

## **EYSC FAQ'S FOR REGISTRATION**

### ***When does the 2019/20 Fall/Winter season start/end?***

Bronze, Silver, Gold & Adult sessions

- Tues Sept 3-March 27

Morning Session

- Tuesday Sept 10-March 24 & Thurs Sept 12-March 26

Sunday Pre-CanSkate, CanSkate & Fundamental

- Sun Sept 15-March 22 (22 sessions)

Tuesday CanSkate

- Tues Sept 17-March 24 (25 sessions)

Thursday Pre-CanSkate, CanSkate & Fundamental

- Thurs Sept 19-March 26 (23 sessions)

Monday Don Montgomery Sessions

- Mon Sept 9-March 23

### ***Tell me a bit about your Skate Canada learn to skate program***

Our Skate Canada mandated program allows skaters to progress at their own rate & feel great about their weekly achievements. This program is broken down into Stage 1-6, with every stage having 3 ribbons (Agility, Balance, Control) and a badge which is awarded upon the receipt to of the three ribbons.

Skaters are assessed on a regular basis by our coaches & as they achieve a ribbon or a badge, the on-ice coordinator, will present skaters with their achievements.

An annual (due every August) \$40 non-refundable Skate Canada insurance membership fee is added on to and due at the time of registration under our sanction policies.

**ALL OF OUR COACHES ARE NCCP (NATIONAL COACHING CERTIFICATION PROGRAM) CERTIFIED**

### ***What is the minimum age for a registrant?***

We require participants to be 3.5 years of age at the time of registration.

### ***What is the difference between Pre-CanSkate, CanSkate & Fundamental?***

All of these entities incorporate the Skate Canada CanSkate program, however we separate them to gear the instruction towards the participant's skill level & experience.

**Pre-CanSkate** is a 30 minute group instruction lesson with a (5:1) skater:coach ratio, with help from program assistants, and is geared towards the younger beginner skater, that has never skated before or needs assistance moving, getting up or just a little reassurance on the ice. Private lessons are not available on this session. Pre-CanSkate is not a prerequisite for CanSkate.

**CanSkate** is a 50 minutes session, with a 5 minute warm-up, 30 minutes group lesson and a 15 minute fun cool down. The group lesson is taught by an NCCP certified Skate Canada coach with an average skater to coach ratio of 8 to 1 along with a program assistant. This learn to skate session teaches the skills from stages 1 – 3 which are needed for any ice sport that our participants may decide to choose and is for skaters that can move or stand unassisted, are 5 years of age or have completed the Pre-Canskate ribbon.. on the session. Private lessons can be given during the 15 minute cool down at the end of the session and should be arranged directly by you and the coach of your choice. Please see our web site for a full list of coaches.

[http://eastyorkskatingclub.com/about-us/ - 1468350835560-286ed184-559f](http://eastyorkskatingclub.com/about-us/-1468350835560-286ed184-559f)

**Fundamental** is a 50 minutes session, with a 5 minute warm-up, 30 minutes group lesson and a 15 minute fun cool down. The group lesson is taught by an NCCP certified Skate Canada coach with an average skater to coach ratio of 8 to 1 along with a program assistant. This learn to skate session incorporates the later stages of CanSkate (Stages 4, 5 & 6), and also helps skaters that have finished Stage 6 transition into our Star program (Bronze session) working on Star 1 Dance, Freeskate & Skills. The final stages of CanSkate focus on edge development, along with adding power to the skaters already learned crossovers, as well as learning some turns for increased agility. These stages also have a few elements that bridge into the world of figure skating (Star program) & start to introduce skaters to some fun & exciting skills.

Private lessons can be given during the 15 minute cool down at the end of the session. Private lessons are a direct arrangement between you & the coach of your choice. Please see our web site for a full list of coaches.

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Skaters who have passed stage 6 and have a private coach should register for Bronze sessions.

### ***Where can I find out what ribbon/badge my skater is working on?***

Once your skater has achieved a badge, we update your skaters' profile on Uplifter.

<https://register.eastyorkskatingclub.com/login/>

Using the above link, sign into your account, proceed to the skaters' profile & select 'Achievements' in the menu bar below your skaters' name. From there, under 'Participants Achievements, proceed to the 'Pre-CanSkate' tab for all inquiries for Pre-CanSkate skaters, but the 'CanSkate/Fundamental tab' for all other skaters.

All Star 1-5 achievements & Skate Canada tests must be assessed through your skaters' Skate Canada profile through <https://skatecanada.ca/>. These tests are not recorded on our Uplifter database.

