

## **Welcome to October 2024!**

- **AGM Thursday October 24, 6:30 pm via Zoom**
- **Seminar – Mental Strategies Session with Matt Brown**
- **Skate Canada Safe Sport Program**
- **STAR 1-5 Skate Canada Assessments**
- **Current Volunteer/Fundraising Opportunities**
- **Planning to Drop in and skate? Read this first!**
- **Rules of the Dressing Room**
- **Rules of the Ice**
- **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](http://www.calalta.net)

### **Annual General Meeting**

**6:30 pm Registration**

**7:00 – 8:00 pm Meeting**

**Thursday October 24, 2024**

**On-line via Zoom**

Calalta's Annual General Meeting will be held on-line from 7:00-8:00 pm Thursday October 24, 2024. Registration begins at 6:30 pm so please feel free to join early, get registered and wait until the meeting begins at 7:00 pm. As a member, you have the opportunity to vote in the Board of Directors, approve the 2024-2025 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 days.

### **Seminar – Mental Strategies Session with Matt Brown**

There are still a few spots left to register for Mental Strategies Session with Matt Brown Friday October 4th at 6:15 pm - Jimmie Condon upstairs studio.



This session is directed to those skaters ages 10 and older and will provide tools for the skater as they approach competitions or events this season.

The cost is \$20 and must be registered online at <https://calalta.uplifterinc.com/registration/products/>

## **Avoiding 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 rink side 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).

**Emergency Contact Numbers**  
**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 all 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.

## **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.

Calalta Board members and all coaches are also required to complete the Respect in Sport Activity Leader course.

## **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

The 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 training.
- 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 scores – 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**

We have just wrapped up the Used Dress & Skate sale (**please pick up unsold items by October 15**) and the Apple fundraiser – thank you to those parents that volunteered!

We have LOTS of opportunities coming up including:

- StarSeries #1 (Star 4-Gold) November 22-24, Jimmie Condon & Rose Kohn Arenas
- Assessment Day in November – dates and times to be finalized and will be communicated through email.
- Holly Jolly Star 1-3 event on Sunday December 15 at Jimmie Condon
- Calgary Winter Invitational Feb 21-23, 2025 at Jimmie Condon & Rose Kohn Arena
- Annual Ice Show in the spring – dates and location still being finalized
- Our fundraisers including Purdy's in December, Flowers for Mother's Day and Fill the Freezer in June

## **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 – select drop in.
4. Follow the prompts as directed.

## **Rules of the Dressing Room – please discuss with your child!**

Calalta skaters are expected to be exemplary role models on and off the ice.

Calalta Figure Skating Club is an all genders/all age groups figure skating club. Please keep this in mind when you are in the dressing rooms.

- Please tailor your behavior to the youngest in the room.

Please keep the dressing rooms neat and tidy.

- Keep your belongings together.
- Put your garbage in the garbage

Please be respectful of other skater's belongings and property.

**No Photos or Videoing** allowed in the Dressing Rooms.

Please change in the locked bathroom stalls, not in the open.

Bullying of others will not be tolerated.

Do **Not** leave valuables in the Dressing Room. Please take them with you to the boards.  
(Calalta is not responsible for lost or stolen items).

**Rules of the Ice** – please discuss with your child!

Skaters and coaches need to exit the ice surface promptly at the end of the session

Skaters are not permitted on the ice when the Zamboni doors are open, or the Zamboni is on the ice.

No skater is allowed on the ice until a coach is present. (This is a Skate Canada policy)

Please enter and exit the ice in the designated area.

- Corner doors should remain closed at all times. (This is a Skate Canada policy.)

Only non-breakable water bottles are permitted at the boards.

No food, gum, or candy at the ice surface.

Do not socialize on the ice.

Keep the bad attitude elsewhere.

- Please don't kick the ice
- Please don't kick the boards

- Keep language clean and tone appropriate
- Do not intimidate others with your skating
- If you need to take a moment (crying or frustrated) please exit the ice.

Videoing on the ice is for training purposes only.

Don't post other skaters on your social media without their permission.

If you fall, please clear the area as quickly as possible.

Please pick up all belongings and garbage at the end of each session.

**Right of Way on the Ice** (listed in order of priority)

1. Those skaters in a program to their music have the right of way. Please stay clear of their pattern.
2. Those skaters in a lesson with a coach or those skaters in a harness lesson with a coach.
3. Skaters actively in a jump or spin element have the right of way.

**Be respectful of the ice zones. The safest areas to work on:**

- Jumps are at the ends/corners
- Spins are in the center circle
- Skills break down/walk throughs are done lengthwise at the sides of the ice surface. (not in the jump zones)
- Dance and skills to be completed on specified pattern.
- Remember to look both ways before leaving the boards.
- Ice dance partnering will be at the discretion of the Director of Skating and should always be to the level of the session.

Each skater needs to be aware of their surroundings and respect everyone on the ice. Please be patient and understanding if someone accidentally gets in your way.

## Important Dates to Remember

<b>October 2024</b>		
<b>Jimmie Condon Arena</b>	<b>COP Arena</b>	
	Fri Oct 11	1pm, 2pm, 3 pm, 4pm sessions cancelled
Happy Thanksgiving – all City rinks closed	Mon Oct 14	2pm, 3pm, 4pm, 4:45pm, 6 pm cancelled
	Thu Oct 17	6:15 and 8:30 am sessions cancelled
	Thu Oct 31	<b>Skate AB NT NU Sectionals</b> in Edmonton
<b>November 2024</b>		
	Fri Nov 1	No sessions at COP
	Wed Nov 6	All sessions cancelled except the 6:15 am session
	Thu Nov 7	All sessions cancelled except the 6:15 am session. NO PTC
	Fri Nov 8	All sessions cancelled except the 6:15 am session
Remembrance Day – all City rinks closed	Mon Nov 11	All sessions running as scheduled
6:30-8 am ice only – all other sessions cancelled due to <b>Star Series #1</b> being held at JC	Fri Nov 22	
All sessions cancelled at JC	Sat Nov 23	
All sessions cancelled at JC	Sun Nov 24	
Wednesday CanSkate cancelled	Wed Nov 27	
	Thu Nov 28	Skate Canada Challenge begins in Winnipeg, MB
6:30-8 am ice only. Drop in from 2:45-4:30 pm. Register on-line	Fri Nov 29	
Drop in from 12 – 3 pm. Register on-line	Sat Nov 30	