

**WALLACEBURG SKATING CLUB**

**2019-2020**

# **HANDBOOK**



**SEASON STARTS: SEPTEMBER 24, 2019**

**SEASON ENDS: MARCH 28, 2020**

# Wallaceburg Skating Club

## 2019-2020 Season

The Wallaceburg Skating Club Board of Directors and coaching staff would like to welcome you to our 2019-2020 skating season.

For those of you who are new to the Wallaceburg Skating Club we would like to welcome you to our Club and hope you enjoy your skating experience with us. For those of you who are returning for another season, we welcome you back and hope that you like the changes for this season.

This handbook is designed to be a handy reference to help answer questions and provide important information about our upcoming season. Inside you will find our events calendar as well as information about the WSC and more.

The information in this book can also be found on our Facebook page.

<https://www.facebook.com/Wallaceburg-Skating-Club>

Check the Facebook page regularly for updates and any changes to the season schedule.

If you have any questions or comments please see a board member at the table or email to [wallaceburgskatingclub@gmail.com](mailto:wallaceburgskatingclub@gmail.com)

Wallaceburg Skating Club Board of Directors/Committee Members

### **EXECUTIVE:**

President:	Randi Hull
Vice President:	Chris Bennett
Secretary:	Dayna Lauwereys
Treasurer:	Kylie Coffin / Dayna Lauwereys
Test Chair:	Randi Hull
Registration:	Tracy McLaughlin, Sandra Daamen
Directors:	Michelle Therrien Gretchen Gamble Miranda Konola Shane Konola Lori Labombard

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## 2019/2020 Wallaceburg Skating Club Schedule

<b>TUESDAY NIGHT</b>		
4:00 - 5:05	StarSkate Senior	10 minutes stroking 15 minutes Skills 15 minutes Dance 25 minutes Freeskate
4:55 – 5:05	StarSkate Junior & Senior Stroking	
4:55 – 5:45	StarSkate Junior	10 minutes stroking 10minutes Dance 15minutes Skills (badge/stage work) 15 minutes Freeskate
5:45– 6:30	CanSkate	
<b>THURSDAY NIGHT</b>		
4:00 - 5:15	StarSkate Senior	10 minutes stroking 20 minutes Skills 20 minutes Dance 25 minutes Freeskate
5:15 – 6:00	StarSkate Junior	5 minutes stroking 10 minutes Skills 15 minutes Dance 15 minutes Freeskate
6:00 - 6:10	FLOOD	
6:15 - 7:00	CanSkate	
7:00—7:50	Synchro Programming	

Skaters MAY ONLY skate on the day/time that they are registered for.

Requests for changes will be determined on a case by base basis pending board approval. If you need to request a day change, please see a DSC board member at the table in the lobby at least ONE week prior to the change.

## 2019/2020 Schedule of Events

### September

PumpkinFest Market Sat 21  
 StarSkate Begins Tues 24  
 PA Training/PA Pizza Day Tues 24  
 CanSkate Session Begins Thurs 26  
 Chocolate bars delivered Thurs 26

### October

Board of Directors Meeting Tues 8  
 Chocolate Bar \$ Due Thurs 17  
 Halloween Bring A Friend Tues 29  
 NO SKATING Thurs 31

### November

Board of Directors Meeting Tues 12  
 Christmas Parade Sat 16  
 First test day Tues 19

### December

Board of Directors Meeting Tues 10  
 Second Test Day (Dresden) Wed 11  
 Pop Concert Showcase / Family Skate Thurs 19  
 NO SKATING Dec 24,  
 26 & 31

### January

Skating Resumes Thurs 2  
 Little Caesar's Sales Start Thurs 2  
 Board of Directors Meeting Tues 14  
 Little Caesar's \$ due back Tues 23

### February

Second Test Day Tues 4  
 Board of Directors Meeting Tues 11  
 Little Caesar's Delivery Date Tues 11  
 Club Challenge / Pasta Dinner Night Thurs 13  
 Picture Night Thurs 27

### March

Board of Directors Meeting Tues 10  
 Final Test Day (Dresden) Wed 25  
 Annual Ice Show Sat 28

### April

Spring Banquet Thurs 9  
 AGM Tues 21

## **COMMUNICATIONS**

We attempt to make sure that all our members are kept informed about club activities. We use a few different methods:

**Email** - Emails are very important in our communication to our members. We will send out emails periodically with updates, news and any changes that may occur in our schedule and calendar. The email is also used in reminders for important dates including fundraising, test days, shows, competitions and No Skate Days.

