



W E L C O M E T O T H E
Spring Intersession

*May 19-June 26, 2009
(6 weeks)*

*South Courtice Arena
1595 Prestonvale Rd.,
Courtice, Ontario*

D I R E C T E D B Y :
T R A C Y T U T T O N
c-t-tutton@rogers.com

Clarington Skating Academy in conjunction with Bowmanville Figure Skating Club welcomes you to Spring Intersession. Our goal is to provide the best training environment possible. At CSA, 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 the new judging system, scoring as many points as possible on each and every element is the name of the game. In the past, we had school figures to assist the skaters in understanding the fundamentals in edges and turns. At CSA, we will still include figures as part of our program. However, with the development of the new scoring system, turns alone are not enough to maximize your points. Therefore, we will also utilize our allotted "Moves In The Field" time for footwork and spins.

During the "Moves In The Field" time, the ice will be broken into sections. One half of the ice will be for patch/turns/footwork and the other half for spins. This time will be instructed by your own coach and group lessons are encouraged.

Program Options: Indicate your option number on your registration form

*All Options: Below schedule is for May 25th – June 19th - For week of May 18th and week of June 22nd, see bottom of brochure

Option #1 – Competitive

*Must have passed Pre-Novice Competitive Test or complete Jr. Silver Freeskate

4 days/week (Mon-Thurs) = \$375+GST

*Note Competitive

Any skaters that Competed in the Juvenile event at the 2008 Sectionals, and are planning on testing their Pre-Novice will be allowed to skate up on these sessions, at the discretion of the CSA Director & Coaches

Monday/Tuesday/Wednesday/Thursday		Tuesday/Thursday	
3:00-4:00	Freeskate	3:00-4:00	Freeskate
4:00-4:50	Off Ice	3:50-4:00	Flood/ Healthy Snack break
5:20-6:20	Freeskate	4:00-4:30	On Ice Moves In the Field
		4:30-5:15	Dinner/& off Ice Jumps/Spins
		5:25-6:10	Freeskate (*Note-quick change for office)
*(Uninstructed)		6:15-7:15	Off Ice

Option #2 – Pre-Juvenile/Juvenile – Level 4

*Must have passed Juvenile Competitive Test or complete Jr. Bronze Freeskate

4 days/week (Mon-Thurs) = \$375+GST

Monday/ Wednesday		Tuesday / Thursday	
4:00-4:50	Freeskate	4:00-4:30	Moves In the Field
4:50-5:00	Snack Break during the flood	4:30-5:15	Freeskate
5:00-5:50	Freeskate	5:15-5:25	Flood/Healthy Snack Break
		5:25-6:10	Freeskate(* quick change for off ice)
		6:15-7:15	Off Ice

* All Options: Below schedule is for May 25 - June 19 – for week of May 18 and week of June 22nd see bottom of brochure

Option #3 – Level 3

*Must have passed Complete Preliminary Freeskate

4 days/week –Mon-Thurs - \$280+GST

Monday /Wednesday		Tuesday / Thursday	
5:00-6:00	Freeskate	4:30-5:15	Freeskate
		5:15-5:30	Healthy Snack Break
		5:30-6:00	Off Ice
		6:00-6:15	Healthy Snack & Change to go on ice
		6:20-6:35	On Ice Moves In the Field
		6:35-7:20	Freeskate

Option #4 – Level 2

*Must have passed any Preliminary test

4 days / week – Mon-Thurs - \$230+GST

3 days / week - \$200+GST

2 days / week – Tues / Thurs - \$150+GST

2 days / week – Mon / Wed - \$125+GST

Monday /Wednesday		Tuesday / Thursday	
5:50-6:50	Freeskate	5:30-6:00	Off Ice
		6:00-6:15	Healthy Snack Break
		6:20-6:35	On Ice Moves in the Field
		6:35-7:20	Freeskate

* All Options – Below schedule is for May 25 – June 19th – for week of May 18th and week of June 22nd, see below

Option #5 – Level 1

*No test requirements – Must have a private Coach

2 days/week = \$125+GST

1 day/week = \$65+GST

*Note – Level 1's

Skaters that do not have any Preliminary tests, but would like permission to skate 3 or 4 days a week, may request to skate up on Level 2, for their extra days, provided that they are strong enough to keep up with the Level 2 session, at the discretion of the CSA Director and coaches. These skaters must take the offered Level 1 weekly session first, and their Level 2 days will be their extra days.

	Monday /Wednesday	Tuesday / Thursday
5:50-6:50	Freeskate	

All skaters: Be sure to eat a substantial healthy snack before you start your sessions. You will be working very hard through the dinner hours, with very short snack breaks, so it is important to arrive nourished in order to maximize your training time.

Schedule/Prices for all Levels for May 19th & 21st – 2:00-4:00–freeskate / June 22nd – 2:00-4:00 – freeskate & June 23rd – 3:00-5:00 freeskate The available ice times for these week are during school hours, therefore we did not make them a part of the normal schedule. These days/times are available to all CSA Spring Intersession members, and can be purchased separately at a reduced cost. The cost for this ice is \$6 per hour for CSA members. E-mail Tracy Tutton at c-t-tutton@rogers.com to book & pay for these session.

OFF ICE CLASSES: We have hired trainers, specializing in different areas of off ice. The skaters will be targeting different areas each day. Conditioning, Core Strength, Ballet, Pilates, Yoga, Stretch and Flexibility as well as goal setting, nutrition etc. will be covered.

HIGH/LOW TEST DAY : June 17 & 18, 2009 * Note: Test Day Fees and Ice time are not included in Membership prices

CLARINGTON SKATING ACADEMY - POLICIES AND PROCEDURES - 2009

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 has the right to replace skaters on other sessions due to: skaters work ethic, competitive or test record, or membership situation.
5. During the Freeskate 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 Director. 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.