



NORWOOD AND DISTRICT SKATING CLUB

PARENT HANDBOOK



2019-2020

INTRODUCTION



The NDSC Executive would like to welcome everyone to the Norwood and District Skating Club's 2019-2020 skating season. Our mission is to provide professional quality skating instruction that is affordable and on the cutting edge. We will take advantage of high energy levels that exist within our skaters by developing programs that are fast paced and exciting.

Many people belong to skating clubs for some time before they fully understand what transpires. This handbook has been prepared to help newcomers and their parents, as well as returning members, become acquainted with the Canskate Program and options beyond this level. Please use it as your reference throughout the skating season. We hope it will make your year easier. If everyone knows how the club operates, many misunderstandings can be avoided.

Club Executives are always available should you have any questions. We strive to make your experience with our club a pleasant one so let us know how we can help!

EXECUTIVE 2019-2020

We would like to introduce our executive for this season:

PRESIDENT

Prudence Cameron-Jordan 705-868-8547
pcameronjordan@gmail.com

VICE PRESIDENT

Available position

SECRETARY

Melissa Forgrave 705-931-3289
Melissa.forgrave@peterboroughfht.com

TREASURER

Liz Matheson 705-868-0943
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COACHES LIAISON

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REGISTRATION

Sandy Cunningham 705-868-5746
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TEST CHAIR

Penny Buchanan 705-750-7357
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COACHES REPRESENTATIVE

Leeanne Decker 705-639-5301
leeannedecker@hotmail.com
Holly Redden 705-559-3651
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FUNDRAISING CHAIR

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DIRECTORS

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Kate Begg 705-875-0292
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NDSC monthly meetings are held on the 2nd Tuesday of each month at 7:00 pm. Watch the bulletin board and emails for specific dates and location. Everyone is welcome to attend.

Welcome!

SKATE CANADA COACHING TEAM

We also welcome back our coaches, who have in the past, always shown true dedication to our club members. This team works together to provide you with the best Canskate and Rising Star/Elite programs possible within the Skate Canada guidelines.

Skate Canada Head Coach

Leeanne Decker 705-639-5301

Skate Canada Coaches:

Holly Redden
Taylor Pederson
Mary-Beth Hale
Alexa Vanderhorst
Natalie Buchanan
Ashley Vanderhorst

Skate Canada Dance Partner Kyle Stickwood

NORWOOD AND DISTRICT SKATING CLUB SCHEDULE

Monday	4:00 – 5:50	Elite (Star 2++)
	4:30 – 5:50	Rising Star 1&2
	5:50 – 6:30	PreCanskate/Canskate 1&2
	6:20 – 7:20	Canskate 3-6
Wednesday	4:00 – 5:50	Elite (Star 2++)
	5:50 – 6:30	PreCanskate/Canskate 1&2/ PrePowerSkate
	6:20 – 7:20	Canskate 3-6
Friday	4:00 – 5:20	Elite (Star 2++), Rising Star 1&2

➤ **Off ice warm up is mandatory prior to all lessons per Skate Ontario Regulations.**

