

Rising Stars Welcome Letter

Hi Everyone,

We are excited to welcome back our returning members as well as welcome all our new Rising Stars participants and parents to the Kimberley Skating Club. We will be providing you with lots of information over the year and opportunities to ask questions, provide feedback and participate. The year will be filled with fun, and we hope that you and your children enjoy the Kimberley Skating Club Rising Stars program!

Jessica Grajczyk, our head coach, is available for questions at the rink or via email. If you have any concerns or perhaps even a compliment, we'd be happy to hear from you. Our contact information is listed at the bottom of the document.

What is Rising Stars?

This program will offer a 30-45 minute group lesson, followed by independent practice time. The Rising Stars program is the next step up from CanSkate for those skaters interested in figure skating. The program will introduce skaters to the disciplines of figure skating: skills, dance and FreeSkate incorporating lessons in each area.

The group lesson aspect will focus on the skills in Stage 5 & 6 of the CanSkate program, developing skills that will help skaters transition from badges to the test program. Once skaters have completed badge 6 they will move on to STAR 1 dance, freeskate and skills.

Skaters need to know the expectations of this program. Some include:

- Must wear figure skates
- Hair must be tied back and away from face.
- Skating attire must be worn – no jeans, long scarves, etc.
- Skaters must get up promptly after a fall, unless injured.
- No standing in the middle of the ice.
- Promote good sportsmanship by encouraging fellow skaters and respecting their work time on the ice.

Special Days and Other Events

You will receive a calendar each session which will list special 'theme' days for the skaters. Participation in these theme days is a lot of fun, so don't forget them!

Important Parent Information

1 EQUIPMENT

Most department and sports stores and specialty skate shops sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- proper fit
- firm ankle support
- good quality leather
- correct blade placement

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Avoid buying skates that are a larger size. Please check when your child has the skates on that the skates ‘stand up straight’. There are some entry-level skates that have the blades riveted on at odd angles making skating impossible. We will communicate with any parent whose child has a pair of skates that will restrict learning.

When tying your child’s skates, if there is excess lace, please hook it around the hooks a few more times, or cut the lace to a good size.

****Please do not wrap the laces around your child’s ankle.**

#2 SHARPENING YOUR SKATES

- sharpen skates as soon as they are purchased
- use a good skate-sharpening company (Players Bench in Cranbrook)
- re-sharpen skates after approximately 30 hours of skating (depending on usage and care)
- the bottom pick should not be removed on figure skates – the pick is part of the design of figure skates and is essential to proper balance.

#3 CLOTHING

Please dress your children warmly as you would if they were going outside to play in the winter, as it is cold in a skating rink. If your children are cold, they may not enjoy their skating experience.

#4 SAFETY

****Helmets are mandatory on CanSkate sessions. Please make sure your child is wearing a CSA certified hockey helmet if they have not yet passed stage 5. If you are unsure, please contact a coach.**

Preventing an injury is better than dealing with one. Skate Canada clubs and coaches endeavour to plan sessions with “safety first” in mind. Here are basic safety rules that skaters should follow on every Skate Canada session:

- Equipment should be checked regularly to see that it is appropriate, fits and is in good repair.
- Do warm ups and cool downs which include stroking and slow stretching. Some of these exercises may be done off the ice.
- Any skater with a previous injury must be 100% recovered before returning to the ice.
- Get up quickly after falling down
- Look in the direction of travel when skating backwards
- No pushing, playing tag or bumping into others or the boards
- No gum or candy on the ice
- Sharp objects should not be carried in pockets
- Starts and stops should be done a safe distance from the boards.
- Laces should be tucked into the top of the boot. The laces should never be wrapped around the top of the boot as it is a safety hazard and circulation to the foot may be cut off.

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Coaches and club administrators should be advised of any skaters with special medical condition.

Contact Information

If you have questions or concerns, please feel free to contact us using the information below:

Jessica Grajczyk

headcoach@kimberleyskatingclub.com

We are so excited to welcome all our skaters back and are very excited for the year ahead.