

Hi Everyone,

Welcome to Rising Stars!

My name is Daniela, and I am one of the coaches here at the Kimberley Skating Club and the Director of Group Programs. Please direct any questions or concerns about any of the following information to [headcoach@kimberleyskatingclub.com](mailto:headcoach@kimberleyskatingclub.com) and I will get back to you as soon as possible!

### **What to expect**

Rising Stars is a continuation of the Canskate program with the emphasis on the figure skating aspect of the sport. Skaters continue to work through their Balance, Agility, and Control ribbons and Canskate badges outside of the group circuits utilized in our Canskate program.

The program will be coached by myself, Jessica Grajczyk, and Kelsey Paterson along with help from Genevieve Edwards and at times, our Senior Pas.

### **Equipment**

- Skates (please check that they have been sharpened prior to skating)
- CSA- approved hockey helmet (until STAGE 5 is passed – we will do a quick evaluation of all skaters on the first day)
- Mittens/gloves
- Tights or long fitted pants that allow for movement. Jeans and skirts are not allowed, unless they are skating skirts.
- Warm Sweaters or jackets without hoods that allow for movement.
- No winter coats or snowsuits.
- No hats or toques. Headbands are a great way to keep ears warm when its really cold.
- If you are no longer in a helmet, please ensure hair is tied back neatly off the face, including bangs.

### **Schedule**

January 5<sup>th</sup> – March 11<sup>th</sup> on Mondays from 3:30-4:30pm and Wednesdays 3:45-4:45pm

The sessions will be a joint practice with the Junior STARSkaters to allow the Rising Stars to see the next level of their skating journey and allow for crossover when the skaters are ready. We will be coaching the skaters separately in their respective groups but, at times, may pull them together for warm ups.

Please check the front page of our website for Rising Stars information and updates.

There will be no skating on Monday February 16<sup>th</sup> for Family Day. Our fun days will be January 14<sup>th</sup> Jersey Day and February 11<sup>th</sup> Valentines Day (red and pink). We will also be hosting the East Kootenay Invitational Competition from January 15<sup>th</sup> to 18<sup>th</sup>. Come down and cheer on the skaters and see what skating may look like for your skaters in the next year or two. If you are interested in helping out, please let the coaches know and we will put you in touch with our organizing committee.

I look forward to seeing you all Monday!

Regards,

Daniela Hewison