**Facebook** - Follow us on Facebook! Just search for “Wallaceburg Skating Club” and “Like” us to join our page.

**Bulletin Board / Newsletter** – At the beginning of each month, newsletters will be placed in mail folder and posted on the bulletin board to update members of activities and important dates in the club. Newsletter will also be posted on website.

**Face to Face** -During our sessions, there is always at least one board member at the arena. Please feel free to ask us any questions.

## **SHOWING OFF OUR TALENT**

During the season, the Wallaceburg Skating Club has two demonstrations of our skater’s progress.

**Christmas Pop Concert** - This is a Christmas Concert showcasing our skaters’ progress through the first half of the season. The show is held on our normal Thursday ice time beginning at 6pm (approx. 1 hour). The date and time for this is **Thursday, December 19/19**.

**Carnival** - Each year The Wallaceburg Skating Club presents a show of the accomplishments of all skaters involved in our programs. The carnival is usually two hours long. As this is a non-profit event, each family needs to help in some way. As this is a special time for all the skaters to present their talents and celebrate the year, we need the help of all families to make this skating show a success.

Volunteer areas include: sewing, props, sets, lighting, dressing room, helpers, costumes, etc. Volunteering for the Carnival counts against your volunteer fee! Casting is complete in early January. Skaters will stay in casted numbers regardless of advancement in skating level after this date. **Carnival Rehearsal will be March 26, 2020. The Carnival show will be on Saturday, March 28, 2020 at Wallaceburg Memorial Arena. Show time is 2 pm.**

## **ANNUAL AWARDS BANQUET - THURSDAY, APRIL 9, 2019**

At the end of every skating year, the **Wallaceburg Skating Club** hosts an awards banquet. The Awards Banquet serves as the annual recognition of the achievements of our club's skaters. Every Skater will receive a certificate with their accomplishments and there will be photo ops for your skaters with their peers and coaches. Annual Awards will be handed out as follows:

### **CanSkater of the Year**

Recognizes a skater who has shown enthusiasm and dedication to the CanSkate program throughout the season. The recipient of this award has demonstrated the talent and desire needed to find continued success in skating. The skater demonstrated self confidence, determination and positive attitude, an eagerness to learn new skills and to improve as well as has an understanding of the rules of fair play and cooperation.

### **CanSkate Spirit**

Recognizes a skater(s) who embodied the "Spirit of a Champion" with determination, discipline, perseverance and positive attitudes.

### **Junior of the Year**

Recognizes a skater who demonstrates dedication, enthusiasm, determination and commitment to the sport of figure skating. This skater has a positive attitude on the ice and continually works hard to improve their skating. This skater displays passion for the sport and has achieved success throughout the season, not only with test and/or competitions but also with personal skill development and growth.

### **Junior Spirit**

Recognizes a skater(s) who embodied the "Spirit of a Champion" with determination, discipline, perseverance and positive attitudes.

### **Senior Spirit**

Recognizes a senior skater(s) who embodied the "Spirit of a Champion" with determination, discipline, perseverance and positive attitudes.

### **Program Assistant of the Year**

Recognizes a dedicated and passionate program assistant who has more than two years experience as program assistant and is 12 or older. This skater continuously shares Skate Canada's vision with all participants of the program, is not only a great asset to the coaching team on the ice, as well as shows their commitment off the ice by providing support and assistance to the Club and its members.