CanSkate Session Music 2019/2020

50 minutes

3 station format

Part of Session	Time	Songs
Warm-up	6 minutes	A Little Party Never Killed Nobody – Fergie Rock Around the Clock – Bill Haley & His Comets 1st Can't Stop the Feeling – Justin Timberlake
		Push It – Salt-N-Pepa Space Jam Theme Song – Jock Jams Oct 30th – Dec Circle of the Sun – Serena Ryder
		Jingle Bell Rock – Brenda Lee Have A Holly Jolly Christmas – Burl Ives Month of Dec Frosty the Snowman – Jackson 5
		Pump Up the Jam – Technotronic Hot Hot Hot – Buster Poindexter January - Season End I Got a Feeling – Black Eyed Peas
	:10 seconds	I Like to Move it
Fast Track	:45 seconds	Are You Ready For This – Jock Jams
		SILENCE (:10 seconds)
Lesson #1	10 minutes	Your Song- Elton John (Instrumental) Six Days at the Bottom of the Ocean
SIGNAL	:10 seconds	I Like to Move it
Fast Track	:45 seconds	Are You Ready For This – Jock Jams
		SILENCE (:10 seconds)
Lesson #2	10 minutes	Disney Medley Winner Takes it All
SIGNAL	:10 seconds	I Like to Move it
Fast Track	:45 seconds	Are You Ready For This – Jock Jams
		SILENCE (:10 seconds)
Lesson #3	10 minutes	Candle in the Wind- Elton John I Dreamed a Dream What a Wonderful World
SIGNAL	:10 seconds	I Like to Move it
Fast Track	:45 seconds	Are You Ready For This – Jock Jams
		SILENCE (:10 seconds)
Group Activity	5 minutes	Put Your Hands Up in the Air – Danzel 1st Rubber Band – Skate Canada Copacabana – Barry Manilow
		Beat Crazy – Skate Canada Oct 30th – Dec Funky Monkey – Rio Soundtrack
		Rudolph the Red-Nosed Reindeer – Jackson 5 December Santa Clause is Comin' To Town – Jackson 5
		Jungle Gum – Skate Canada January – Season End Celebration – Kool and the Gang
Cool Down	5 minutes	Count on Me – Bruno Mars 1st Peace Train – Cat Stevens
		The Lion Sleeps Tonight – The Tokens Oct 30th – Dec Flashlight – Jessie J
		Rockin' Around the Christmas Tree – Brenda Lee Let it Snow! – Dean Martin Month of December
		Fight Song – Rachel Platten January – Season End Wavin' Flag – K'Naan

PreCanskate Session Music 2019/2020

30 minutes

3 station format

Part of Session	Time	Songs
Warm Up	4 minutes	Hot Hot Hot – Buster Poindexter 1st Twist & Shout – The Beatles Up – Shania Twain
		Rock Around <u>The</u> Clock 2nd Can't Stop the Feeling – Justin Timberlake
		Walking <u>In</u> a Winter Wonderland – Elvis Santa Claus is Comin' To Town December
		A Little Party Never Killed Nobody- Fergie Space Jam Theme Song 3rd
SIGNAL	:10 seconds	I Like to Move It
Lesson #1	7 minutes	Disney Medley
SIGNAL	:10 seconds	I Like to Move It
Lesson #2	7 minutes	Candle in the Wind – Elton John I Dreamed a Dream – Les <u>Miserables</u>
SIGNAL	:10 seconds	I Like to Move It
Lesson #3	7 minutes	Six Days at the Bottom of the Ocean
SIGNAL	:10 seconds	I Like to Move It
Cool Down	4 min 20 sec	Celebration – Kool & The Gang 1st Flashlight – Jessie J
		Fight Song – Rachel <u>Platten</u> , 2nd Peace Train – Cat Stevens
		Here Comes Santa Claus – Elvis December I Saw Mommy Kissing Santa Claus
		Count on Me – Bruno Mars 3rd The Lion Sleeps Tonight – The Tokens

CLUB COMMUNICATION

Getting information to all members within a short time can be very difficult. Please be sure to always **read the skating bulletin** and provide the club with your email address to ensure you are always informed. Our email is norwooddistrictskatingclub@live.ca so should you not be receiving notifications from the club, please let us know. Watch the bulletin board, social media and local media outlets for details.

New this year is our club website that can be found at:

<https://norwoodskates.uplifterinc.com/>

Here you can login and find registration information, season calendar, volunteer duties, events, news and more.

Feel free to contact someone on the executive or your child's Skate Canada Coach if you have any questions or suggestions.

We hope this will be a pleasant and rewarding season for all.

Note to Parents:

Once skaters have passed Stage 6 it is recommended that parents contact a coach for private lessons (paid for by the parent) so that the skater may learn and try Skate Canada Tests.

There are 3 disciplines in Skate Canada testing: **Freeskate** (jumps, spins, field moves, footwork and solos); **Skills** (patterns of footwork and field moves done to music); **Dance** (patterns of dances done to music with specific timing and with a coaching partner).

All three disciplines advance from Preliminary to Gold Level and are tested on a set Test Day with Skate Canada Judges.

TEST DAYS: NOV 23rd

FEB 1st

MARCH 28TH



VOLUNTEER POLICY

Parents/Guardians are required to sign up for two (2) events during the skating season and one (1) Ice Show duty. The Ice Show is our biggest fundraiser of the year, and we will require everyone's assistance. If you choose not to Volunteer, you can pay the \$75 Volunteer fee in lieu.

