



Parent Handbook

2024/2025

Welcome to the Ardrossan Strathcona Figure Skating Club!

Skating is a wonderful all-round developmental sport and it is now considered a foundational training component for all sports in the Long-Term Athlete Development Model (LTAD).

<https://skateabnwnun.ca/wp-content/uploads/2017/08/Skate-Canada-LTAD-Model-EN.pdf>

Skating encompasses the development of balance, fitness, agility, skill, discipline, and most importantly, it's fun! Skaters will also learn musicality and spatial awareness, making this sport an essential component to the physical literacy program for younger children.

The Ardrossan Strathcona Figure Skating Club is a non-profit organization which is run by a volunteer elected board of directors. If you are interested in joining our club's board of directors for the 2023/2024 season, please email info@asfsonline.com.

2023/2024 Board of Directors	
President	Jolene Seib
Vice-President	Christi Ross
Past President	Beth White
Treasurer	Kristin McKay
Secretary	Julie Tucker
Registrar	Kendel Selman
Test/Competition Chair	Julia McGee
Fundraising Coordinator	Krista Willms
Event/Marketing Coordinator/Social Media	Christi Ross
Website	Julia McGee
Coaching Representative	Julia McGee
Ice Allocator	Matt Ross/Julia McGee

Volunteers

The Ardrossan Strathcona Figure Skating Club is run by a group of volunteers who generously donate their time each day to run the club. An abundance of volunteers not only ensures the club will run effectively, but will also help keep registration fees to a minimum. To fulfill your volunteer requirement, please visit our club website, www.asfsc.ca, to locate the volunteer tab or email info@asfsonline.com for more information and details.

What type of activities do parents volunteer for?

Our club must have a President, Treasurer, Secretary, Ice Allocator and Registrar in order to operate. Once the main positions are filled, other volunteers can participate in helping at registration days, daily attendance, skills presentation days, social events and fundraising activities.

What if I do not have prior experience in the requested activity?

It is important for parents to understand that the club does not require them to have experience in any of these activities. Proper training and direction will be given to parents prior to the event. Remember, the more times a parent volunteers, the more he or she will learn about the club and the sport their child participates in.

2024/2025 Professional Coaching Staff

Julia McGee – Head Coach
Leeann Wilkin
Christine Kunka
Abby Hill
Jordan Gaffney
Andrea Ortega-Ascoli
Jordyn Charlesworth

For more details about our coaches, visit our website at <https://www.asfsc.ca/pages/about-us/coaches/>

Coaching Fees

Coaching fees for private, semi-private or group lessons are included in the club registration fees. Additional fees for music cutting, competitions, or test days outside normal club ice time will be billed to parents by coaches on a monthly basis, and all payments must be made to the coaches **within 7 days**. Any overdue bills may be subject to a late fee after that point in time. Each coach’s base fee will vary depending on years of experience and level of certification; each coach will send out a letter with their base fee and other fee guidelines.

Communication

In order to create positive relationships throughout the season, we encourage open and honest communication. If there are any questions or concerns, please feel free to contact any one of the coaches at the rink before or after skating (not during), by email or phone. You can find club information at the following websites:

- Website – you can visit our website (and registration page) at www.asfsc.ca, which is updated regularly with the latest news, upcoming events and important dates.
- Email – you can email us at info@asfsconline.com with any questions, and we will often email reminders of upcoming important dates and events.
- Social Media – you can find us on the club’s Facebook page: <https://www.facebook.com/ArdrossanStrathconaFigureSkatingClub>, or our figure skater Facebook group “ASFSC Stars”: <https://www.facebook.com/groups/376750560240874/>.

ASFSC Rules and Expectations

- ASFSC strives to create a positive, safe place for skaters to enjoy their time learning, trying new things and achieving their goals.
- Skaters will be expected to respect all coaches and skaters on the ice at all times.
- Skaters will be encouraged to practice good manners in both practice and performance settings.
- All skaters are encouraged to be active throughout each session.
- Skaters should be on time for all sessions. Please let coaches know if you will be arriving late, unable to attend or need to leave early. If a skater needs to get off the ice during the session (bathroom, drink of water, tighten skates, etc.), please let one of the coaches know.
- Skaters are encouraged to have healthy snacks and drink choices while at the rink.