### **Program Shadow of the Year**

Recognizes a program shadow with 2 years or less program assistant experience. This shadow has made a significant contribution to their Club by helping children and their Coaches as well as the Club. This individual imparts the passion, spirit and triumph of skating with whom they work.

### **Shaffik Thomas Award**

Recognizes a skater who is dedicated to the sport of skating, spends a lot of time training for competition or testing—Most Dedicated Skater. This award was donated by the parents of former skater Mazin Thomas.

### **Wilson Brewer Award**

Recognizes a Senior skater who has passed the most tests this season. This award was donated by the father of former skater and coach Jan Shepley.

### **ANNUAL GENERAL MEETING - TUESDAY, APRIL 21, 2020**

The AGM provides our members with:

- the financial and registration details of the past year
- presentation of any changes to the **Wallaceburg Skating Club's** constitution/by-laws that need to be voted upon by our members
- voting in of new nominated members to the executive board

Further information will be shared towards to the end of the skating season.

Watch for details!

### **PAYMENT OPTIONS**

The WSC has a flexible payment plan option for payment of registration fees. If you have chosen the payment plan option, payments must be received on the date due. Late payment will result in your skater not being allowed on the ice until the payment is made. NSF cheques are subject to a \$25.00 charge and again skaters are not allowed on the ice until payment is made. All late payments and NSF's must be paid in CASH. After 2 NSF cheques or late payments, the balance is due immediately in cash. Final payment must be made by December 15, 2019 unless other arrangements have been made with the WSC executive.

## VOLUNTEERING & FUNDRAISING

A post-dated cheque of \$100.00 per family is required at registration as a fundraising fee. Parents who choose to Opt-Out of fundraising will be required to pay the \$100 at registration. Those who wish to work off their \$100 fee will have opportunities to do so by participating in some of the many events throughout the year. The cheque will be returned at the end of the year once all hours have been worked. If you have not reached the \$100 value, the club will cash the cheque for \$100.

Listed below are events that qualify for the volunteer reimbursement.

Volunteering/Fundraising	Amount Per Fundraiser
<b>Chocolate Bars \$25.00 per Case</b> (Must be decided at Registration)	\$25.00/case
<b>Little Caesars Pizza Kits \$5.00 per Case</b>	\$5.00/case
<b><u>Club Events:</u></b>	
<b>Canskate Table</b>	4 nights / \$25.00
<b>Pasta Dinner Night</b>	\$25.00
<b>PumpkinFest Volunteering</b>	\$10.00 / hour
<b>Club Challenge</b>	\$25.00
<b><u>Pop Concert:</u></b>	
<b>Dressing Room Attendant</b>	\$25.00
<b>Admission / Table Attendant</b>	\$25.00
<b>Costume / Sewing Design</b>	\$25.00
<b><u>Carnival:</u></b>	
<b>Costume/Sewing Design</b>	\$25.00
<b>Program Advertising (collect 5 ads)</b>	\$25.00
<b>Carnival Program Design</b>	\$75.00
<b>Setup AND Tear Down</b>	\$25.00
<b>Dressing Room Attendance</b>	\$25.00
<b>Admission / Table Attendant</b>	\$25.00



## CANSKATE – IT ALL STARTS HERE!



Canskate is Skate Canada’s flagship “Learn to Skate” program developed by experts to teach the fundamentals of skating in a progressive and sequential manner aimed to keep skaters active, engaged and motivated all while having fun! This program is geared to beginners of all ages and offers basic skating skills needed for figure skating, hockey, speed skating, or just to be able to skate for recreation.

### What it looks like on the ice

Instruction is given in a small group format by Skate Canada NCCP Certified Professional Coaches. Our coaches have Program Assistants (P.A.’s) to aid them in instruction and supervision of Canskaters on the ice. Program Assistants are volunteers who help the younger skaters. Our P.A.’s are specially trained by our coaches to deliver portions of our Canskate program. Our coaches and P.A.’s work together as a team to ensure that your skater has fun and achieves success on the ice.

