



Ardrossan Strathcona Figure Skating Club



Dear Junior Academy Parents,

The Ardrossan Strathcona Figure Skating Club is excited to have you join us for our Winter 2024 Junior Academy session!

Who is Junior Academy for?

Junior Academy is a group program for skaters who have been assessed by an ASFSC coach as ready and are interested in figure skating.

Who teaches it?

NCCP-trained professional coaches.

What will your skater learn?

This program will still cover all the basic skating fundamentals of the CanSkate program (balance, control and agility), but will also introduce skaters to figure skating specific skills such as figure skating jumps, spins, spirals and so much more!

What can you expect?

Action, movement and fun! This class is a full hour long with 15 minutes of off-ice taught by an ASFSC professional coach in a group of 10 skaters or less. 45 minutes of the on-ice time are coach directed, the last 15 minutes are for skaters to work on their own with a coach supervising and assisting skaters as needed. Skaters progress at their own rate and the coaches will monitor your child's progress and give recommendations as to when they are ready to advance into the STARSkate program. Badges and other incentives are used to benchmark skaters' progress and reward effort and participation.

What are the benefits of Junior Academy?

- Additional ice time along with off-ice training
- Shared full ice group program
- Prepares skaters for the figure skating program
- Skaters will learn figure skating terminology

What does your skater need to participate?

- Figure skates
- Helmets are mandatory unless the skater has passed Stage 5 of CanSkate (CSA-approved hockey helmet)
- Skate guards for off the ice (protects the blades from dings and keeps them sharper longer)
- Skating dresses or skirts or leggings for girls, track pants or other stretchy pants for boys (NO JEANS ALLOWED)
- A sweater, no hoodies or big winter jackets please, layer up if necessary
- Hair must be tied back in a pony tail (unless it is too short to)
- Thin nylon mitts, double up if necessary but no big gloves please
- Runners are required every day for off-ice classes

Important dates:

	Monday Classes	Wednesday Classes	Thursday Classes
First Day of Classes	January 8, 2024	January 3, 2024	January 4, 2024
No Skating Days	February 19, 2024	none	none
Last Day of Classes (and Report Cards)	March 11, 2024	March 13, 2024	March 14, 2024

We look forward to seeing your skater on the first day of classes! If you have any questions or concerns, please do not hesitate to contact us at info@asfsconline.com or talk to one of the coaches before/after the Junior Academy session, if they are not teaching another class at the time.

Regards,

ASFSC Team