



Directed by Tracy Tutton

www.claringtonskatingacademy.com



*In conjunction with the
Bowmanville Figure Skating
Club*

*“Together We Can
Make Great Things
Happen”*



Welcome to Summer Skating


July 5 – July 14, 2011
(2 weeks)

July 26 – August 18, 2011

* No Skating week of July 19-21

South Courtice Arena
1595 Prestonvale Rd.,
Courtice, Ontario
www.claringtonskatingacademy.com

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At the Clarington Skating Academy, our goal is to provide the best training environment possible for all levels of skaters, and we strive to address all aspects of the skaters' development. To successfully train a figure skater requires more than on ice training time. All factors must be considered, such as schooling, off ice training, nutrition, time management and more.

We offer years of combined coaching experience involving every level from the beginning skater up to and including National Champions. This experience is focused on developing each skater's needs and potential as an individual.

It takes more than one person to create a champion. With top-level coaches, choreographers and off ice trainers, nothing can be overlooked. You will get out of your sport what you put into it. If we all work together "we can make great things happen."

**** Code of Points and Well Balanced Program Criteria ****

With our judging system, scoring as many points as possible on each and every element is very important. At CSA, as part of our program, we offer a "Moves In The Field" session in order to promote improvement in areas such as spins, spiral sequences, footwork, quality of edges, turns, speed, stroking. During the "Moves In The Field" time, the skaters will work in groups with their coaches on these above noted areas of skating. This time will be instructed by your own coach and group lessons are encouraged.

Off Ice Classes

The skaters will be targeting different areas each day. Conditioning, Strength Training, Ballet, Yoga, Stretch & Flexibility etc. will be covered, as well as time management, goal setting, focusing, mental training and nutrition.

Test Days

Please Note: Test day fees and ice time are not included in the membership price

High/Low & Competitive Test Day:

We have requested a Test Day the week of August 16, 17, 18

Test Days will be granted by EOS based on evaluator availability

Freeskate Only Memberships

1 Freeskate per day, 3 days/week for 6 weeks \$295+ hst(13%)

1 Freeskate per day, 3days/week for 4 weeks \$205+ hst(13%)

1 Freeskate per day, 2 days/week for 6 weeks \$205+ hst(13%)

1 Freeskate per day, 2 days/week for 4 weeks \$140+ hst(13%)

Guest Skating Fees \$25 each Freeskate Session

HIGH COMPETITIVE TUESDAY, WEDNESDAY & THURSDAY

Must have passed pre-novice competitive test or complete jr. silver freeskate

Tues & Wed		Thurs
8:30-9:30	Off Ice	9:30-10:30
9:45-10:30	Freeskate	10:45-11:30
10:45-11:15	Goal Setting & Lunch	11:45-12:15
11:25-12:10	Freeskate	12:25-1:10
12:10-12:20	Snack / Drink Break	1:10-1:20
12:20-12:50	Moves in the Field (on ice)	1:20-1:50
12:50-1:20	Competition run-throughs & freeskate	
	Theatre On Ice	1:50-2.20

**3 Days/Week \$145+hst/week or 2 Days/Week \$100 +hst/week
Partial Membership \$55/Day + hst/week**

LOW COMPETITIVE TUESDAY, WEDNESDAY & THURSDAY

Must have passed Juvenile Competitive test or all Senior Bronze tests
(complete set of dances, skills & freeskate)

Tues & Wed		Thurs
8:30-9:30	Off Ice	9:30-10:30
9:45-10:30	Freeskate	10:45-11:30
10:45-11:15	Goal Setting & Lunch	11:45-12:15
11:25-12:10	Freeskate	12:25-1:10
12:10-12:20	Snack / Drink Break	1:10-1:20
12:20-12:50	Moves in the Field (on ice)	1:20-1:50
12:50-1:20	Competition run-throughs & freeskate	
	Theatre On Ice	1:50-2.20

**3 Days/Week \$145+hst/week or 2 Days/Week \$100 +hst/week
Partial Membership \$55/Day + hst/week**

LEVEL 3 TUESDAY, WEDNESDAY & THURSDAY

Must have passed all preliminary tests (complete set of dances, skills & freeskate)

Tues & Wed		Thurs
9:30-10:30	Off Ice	10:30-11:30
10:40-11:25	Freeskate	11:40-12:25
11:30-12:00	Goal Setting & Lunch	12:30-1:00
12:00-12:10	Off Ice Jumps & Spins	1:00-1:10
12:10-12:20	Snack / Drink Break	1:10-1:20
12:20-12:50	Moves in the Field (on ice)	1:20-1:50
12:50-1:20	Competition run-throughs & freeskate	
	Theatre On Ice	1:50-2:20