The new Canskate Program is organized into three fundamental areas, divided into six stages of learning:

**BALANCE:** concentrating on most forward skills, pushing techniques and edges.

**CONTROL:** concentrating on most backward skills, stopping and speed elements

**AGILITY:** concentrating on most turning and jumping skills.

This season we will continue with the use of the Skate Canada badge system. To receive the stage badge skaters need to complete all three areas, Balance, Control and Agility, and will receive a ribbon for each area mastered. Skaters progress through the stages at their own rate and are promoted to the next level throughout the season accordingly.



## CANSKATE INFORMATION

To help you become familiar with the CanSkate program, you will find important information about the program listed below:

- Please make sure that there is an adult accompanying your child at the arena. It is important to have someone responsible for skaters in case of an emergency.
- Skaters should dress warmly however please refrain from wearing clothing with drawstrings, dangling belts or scarves, as these items can be a safety hazard on the ice.
- Skate Canada policy requires **all CanSkaters wear a CSA approved hockey helmet** on the ice up to and including Stage 5.

Skaters have more fun and advance faster if they have the proper equipment. Some things to look for when getting skates:

- Skate should fit comfortably.
- Skater should be able to wiggle toes slightly.
- Heels shouldn't move more than ¼ inch in the skate.
- When laced up you should be able to get the tip of your finger between the back of skate and the leg.
- Excess laces should not be wrapped around the skate but be either cut off or double knotted.
- Skate guards should be used when not on the ice.
- Sharpen skates periodically.

## GENERAL RULES

Parents and guests are not allowed on the ice surface. If you need assistance for any reason, please see a DSC board member in the lobby.

- If you need to speak to our coaches please wait until the session has ended so that lessons are not interrupted.
- Skaters are not allowed on the ice surface until the Zamboni doors have been closed by an arena employee.
  
- Skaters are to use the dressing rooms to put on skates. CanSkaters have the use of Dressing Room # 4 & 6
- Name Tags** will need to be picked up at the table in lobby by parent. They are required to be worn on ice by CanSkaters. This helps with attendance, etc. They will be collected as the skaters get off of the ice for the following week.

## PROGRAM ASSISTANT - CANSKATE

Our Programs are taught and directed by Professional Coaches, but we need the help of our Program assistants to assist with warm ups, review the skills taught and to supervise practise and games. These Program Assistants are skaters themselves and have been trained at PA Clinic. There are several training dates through the year to maintain the skill development and quality of the programs.

Are you interested in becoming a Program Assistant for our CanSkate program? You must be able to demonstrate all the skills of the CanSkate program, have leadership qualities and great enthusiasm to coach! Scheduled mandatory meetings through the year provide you with the training you need to be a great PA!

If you are interested in becoming a PA, please speak to one of the coaches or board members.

## STARSKATE



After successfully completing the CanSkate program skaters choosing to continue on proceed to our Starskate program.

**StarSkate** stands for **Skills, Tests, Achievement, and Recognition**. This Skate Canada program offers opportunities for skaters to develop basic figure skating skills with the option of taking Skate Canada Tests.

The StarSkate program is divided into four separate disciplines: **Free Skate, Skills, Ice Dance, and Artistic**. These disciplines are sub-divided by level: **StarSkate 1—10 (Gold)**.

The Wallaceburg Skating Club Starskate program is divided into two groups based on skating ability, **StarSkate Junior and StarSkate Senior**.

### STARSKATE Junior

Once skaters have accomplished CanSkate Stages 1 to 5 they are ready for our Starskate Junior group. This level focuses on preparing skaters for standardized testing set out by Skate Canada.

The Group Sessions are taught in a format that follows the CanSkate style the skaters are familiar with but the goal of moving toward independent practise. Skaters will be expected to spend small amounts of time at independent practise. Group lessons are meant to teach general figure skating skills and the Preliminary testing level, and are not geared toward individual skaters.

