



NEWMARKET SKATING CLUB

INTERMEDIATE INFORMATION SEMINAR



METHOD OF INSTRUCTION

- Major change from Junior – no group lessons or Program Assistants
- Skaters work on their own
- Must schedule lessons with Private Coach
- First 15 minutes are to practice dances (dance music is played during this time)



SKILLS SESSION

- No group lessons provided
- It is important for skaters to participate in Skills sessions (improves overall skating ability)
- Skills are to be practiced on Skills sessions only (must register for this session)
 - Skills patterns are typically contrary to Dance patterns
- Most coaches will teach their private skaters as a group – charge a group rate



Edges & Turns

- Formerly known as Stroking sessions, Edges & Turns are 15 minute sessions (Saturdays) taught by your professional coach (either in a group format or private lesson). Focus will be on proper pushing technique, edges, power, turn quality, balance and step sequences.
- New this season to fall in line with the Skate Canada Star 1-5 Programs



CLOTHING & ETIQUETTE

- Skaters must yield to skater whose solo is being played
- If skaters want to stand and chat they **MUST** leave the ice
- Don't hang around in the "jump-completion" areas
- Skating etiquette – should be in proper skating attire, absolutely no jeans or PJ pants
- A parent coaching from the sidelines makes the coaching job difficult and makes other skaters uncomfortable – can cause their skater to be a "traffic hazard"



TEST DAYS

- Test Days – late Oct, early Dec, early March, April/May, June, July & August
- Proper skating attire, minimal makeup, hair back, presentable tights, clean skates
- Freeskate Test – Part 1 and Part 2
 - Part 1: Stroking & Elements
 - Part 2: Solo/Program
- Skills Test – 3 exercises
 - A & B & C – performed consecutively
- Dance Test – done with a partner



BADGES

- Stages 1 through 6 in Canskate
- Freeskate 1 through 10 in Junior & Intermediate
- Dance badges – Dutch Waltz, Canasta, Baby Blues
- Jump, Spin and Field Moves badges for purchase
- Dance, Freeskate and Skills badges for purchase



MOVING "UP"

- Next level is Senior – partial programs available
- Qualifications:
 - JrBrnz Freeskate **OR**
SrBrnz Dances **AND** JrBrnz Skills
 - minimum requirement: Preliminary Freeskate
- December tests determine Spring School
- March/May tests determine Winter School



SETTING GOALS

- Skater/parent and coach must work together to determine tests required to move to next level or competitions they will attend
- Make a plan for the projected test schedule to meet qualification deadlines to move to next level
- Determine lessons and ice time required to meet goals – what is realistic vs desired (also may register for additional skating days)
- Might need to use some Ticket Ice (town ice)
 - 3:00-3:50 pm each weekday – open to all from Junior up
 - purchase “tickets” at reception desk



RECREATIONAL VS COMPETITIVE

- Some decide to follow test stream only, some compete Starskate, others decide to compete in the Competitive Stream
- If a skater wants to “go competitive” the planning should begin at this level
- Competitive skaters require significantly more ice time than recreational skaters plus off-ice training (eg. stretch classes), perhaps a personal trainer (also age limits for each category)
- “Going competitive” requires a significant commitment from skater and parent



TYPES OF COMPETITIONS (VISIT COS WEBSITE)

- Fun Competitions
 - Frolics (December), Thornhill (April)
- Starskate Competitions
 - Skokie Skate (Huntsville - Oct.), KIS (Keswick - Nov.), COS Starskate Championships (Feb), Provincials (March)
- Competitive Events
 - Typically there is a progression to the next competition if successful
 - Octoberfest, Sectionals (October), Challenge, Nationals



NSC FUNFEST - CLUB COMPETITION

- First weekend in March, Forhan Arena
- Deadline for entries – three weeks prior
- Competition events in freeskate, elements and dance
- Variety of fun single and team events



DEVELOPMENT TEAM

- New initiative in 2012
- Create enthusiasm, excitement, “team” spirit, sense of community
- More recognition, more peer support, more pride in our skaters and our Club
- Monthly events
- Excellent turnout
- developmentteam@newmarketskatingclub.com