct Billing

Evening and Saturday hours

Heated Parking

www.momentumhealth.ca