Private instruction time is available for skaters who want to work one on one with a coach and work on individual skills, or who have advanced past the preliminary test level in one or more disciplines. Star skaters may choose to have a private coach. For more information please refer to the section on “Private lessons”.

Skaters remain in the StarSkate Junior program until they have passed one Star 5 level test or coaches collectively feel the skater is ready to move to StarSkate Senior.

Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
<b>STAR 1</b>	Fwd edges Fwd 3-turns Fi-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
<b>STAR 2</b>	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
<b>STAR 3</b>	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
<b>STAR 4</b>	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
<b>STAR 5</b>	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd stalom) Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

## STARSKATE Senior

To qualify for Starskate Senior, skaters must have passed one Star 5 test level and/or be approved by coaches for StarSkate Senior Session. These skaters do not receive group lessons therefore must have a private coach. Payment of lessons is paid directly to the coach. Please see “Private Lessons” for more information.

## SYNCHRO

Learn challenging new skating skills and team co-operation in this fun, positive team environment. Skaters will perform competitive routines as a team and compete in competition(s) and perform in ice shows. What a great way to combine skating and meet new friends! Being part of a synchronized skating team will help your skater develop and strengthen their skating skills, it will enable your skater to become part of a team and compete as a team. It will also develop your skater’s confidence as a single skater. Synchronized skating or “Synchro” is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and manoeuvre. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

## **PRIVATE LESSONS**

Who can take private instruction? **EVERYONE!**

Private instruction is available to all club members regardless of level. Private instruction can help CanSkaters progress more quickly; they target and improve areas of weakness, and assist StarSkaters to progress through the Skate Canada Test Program.

### **Choosing a Coach:**

Our club has 3 professional coaches available for private instruction. Choosing a coach is a personal choice between you and your skater, the club does not choose a coach for you.



### **General guidelines for choosing a private coach.**

Talk to the coach and ask if they are accepting new skaters.

Set up a time to talk to the coach and advise them of what your expectations are. The coaches will be able to discuss what is best for your skater if they know what your expectations are.

Talk to other parents whose skaters take private lessons. Other parents are a great resource for information when selecting a coach

Spend some time watching the coach interact with other skaters. Coaches have different teaching styles so you need to select the coach who will work best with your skater.

Be sure to ask about fees and payment schedules. This also varies from coach to coach.

### **After selecting a coach here are some standard guidelines to be followed.**

Make sure that your skater is on time for their lesson. Coaches have multiple skaters and are on a schedule. If you are going to miss a lesson please inform your coach as soon as possible. You may be charged for missed lessons if no prior notice is given.

During a private lesson skaters are expected to listen and participate fully in the session.

During private ice times the coaches are instructing individuals so please wait until the private session is finished and the coach is off the ice if you need to talk to them about your skater.

Please pay your bill for private instruction in a timely manner.

## REGISTRATION INFORMATION

The Wallaceburg Skating Club strives to keep the cost of skating as low as possible. The following information is provided for you so you understand where your fees are being used. Registration fees cover the following:

- Skate Canada Registration
- Insurance
- Ice rental
- Coaching

If during the skating season a skater has passed all requirements of their category and are moving up to the next category, additional fees may need to be submitted in order to change categories. In this event you will be notified prior to the change as to fees. You can choose to have your skater remain in the category they are in for the remainder of the year.

## SKATING ETIQUETTE

### STARSKATE

Due to the number of skaters on the ice at one time, please read through the following information and go over it with your skater to ensure that they understand these rules.

Proper skating attire needs to be worn to all StarSkate skating sessions. Proper attire consists of: skating dresses, skating skirts or “booty” shorts with tights; or leggings. **NO JEANS.**

Long hair must be secured back in a ponytail.

Skaters are not allowed on the ice until a coach or WSC board member is present at the rink.

Skaters must skate the session discipline (dance during dance, skills during skills etc.) unless engaged in a private lesson with their coach.

During freeskate sessions the right of way belongs to the skater who is “ON PROGRAM” (Skater whose music is being played). Skaters are to move out of the way of On Program skaters.