**3 Days/Week \$120+hst/week or 2 Days/Week \$85+hst/week
Partial Membership \$45/Day + hst/week**

LEVEL 2 TUESDAY, WEDNESDAY & THURSDAY

Must have passed a preliminary test

Tues & Wed		Thurs
9:00-9:45	Freeskate	10:00-10:45
10:00-10:30	Off Ice	11:00-11:30
10:40-11:25	Freeskate	11:40-12:25
11:30-12:00	Lunch & Goal Setting	12:30-1:00
12:00-12:15	Off Ice Jumps & Spins	1:00-1:15

**3 Days/Week \$110+hst/week or 2 Days/Week \$75 +hst/week
Partial Membership \$40/Day + hst/week**

LEVEL 1 TUESDAY, WEDNESDAY & THURSDAY

No qualifications-must have private coach

Tues & Wed		Thurs
9:00-9:45	Freeskate	10:00-10:45
10:00-10:30	Off Ice	11:00-11:30

**3 Days/Week \$55+hst/week or 2 Days/Week \$40+hst/week
Partial Membership \$25/Day + hst/week**

HST is 13%

COMPETITION RUN THROUGHS

Four skaters per day to do simulation run-through, the rest of the skaters are still on the ice but right of way given to soloist. Low numbers of skaters will be on the ice at this time.

ON ICE MOVES IN THE FIELD

Group work on maximizing points including 15 minutes of spins, & 15 minutes of footwork and spiral sequences. Group lessons will be organized and given by your own coach.

FREESKATE

The coaches may decide to utilize this time for run-throughs (4 skaters per day to do competition simulations)

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CLARINGTON SKATING ACADEMY – POLICIES AND PROCEDURES - 2011

1. Skaters must do Off-ice and Group Classes in order to attain maximum benefit from the Competitive program.
2. Parents are not allowed to coach, teach, lecture or encourage at the boards. Interrupting focus during a moving session is considered hazardous. Parents can view the skater's sessions from the stands or lobby area.
3. If you need to speak with your coach, please knock before entering the coach's room. Remember that the coaches use their room as a place for breaks, meetings and discussions.
4. The Skating Director & coaches have the right to replace skaters on other sessions due to: skaters' work ethic, competitive or test record, or membership situation.
5. During the Freeski session the soloist has the complete right of way, followed by skaters in lessons.
6. Skaters must exit the ice as soon as the zamboni gate opens and enter the ice only when the gate is fully closed.
7. Do NOT stand or coast in the middle of the ice. Be aware of the fast moving sessions. The Director has the right to dismiss any skater with improper behavior.
8. Skaters should commit to an energized work ethic that enhances the training environment.
9. Any skaters that start skating without registering or without payment WILL be suspended.
10. Coaches may not bring a skater on another session to teach without clearing this through the Directors. If space permits and agreed, the coach may teach for a maximum of 15 minutes and then the skater must exit the ice.
11. REFUND POLICY: THE CLARINGTON SKATING ACADEMY does NOT give refunds, except in the case of a medical emergency with a Doctor's note.
12. Members with NSF cheques will not be allowed to re-register without payment in full, and will be charged a \$25 administration fee.
13. Any important skater information will either be posted at the ice level music room or on the bulletin board in the lobby.

REGISTRATION FORM – CSA SUMMER 2011

In conjunction with the Bowmanville Figure Skating Club

Skater Name	
Parent/Guardian Name	
Address	
Phone #	
Email Address	
Date of Birth	
Health Card #	
Medical Conditions (if any)	
Skate Canada #	
Coach's Name & Phone	
Home Club	
Highest Test Passed	

Please indicate which weeks you will be skating:

- Week 1 (July 5-7)
 Week 2 (July 12-14)
 Week 3 (July 26-28)
 Week 4 (Aug 2-4)
 Week 5 (Aug 9-11)
 Week 6 (Aug 16-18)

Option (i.e comp or level 2) _____

No. of Weeks _____ X Cost _____ = _____ X HST (13%) = TOTAL OWING _____

Conditions:

* The applicant agrees that the Clarington Skating Academy (CSA) and/or its coaches will not be held responsible for any loss or accident, however caused.

* CSA will not be held responsible for loss of ice beyond our control.

Payment:

- 1) All fees are payable by cash or cheque and must accompany this form. Forms should be received no later than June
- 2) Cheques are made payable to the *Clarington Skating Academy*, either in full, or 50% or more of the amount owing. The first cheque to be dated on or before June 1st, 2011; second payment June 15th 2011 and the balance to be date July 5th, 2011.

ALL CHEQUES MUST ACCOMPANY THE REGISTRATION FORM.

COMPLETED FORMS SHOULD BE GIVEN TO, OR MAILED TO:

CSA / Tracy Tutton
5 Found Crt
Courtice ON L1E 2V2

Signature of Parent/Guardian _____

Date: _____