

Welcome to October 2022!

Welcome back to a new skating season! Looking forward to having everyone back on the ice with us!

- **AGM Thursday October 27, 6:30 pm via Zoom**
- **Recent Thefts from Jimmie Condon Change Rooms**
- **Skate Canada Safe Sport Program**
- **Etiquette On and Off the Ice**
- **Skate Canada Code of Ethics**
- **STAR 1-5 Skate Canada Assessments**
- **Current Volunteer/Fundraising Opportunities**
- **Lululemon Club Wear**
- **Planning to Drop in and skate? Read this first!**
- **Parent Meetings**
- **Important Dates for October**

Calalta publishes a monthly update sharing information such as important dates, volunteer opportunities, safety issues and other items of interest. This document can also be found on our website at www.calalta.net

Annual General Meeting

6:30 pm Thursday October 27, 2022

On-line via Zoom

Calalta's Annual General Meeting will be held on-line from 6:30-7:30 pm Thursday October 27, 2022. As a member you have the opportunity to vote in the Board of Directors, approve the 2022-2023 budget, and review the coaching staff and schedule. The meeting is a great time to bring up any questions you may have regarding the club, Skate Canada or skating in general. A zoom meeting invite will be shared with all members in the next few weeks with all the necessary details.

Recent Thefts at Jimmie Condon

As JC is located near the Heritage LRT station and is a public facility, we tend to get people wandering in. Please do not leave anything valuable in the dressing rooms, including your car keys! Bring your valuables rink side.

Skate Canada Safe Sport Program

Safety is a priority for Skate Canada and Calalta. We encourage you to check out Skate Canada's [Guide to Safe Sport](#) - very informative! If you have any questions regarding the guide, please contact the office or Skate Canada directly.

First aid kits and an AED are available at both Jimmie Condon (JC) and COP rinks:

**Jimmie Condon: First aid kit located rinkside and AED located next to the office in the foyer of JC
COP: On top of the lockers in the Coaches room.**

In the event of an emergency, please call 911 and then advise the rink staff IMMEDIATELY and they will ensure emergency personnel are met at the proper doors and brought to your location (very important for COP due to its many entrances and rinks).

**Jimmie Condon Rink Staff: 403-808-2706
COP Security: 403-247-5454**

Calalta coaches are aware of the above information and are also certified in first aid.

Calalta follows Skate Canada's Incident Reporting process, which means incidents need to be documented and reported to Skate Canada. To understand the details of this process, we encourage you to review Skate Canada's Guide to Safe Sport (at the link above). If an incident happens, notify a coach immediately and they will assist in completing the incident report with you.

Etiquette On and Off the Ice

To ensure that membership in Calalta Figure Skating Club is an enjoyable and safe experience for all, we ask that skaters and parents respectfully observe the following ice etiquette rules & guidelines:

- a. Parents and/or guardians are responsible for the behaviour of their children
- b. ALL skaters need to be aware of their surroundings and everyone else on the ice – this is a learned skill – please be patient with the little ones
- c. Everyone is to be treated with respect, dignity and fairness
- d. Respect the arena's property and the property of other's
- e. Skaters in their program have the right of way
- f. Coaches doing choreography have the right of way if they are using music
- g. The jumping zone is at the two ends of the ice - exit the jumping zone towards the end of the arena
- h. The spinning zone is at centre ice

- i. Please no profanity, yelling, or disrespect to fellow skaters, coaches, volunteers and rink chairs. Being kind and smiling makes for a better session for everyone!
- j. The ice is not meant for food/snacks, candy, gum and/or drinks. Please leave in the dressing room. Limit drinking water to once or twice a session and when you do, take your water bottle and do a lap
- k. Everyone **MUST** leave the ice during a flood and promptly at the end of each session
- l. Remove all belongings (tissues (used & unused)), water bottles, gloves, phone, keys, CD's, etc.) when exiting the ice surface – they may not be there when you get back!
- m. No pushing, tripping, horseplay, nor intentional interference with other skaters
- n. Skaters should be constantly moving during the session – please refrain from standing around and socializing with other skaters or coaches
- o. Please keep it clean in the dressing rooms – no cursing, no inappropriate discussions, no mean behaviour and clean up your own garbage and mess

We have high standards for our skaters and expect them to be on their best behaviour whether that be on the ice, in the dressing room/arena or in an off-ice class. Coaches are **obligated** to call out and deal with all inappropriate behaviours by anyone on the ice, dressing room/arena, foyer or in off-ice class immediately. Disciplinary actions may be taken if the behaviour continues.