## ***If my skater previously participated in Pre-CanSkate do they register for CanSkate in the 2019/20 season?***

We ask that if your skater has not completed the Skate Canada Pre-Stage 1 (yellow) ribbon that they re-register in Pre-CanSkate. If they are working on Stage 1, then they should register for CanSkate. Pre-CanSkate is not a prerequisite for CanSkate. If your skater can stand / move unassisted, & is 5 years of age, they may register in CanSkate. If your skater has completed Stage 3 then they would register for our Fundamental session.

## ***Will my child be allowed to 'move up' if they pass their badge mid-season?***

Movement will be allowed throughout the season for Pre-CanSkate to CanSkate & CanSkate to Fundamental should space permit. A difference in fees will be invoiced to you through your Uplifter account for all applicable changes. Our administrator will manually do the switch & admin fees are waived for this situation. *Emails will be sent when it's recommended that a participant move.*

For Bronze, Silver & Gold skaters who qualify for the next level sessions after completing tests as of the November 14, test day may move up to the higher session at that time. After this date, they will remain on the session they've registered for until the end of March.

## ***What if I have an older child (11+) who would like to learn to skate?***

We love to have participants join us at any age. If your skater is a bit older & still would like to learn to skate, we invite them to join our CanSkate session, but please let our office know at [eastyorksc@rogers.com](mailto:eastyorksc@rogers.com) so we can notify the on-ice coordinator to do an assessment & place your skater accordingly.

## ***What if my child participated in the City of Toronto learn to skate program & has achievements?***

East York Skating Club programs are sanctioned by Skate Canada, which means our programs are mandated by Skate Canada & therefore we follow their structure, use their achievement ribbons/badges & have regular club assessments to see how we can improve.

Our coaches must be NCCP certified, with police check & standard first aid. City of Toronto programs do not require this.

Therefore, if your skater has done a city program & still needs assistance standing or moving slightly, or is 3.5-5 years of age, then they would register for Pre-CanSkate. If your skater can stand & move unassisted, is 5 years of age or older, then they would enter our CanSkate program. Once in our program, the on-ice coordinator will assess your skater & place them in the proper level.

## ***Why do session requirements change?***

With anything, change is always necessary to ensure we can provide the best possible programs for our participants. When setting requirements, we look at a projected number of registrants & make a decision based on the maximum number of skaters we can have on the ice at a time. This maximum number is set for safety reasons & program efficiency. We all take into account the needs of participants & coach to skater ratios.

When skaters finish Stage 6 it's sometimes difficult to make the transition to Bronze, especially when a private coach has not been selected. We want these participants to feel they still have a place to learn & progress while transitioning into the world of figure skating, therefore our Fundamental session permits Star 1 skaters, without a private coach, to be accommodated. This can be a confusing & overwhelming process, so we are providing them with the opportunity to continue with group lessons at the Star 1 level. This also allows skaters who pass Stage 6 mid-season to continue progressing, while remaining on the Fundamental session. During this time we encourage parents to ask as many questions as they need to. Our administrator is available in the office during session times & through the club email [http://eastyorksc@rogers.com](mailto:eastyorksc@rogers.com).

## ***Why does my skater have a few elements on Stage 2 & also some on Stage 3, but hasn't passed her Stage 2 badge?***

The CanSkate program, Stage 1-6, is based on the "individual progression" of each skater. Some may develop faster in the control elements than others, so the program is designed to allow progression without getting 'stuck' on one thing. We strive to allow skaters to excel in their own way, at their own pace, which is why sometimes you see a skater that has for example passed Stage 1-3 in Agility and only Stage 1 in Control. This helps the skater maintain confidence & encouragement that they are still progressing.

## ***What comes after Stage 6?***

Star 1-5 - Check our bulletin board in the downstairs hallway for more info or speak to a private coach of your choice. Coaches photos are posted on the bulletin board on the right-hand side at the end of the downstairs hallway. Their contact info can be found on our web site under 'About Us' then 'Our Team'. Skaters at this stage are considered to be in the 'learn to train stage' of their skating. This program was developed just over a year ago to provide the following.

- Remove Barriers for Progression - Skaters are encouraged to move through assessments at their own rate, not having to wait for a test day as coaches' complete assessments when the skater is ready on their own session times. This means less cost to parents, no extra trip to the rink on another 'test day' & less anxiety on the skater to test in front of a judge. This is the first time that coaches are 100% accountable for their skaters' development, not relying on outside judgement.
- Strong Focus on Quality Basics - This program encourages skaters & coaches to strive for the highest quality of skill development, execution & understanding. Building these strong basics at this level helps skaters progress faster in the higher levels of figure skating.