Volunteer options include:

October	Fair float Fair display
November	Christmas float
November	Test Day Helpers
February	Test Day Helpers
March	Test Day Helpers

Canskate parents are required to sign up for two (2) name tag (badge) / welcoming duty per child and will count towards two of your three required sign ups.

This involves marking attendance upon skater arrival, seeing that they get their name badge and providing a small treat for the skaters after their lesson. Treats can be items such as snacks, stickers, pencils, juice, coloring pages etc.

Most of these options will require a couple of hours of your time, so we would really appreciate your help.

SCHEDULE CHANGES

Start Date: Monday September 16th

Fri. October 11 th	cancelled – Fair
Mon. October 14 th	cancelled – Thanksgiving
Fri. December 20 th	cancelled – Christmas Break
Mon. December 23 rd	cancelled – Christmas Break
Wed. December 25 th	cancelled – Christmas Break
Fri. December 27 th	cancelled – Christmas Break
Mon. December 30 th	cancelled – Christmas Break
Wed. January 1 st	cancelled – Christmas Break
Fri. January 3 rd	cancelled – Christmas Break
Wed. January 8 th	cancelled – Tournament
Mon. March 16 th	cancelled – Spring Break
Wed. March 18 th	cancelled – Spring Break
Fri. March 20 th	cancelled – Spring Break

Ice Show will be Mar 8th with rehearsal Mar 5th .

Last day of Skating:

March 6th for PreCan & CanSkate

March 27th for Rising Star

March 27th for Elite

FUNDRAISING

It is mandatory that all skating families participate in club fundraising, as this helps keep registration costs down.

Fundraising is required in our Club, just like most other non-profit organizations.

Without fundraising, registration costs would be considerably higher.

Financial Snapshot from 2018-2019

Income (top 3)

Registration -	\$34,504.81
Fundraising (raffle/Fundsript)	\$ 5,641.78
Ice Show-	<u>\$ 8,059.26</u>
	\$48,205.85

Expenses (top 3)

Registration (Skate Canada fees)-	\$6,153.01
Coaches -	\$11,898.76
Ice Rental -	<u>\$28,179.94</u>
	\$46,231.17

Without fundraising, a deficit would be spread out among registration costs.



For safety purposes, no cell phones are allowed on the ice surface. Cell phone use on the ice can take away from your skaters' focus from their lesson as well as their awareness of other skaters around them. Our coaches require your child(ren)'s full attention in order to perform the lessons you have registered for.

SKATING CLUB ETIQUETTE AND ICE RULES

- No skater will be allowed on the ice until Skate Canada Insurance fee and Club fees are paid and the skater has been registered with Skate Canada.
- It is important that an adult remain in charge of your skater while at our program, should an emergency occur.
- **Helmets are mandatory for Canskaters in Stages 1-6.** We must abide by Skate Canada's rules.
- Rising Star and Elite skaters are expected to be dressed appropriately for skating sessions, i.e. hair up/back out of face, tights/skirts/shorts or stretch/track pants. (No jeans allowed)
- No food or drink (except water) or gum allowed on the ice surface.
- Skaters may only be on the ice during the session for which they are registered unless by special arrangement with the executive through a coach.
- Solo, Dance or Skills music requested by coaches will be given priority over skater's requests.
- Skaters who are practicing must not interfere with lessons in progress; likewise, skaters practicing with solo, dance or skills music should be given the right of way.
- Parents are asked to avoid interrupting our coaches on the ice, rather, direct your questions to an executive member or to coaches before or after the session.
- Inform the coach or program assistant if your skater is leaving the session early or for a break.
- Kicking of ice, foul language, rough play, horseplay, or inappropriate comments will not be tolerated. Any decision made on the ice in regard to appearance or behaviour is at the discretion of the coach. Skaters will be asked to leave the ice. The executive of the Norwood and District Skating Club will support a coach's decision.
- If a skater falls they are expected to get up immediately! (Unless they are unable.) Remaining on the ice may cause the skater, or someone else, more serious injury.
- Rising Star and Elite skaters are responsible for paying all test expenses to the Test Chairperson prior to test day.