Skate Canada Code of Ethics

As a sanctioned club of Skate Canada, Calalta follows [Skate Canada's Code of Ethics](#). The purpose of the Code of Ethics is to outline the expectations and guiding principles, at all times, of all individuals of appropriate decision making and behaviour within the Skate Canada community. This code is the roadmap to maintaining the safety and well-being of all individuals to whom this code applies within the Skate Canada community.

I encourage you to review it as it applies to all of us - skaters, parents, coaches, clubs, board members and volunteers.

STAR 1-5 Skate Canada Assessments

The STAR 1-5 program has five levels of assessment (or tests) for skaters in three disciplines of figure skating. These levels of assessments align with the STAR 1-5 events. The STAR 1-5 program offers opportunities for skaters to develop basic skating skills in three different areas: Freeskate, Dance, Skills

Coach assessment of the skater is a very important part of a skater's development

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you when an assessment will be done
- As the parent or guardian, your job is to go into Uplifter and pay for the assessment PRIOR to getting assessed
- Payment does not guarantee your child will pass the assessment – your child will receive one of 3 marks – Retry, Pass or Pass with Honours.
- If your child receives a ‘Retry’, they will need to retake the assessment and you will need to pay another \$20 through Uplifter
- If your child passes or passes with honours, congratulations! Onto the next assessment!

There are 23 assessments in the STAR 1-5 program.

Each assessment has a Skate Canada/Club fee of \$20 which must be paid prior to the assessment here under products in Uplifter)

<https://calalta.uplifterinc.com/registration/products/>

Upcoming Volunteer/Fundraising Opportunities

Purdy's Christmas Chocolate Fundraiser

Earn two (2) volunteer hours of credit for every \$100 of Purdy's Chocolates sold!

Start your Christmas shopping early! These make great stocking stuffers and gifts for the teacher, co-worker, coach, neighbour and friend

Check out the catalogue at <https://www.purdys.com/>

How to Order:

1. Click link below
2. Create an ID or if you participated last year, sign in
3. Enter **34347** (Calalta's campaign number)
4. Fill in the required fields, join campaign and start shopping!
5. Share with your family and friends!

<https://fundraising.purdys.com/join.aspx>

Upstairs Cleaning at Jimmie Condon

This opportunity can be done during the day at your convenience. Typically takes no longer than an hour or two to perform all of the duties. Needed weekly.

- Sweeping stairs and large open floor area from the office to the entrance
- Cleaning bathrooms
- Empty Garbage
- Mop floors and stairs
- Windows and mirrors
- General dusting/organizing

Skater Check in (15 min volunteer credit earned per session)

Fridays at Jimmie Condon

- Work from 3:40-3:55 for 3:45-4:45 pm session
- Work from 4:55-5:10 pm 5:00-6:00 pm session

If you are interested in any of the above shifts or cleaning opportunities, please email info@calalta.net

Lululemon Club Wear

Lulu Club wear is available to purchase from our main Calalta Uplifter registration site. Place your order by October 15

<https://calalta.uplifterinc.com/pages/Calalta-Store/Calalta-Club-Wear/2021-2022/>

Team wear will be delivered to Jimmie Condon and we will email you when it arrives.

Drop In Ice

YES, we are accepting drop-in skaters! This is how we do it:

1. Go to: [Calalta's Uplifter site](#) and log in
2. Navigate to the session of choice and select "Register" - Please ensure you have selected the session **best suited** for your skater!
3. You will see the option to register for the full program or drop-in
4. Follow the prompts as directed

Parent Meetings

Our always popular parent meetings will be starting soon! Details will be emailed to all members. Great chance to meet the Board and to get your questions answered!

Important Dates to Remember

October 2022	
Wed Oct 5 Fri Oct 7 Sat Oct 8	No Canskate or Power sessions
Fri Oct 7	No Sessions running at COP – All sessions running at JCA
Mon Oct 10	Happy Thanksgiving! No Sessions running at JCA – All sessions running at COP
Thu Oct 27	Sectional Championships begins at COP Good luck Calalta skaters!
Thu Oct 27	Calalta's Annual General Meeting 6:30-7:30 pm On-line zoom meeting Members will be emailed the invite to the meeting
Mon Oct 31	Happy Halloween Everyone! No Prestige, PreSTAR Performance or CanSkate running – All other sessions running