On Ice Etiquette

- Coaches, skaters in lessons, and skaters doing their program have the right-of-way on the ice.
- After completing a skill (jump, spin, etc.), skaters should move to the side of the boards so they are out of the way of the other skaters.
- Skaters arriving late should come on the ice and get to work right away (as to not disrupt those who have already started).
- Music playing is on a first come, first served basis for programs. Coaches or dance partners always have priority over the music.

Preparing for Skating Sessions

All skaters are encouraged to do some kind of off-ice warm-up prior to coming on the ice. Even if you are late, it is a good idea to do something vs. nothing. The warm-up should be dynamic in nature and include the skater mentally doing a brief overview of the skating tasks ahead. When possible, try to arrive at the arena at least 10 to 15 minutes early to allow enough time to properly warm-up for each session. Stretching at the boards on the ice will be discouraged.

Plan Each Practice and Practice Each Plan

During the off-ice warm-up or even the drive to the rink are great times to think about your training session ahead. Skaters need to practice leaving all their issues of the day behind them and refocus into the here and now. Having a plan for the day will ensure that the skaters are getting the most out of each session. Skaters should set small, daily, achievable goals that include all aspects of skating (spinning, jumping, skating, dance, skills, programs, etc.).

Research has proven that most athletes in almost every sport don't need more training time, better coaching, or more support; they simply need to train harder with the time they have. All our skaters will be encouraged to use their time wisely.

Tests

There are 4 different areas a skater can be tested in (Skating Skills, Dance, Freeskate and Artistic). Skate Canada recently altered the test system from Preliminary to Gold tests, to STAR 1 to Gold tests. With this new system, some tests will be done with a Club Coach Evaluator, on a normal practice session (all the STAR 1 to 5), and some will be done with a Skate Canada Evaluator on a designated test day (STAR 6 to Gold).

All tests are evaluated using a set standard outlined by Skate Canada; therefore skaters are not compared to each other, only to the standard. Depending on the level of the test being taken, there are certain passing criteria which must be met, otherwise the test is designated as a retry. There is no limit to the number of times a skater may attempt a test. Each test in the Skate Canada program must be taken sequentially, with the exception of competitive tests. After you have skated, you will receive a test results paper from the Club Coach or Skate Canada Evaluator, indicating if you have passed or need to retry the test.

It is primarily up to your coach to decide when your child is ready to test. It is important to understand that even if a test is ready, sometimes it is recommended that they remain back on their current level to further develop the required skills. This will ensure the basics are established and the skater will not have problems in the future on the higher tests. Please keep in mind, all skaters progress at different rates and skaters who are just starting off in the STARSkate program may take several months or even a year to take a STARSkate test.

Competitive Skate vs. STARSkate

Skate Canada outlines competitive skating as anyone who competes at a Sectional level or beyond. The categories at Sectionals include Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior and Senior. The entry level for competitive skating is Pre-Juvenile/Juvenile and the skater must be 13 years and under. For the entry level, skaters are required to land an Axel and 2 different double jumps and their skating ability should be around a STAR 6 level, demonstrating good crosscuts, turns, and some transitions. Each level and competitive test becomes progressively harder. Competitive Skating is age sensitive and skaters need to establish good basics early in their skating careers.

ASFSC STARSkate Program

Skating Skills

Skating Skills are a combination of fundamental skating movements such as turns, edges, and steps, and the basic components of all disciplines of figure skating are incorporated into the Skating Skills program. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

Ice Dance

Consisting of eleven levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. The dances in the STARSkate program can be tried in any order but a candidate must pass the required number of dances in a test level before proceeding to the next level.

Freeskate

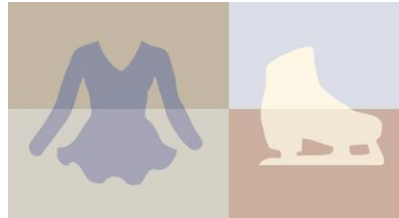
Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, both in isolation and performed in a program to music. Most of the tests consist of 2 parts - elements in isolation and a program. Skaters will typically not get a program to music until they are able to execute several different jumps and spins.

Artistic

The objective of the Artistic program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating with less focus on the technical elements. The Artistic tests consist of choreographic sequences, step sequences, field moves, and artistic spins.