- Introduce Skills Earlier - Star 1-5 allows coaches to introduce skills at an early level, build those basics & continue to grow the skill throughout the skaters' development over time.
- Creates a Bridge between CanSkate & Figure Skating - The exit from Stage 6 into Star 1 is meant to help make the transition smooth for skaters, & parents. Skaters work in group situations, as well as on their own, with their own selected coach & continue to learn how to practice, while coaches can consistently monitor & encourage skaters on their pathway to success.
- Star 1-5 skaters are assessed by their own private coach, but there is a \$15 fee per assessment because it is considered a Skate Canada 'test'. These assessments are recorded on their Skate Canada profile & done upon a coaches' recommendation.

### ***What is off-ice & who can participate?***

We're very excited to welcome Becky Tyler back for her third season as our off-ice coordinator. Becky brings an extensive amount of knowledge and experience in the disciplines of skating, exercise science, nutrition, and health promotion. An Alumni member of the Nexxice Senior Synchronized skating team, Becky has acquired a number of awards at the Senior level. These include 2015 World Champion, 3x World Silver Medalist, 5x National Champion, and most recently an induction into the Skate Canada Western Ontario Hall of Fame for her successful seasons on Nexxice Senior. She is certified in First Aid and Water Art Aerobics and is working to add Pilates and Personal Training certifications to that list later on this year. Recently taking on the new challenge of power skating instruction for elite hockey players, Becky has a true passion and drive for anything she applies herself to on and off the ice.

***Off-ice is for those skaters in Fundamental, Bronze, Silver & Gold sessions.*** These classes are included in your registration fee as we invite skaters to attend any number of classes per week at the time that works best for them. You can choose times/days from week to week to allow for more flexibility for our skaters to benefit from this amazing off-ice program, there is no need to sign up in advance & there are no additional fees to join.

#### ***Program content/Overview:***

For East York Figure Skating's off-ice program Becky plans to implement a weekly interchanging fitness schedule that focuses primarily on calisthenic exercises but will include HIIT sessions, pilates, ballet, stretching, and even a little bit of theatre. Educating athletes on proper exercise techniques and methods of injury prevention will ensure a safe and positive fitness environment for all levels of training.

This season skaters are welcome to participate in as many classes per week as they would like. Classes are not session specific & will be formatted to accommodate all levels. We hope this new format will allow more flexibility for skaters to fit the classes into their busy schedules.

Sunday Classes will run in the arena lobby or outside (weather permitting) ...

- Sundays @ 5:30-6:30pm
- Sundays @ 6:50-7:50pm

Tuesday Classes will run at the Stan Wadlow Clubhouse (behind the rink) ...

- Tuesdays @ 5:15-6:15pm
- Tuesdays @ 6:20-7:20pm

***\*\* Please bring your own yoga matt & skipping rope to class!***

## ***What is the Edge/Turn Class?***

Bronze, Silver & Gold session fees include a 15 minute group edge/turn class when skaters register for the corresponding session. IE. Sunday Bronze 5:25-6:25pm session fee includes the Bronze Edge/Turn class @ 6:25-6:40pm, Wednesday Silver/Gold 4:10-5:20 & 5:45-6:50pm sessions include the 5:20pm Edge/Turn class, etc.

These group lessons, led by one of our certified coaches, provide skaters with the opportunity to improve their over skating skills through balance, agility, control, choreographic, strength & flexibility exercises.

Skaters must register for the corresponding session in order to participate in the Edge/Turn group lesson. Skaters who are guest skating may also participate in the class.

## ***What is the multi-day discount & who is eligible?***

When members register a skater for multiple sessions, they're entitled to the multi-day discount for each session.

Register for 2 sessions per week = 30% discount

Register for 3 sessions per week = 40% discount

Register for 4 sessions per week = 45% discount

Register for 5 or more sessions per week = 50% discount

Discount applies to total registration fees, however in order to receive the discount, you must create one invoice for all sessions. If you register then decide to add a session please do NOT create another invoice, as this will not calculate your discount, but rather contact our administrator to manually adjust your initial invoice.

Discounts are calculated for each individual skater, not families & are not applied to Skate Canada fees, lesson add-on fees, guest skate passes or similar fees.

## ***Administration Fees***

Participants that register for multiply sessions will receive a multi-day discount at the time of registration. Please use our fee structure for reference. This applies to all programs.

If you have created an account previously with us please continue to use the same account in order for your skater's achievements to be recorded properly. We use this profile to group skaters & want to be sure all information is accurate. If you note a discrepancy with your skaters achievements please notify us asap. If you have already created a duplicate account please email the office & we will have to consolidate the accounts.

**Please note:** A \$25.00 administration fee will apply to ALL on-line invoice revisions, such as, but not limited to, switching days, adding a day/session, etc. If a member is adding a day/session, we ask that they contact us at [eastyorksc@rogers.com](mailto:eastyorksc@rogers.com) in order to be eligible for the appropriate discount. If you create another invoice the admin fee will apply.