No food, gum, or drinks other than water are allowed on the ice surface.

Cell phone use is not allowed on the ice surface.

Do not stand around on the ice talking. If you are not moving you need to move to the boards or off the ice to prevent accidents.

Be aware of others around you. There are a number of skaters on the ice at one time doing jumps and spins so skaters must **ALWAYS** be watching for other skaters who are around them. Paying attention to others helps prevent injuries!

If you fall down, **GET UP QUICKLY!** Other skaters have a harder time seeing you if you are on the ice surface.

Please report any serious injuries to a WSC executive member immediately so proper procedures can be followed.

Do not leave valuables in the dressing rooms. **The Wallaceburg Skating Club is not responsible for lost or stolen items.**

## SKATE CANADA TESTING

Skate Canada has a system of standardized testing in all four skating disciplines. StarSkaters in the Junior and Senior levels work on these areas during their skating sessions.

Skate Canada tests need to be completed in order. Skaters can work through the levels as fast or as slow as they are comfortable with. Skaters are not obligated to try Skate Canada tests.

For those skaters eligible to test there will be Test Days scheduled throughout the season (Refer to Schedule of Events on Page 4).

On test day a coach or judge(s) will evaluate the skaters on the test being tried.

The format for test days is as follows:

- 4—6 weeks prior:** A list of eligible skaters and tests they may try will be posted on the bulletin board. If you choose not to test please inform the Test Chair at this time.
- Four weeks prior:** test envelopes will be given out with the following information:
  - Tests being tried
  - Test time (tentative Schedule) if you are unable to skate at the allotted time please see the Test Chair as soon as possible to see if changes can be made.
  - Test Fees
- Two weeks prior:** Test envelopes are due back with payment. No envelopes will be accepted after this day.
- One week prior:** Finalized schedule will be posted on bulletin board
- Test Day:** Skaters need to be ready and on the ice at the appointed time. Test days are very busy and need to stay on schedule so there is no time to wait for late skaters.
- Missed test times will result in forfeiting your test fees.**

All tests tried must be paid for, therefore any tests that do not meet Skate Canada testing standards will need to be retried at a later date and paid for again.

Skate Canada Standardized testing levels are listed by discipline on the next pages for your reference.

Occasionally a Test Day will fall on a previously scheduled skating session, and skating for that day may be cancelled.

# STAR 1—10 (Gold) TEST LISTING

## ARTISTIC

Star 5

Star 7

Star 9

Gold

## DANCE

Star 1 Ice Dance	Star 2a —Dutch Waltz	Star 2b—Canasta Tango
Star 3a—Baby Blues	Star 3b—Dance Elements	Star 4a—Swing Dance
Star 4b—Fiesta Tango	Star 5a—Willow	Star 5b—Dance Elements
Star 6a—Ten Fox	Star 6b—European	Star 6 c—Fourteen Step
Star 7a—Foxtrot	Star 7b—Tango	Star 7c—American Waltz
Star 8a—Kilian	Star 8b—Rocker	Star 8c—Starlight Waltz
Star 9a—Paso Doble	Star 9b—Blues	Star 9c—Silver Samba
Star 10a—Cha Cha	Star 10b—Westminister Waltz	Star 10c—Quickstep
	Gold B—Argentine	
Gold A—Viennese Waltz	Tango	Gold C—Open Rhythym Dance

## FREE SKATE

Star 1 Free Skate	Star 2 Free Skate—Elements
Star 2 Free Skate—Program	Star 3 Free Skate - Elements
Star 3 Free Skate—Program	Star 4 Free Skate—Elements
Star 4 Free Skate—Program	Star 5 Free Skate—Elements
Star 5 Free Skate—Program	Star 6 Free Skate—Elements
Star 6 Free Skate—Program	Star 7 Free Skate—Elements
Star 7 Free Skate—Program	Star 8 Free Skate—Elements
Star 8 Free Skate—Program	Star 9 Free Skate—Elements
Star 9 Free Skate—Program	Star 10 Free Skate—Elements
Star 10 Free Skate—Program	Star Gold—Event Program

