



## **The Value of a Coach....**

If your child moves onto the group programs such as Prestige Performance, StarSkate, and GroupStar, 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 \$13.00 to \$18.50 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 drop in ice. Important to note that the ice costs are separate from what you pay the coach. If you choose drop in ice, the ice cost for one hour is \$20.00. This must be purchased through our registration site. As well, it is important to note that if your child wants to drop in, 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 check in person 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.**