Skate Canada STARSkate Program Evaluated Tests

Dance	Freestyle	Skills	Artistic
STAR 1 Dance Elements	STAR 1 Elements	STAR 1 Individual Elements & Exercise	N/A
STAR 2a – Dutch Waltz STAR 2b – Canasta Tango	STAR 2 Elements Program	STAR 2 Individual Elements	N/A
STAR 3a – Baby Blues STAR 3b – Dance Elements	STAR 3 Elements Program	STAR 3 Individual Elements & Exercise	N/A
STAR 4a – Swing STAR 4b – Fiesta Tango	STAR 4 Elements Program	STAR 4 Individual Elements	N/A
STAR 5a – Willow Waltz STAR 5b – Dance Elements	STAR 5 Elements Program	STAR 5 Individual Elements & Exercise	STAR 5
STAR 6a – Ten-Fox STAR 6b – European Waltz STAR 6c – Fourteenstep	STAR 6 Elements Program	STAR 6 Individual Elements & Exercise	N/A
STAR 7a – Foxtrot STAR 7b – Tango STAR 7c – American Waltz	STAR 7 Elements Program	STAR 7 Individual Elements & Exercise	STAR 7
STAR 8a – Killian STAR 8b – Rocker Foxtrot STAR 8c – Starlight Waltz	STAR 8 Elements Program	STAR 8 Individual Elements & Exercise	N/A
STAR 9a – Paso Doble STAR 9b – Blues STAR 9c – Silver Samba (must complete 2 of 3)	STAR 9 Elements Program	STAR 9 Individual Elements & Exercise	STAR 9
STAR 10a – Cha Cha Congelado STAR 10b – Westminster Waltz STAR 10c – Quickstep (must complete 2 of 3)	STAR 10 Elements Program	STAR 10 Individual Elements & Exercise	N/A
Gold a – Viennese Waltz Gold b – Argentine Tango Gold c – Rhythm Dance (must complete 2 of 3)	Gold Program	Gold Exercises	Gold



Equipment and Clothing

- Figure skates that fit properly and do up tightly with laces (highly recommended not to have molded ones)
- No Helmets (CanSkate 5 must be achieved before helmets are no longer worn)
- Hard skate guards to be used off the ice (protects the blades from dings and keeps them sharper longer)
- Skating dresses, skirts or stretchy black pants, no jeans allowed
- Jacket/pullover without a hood. No hoodies, baggy sweatshirts, or big winter jackets please, layer up if necessary.
- Hair must be tied back (unless it is too short)
- Thin nylon mitts, double up if necessary but no big gloves please

Skates

It is highly recommended to go visit a store that deals exclusively with figure skates and figure skating supplies when purchasing skates or getting them adjusted and sharpened. These stores have trained professionals that will recommend good quality boots and blades, and will help find the brand, style, and fit that works best for your skater based on their foot shape and skating ability level. These stores also often carry a selection of good quality gently used skates at a discounted price.

Suggested places to buy skates:

United Cycle (7620 Gateway Blvd NW, Edmonton)
Pro Skate (16972 - 111 Ave NW, Edmonton)

Additional local places to sharpen skates:

Sin Bin Sports (2010 B Sherwood Drive, Sherwood Park)
Bladz Skate Shop (#105–26 Strathmoor Drive, Sherwood Park)

Taking care of your skates:

- 1) Always dry blades thoroughly after skating (including the boot's sole).
- 2) After drying skates thoroughly, cover and store the blades inside of towel-like soft guards.
- 3) Wear hard rubber/plastic skate guards on the blades when walking on any surface other than the ice!
- 4) Get blades sharpened on a regular basis (about every 6-8 weeks) by a professional.
- 5) Do not leave or store blades inside of plastic or rubber skate guards.
- 6) When you get home after skating, take your skates out of your bag, and open the boots up a bit so they can air out.

Links

Below are some links for the arenas, skate shops, and other useful Skate Canada information:

Skate Canada:

<http://www.skatecanada.ca/en/>

SkateAB/NT/NU:

<http://www.skateabnwtun.com/>

Ardrossan Rec Complex:

<https://www.strathcona.ca/recreation-events/recreation-centres/ardrossan-recreation-complex/>

Skate Canada Code of Ethics Policy:

<https://skatecanada.sharepoint.com/Policies2/Forms/AllItems.aspx?id=%2FPolicies2%2FCode%20of%20Ethics%2Epdf&parent=%2FPolicies2&p=true&ga=1>

**We look forward to seeing you on the ice for the 2024/2025 season.
If you have any questions or concerns, please do not hesitate to
contact a member of the ASFSC Executive Team Email: info@asfsconline.com**