## SKILLS

Star 1 Skills	Star 2 Skills	Star 3 Skills
Star 4 Skills	Star 5 Skills	Star 6 Skills
Star 7 Skills	Star 8 Skills	Star 9 Skills
Star 10 Skills	Gold Skills	

## SKATE ONTARIO CONCUSSION POLICY

Skate Ontario has developed a standardized best practice Concussion Policy for the sport of figure skating in Ontario. This policy is not age dependent, all skaters, coaches, officials, and volunteers must be treated in the same manner.

Though concussions are common sport injuries, particularly among children and adolescents, their sometimes subtle symptoms may go unnoticed. Without identification and proper management, a concussion can result in permanent or severe brain damage.

If a concussion is suspected **the individual MUST receive medical clearance by a physician or nurse-practitioner, preferably with experience in concussion management, in order to return to skate, train off the ice, or coach.** Please note that skaters, coaches, and parents must NOT make the return to skate/train/coach decision on their own, even if the individual's signs and symptoms resolve.

### ROWAN'S LAW:

On July 1, 2019, new rules came into effect through Rowan's Law, to improve concussion safety in amateur competitive sport. If you are an athlete under 26 years of age, parent of an athlete under 18, coach, team trainer or official you will need to:

- review any one of Ontario's official Concussion Awareness Resources before registering or serving with your sport organization (current links provided below); and
- review your sport organization's Concussion Code of Conduct; and
- confirm that you have reviewed both of these resources every year with your sport organization(s). (More information on this to come)
- EVERY SKATER (OR PARENT) MUST sign the Rowan's Law Acknowledgement form and return to the Wallaceburg Skating Club.
- By signing the form you acknowledge that you have reviewed one of the Government of Ontario Concussion Awareness Resources - Rowan's Law E-Booklets.

See the website [www.wallaceburgskatingclub.com](http://www.wallaceburgskatingclub.com) for forms and additional information.

## **SOCIAL MEDIA POLICY**

We recognize that many of our coaching staff , club members and skaters parents are actively using social media in their personal lives. It is important to understand that these personal posts can directly or indirectly impact our skaters and Wallaceburg Skating Club brand. As coaches, club members and parents you are often in the best position to serve as Wallaceburg Skating Club and Skate Canada brand ambassadors.

**We encourage you to actively engage in social media and spread the word about Wallaceburg Skating Club, and have created the following guidelines to reduce any risk to personal, skater and club reputation.**

### **Be transparent and authentic.**

If you are sharing information about Wallaceburg Skating Club or your skater, be sure to tell people you are the coach, club member or parent. You can either do this in your profile or when you are sharing information. Why is this important? Many people use social media sources as part of their decision or to form opinions about a Club. They may weigh a coach's or parent/guardian's comment differently, so it is important to be up front about who you are.

**Use a Disclaimer.** Social media activities are individual interactions and coaches, club members or parents must not represent or imply that they are expressing the opinion of the Wallaceburg Skating Club. If you publish or share content online related to Wallaceburg Skating Club you should include a disclaimer such as “tweets are my own”.

**Be Considerate.** The same rules that apply to skater or coaches conduct as it relates to Athlete Conduct or Coaches Code of ethics, including our Club values, apply to the social world. Communicating publicly in any type of forum – including social media channels – should be done with good judgement and common sense.

**Be positive** - Your comments are a reflection of you, our skaters and our Club. Before posting any comment, ask yourself would it be OK for my skater, parent/guardian, coach colleague, Club or member of the skating community to read this? Information spreads quickly and there is no true delete button. Never share anything you wouldn't want the world to know.



**Respect Copyright and Trademark.** Follow the rules of the social media site you are using and be mindful of others in that space.

Coaches, club members and parents are not permitted to use the Wallaceburg Skating Club logos or other trademarks owned by Wallaceburg Skating Club or Skate Canada – unless approved to do so.