



*Welcome to the*  
**Spring Intersession**

*May 9 -June 16, 2011*  
*(6weeks)*

*South Courtice Arena*  
*1595 Prestonvale Road*  
*Courtice, Ontario*

*Directed By;*  
*Tracy Tutton*

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**At the Clarington Skating Academy, our goal is to provide the best training environment possible for all levels of skaters. We promote high quality, intense, on and off ice training sessions. Please ensure that all skaters arrive prepared to push themselves to their maximum potential and ready to work very hard everyday to ensure maximum results. We expect the skaters to set their goals high and achieve results everyday. To successfully train an athlete for sport, and life, requires more than on ice training time. All factors must be considered such as schooling, off ice training, nutrition, mental training, time management, and more.**

**We offer years of combined experience involving every level from the beginner 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 \*\*

Moves in the Field On Ice Sessions - 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.

## Program Options

Indicate your option number on your registration form

### **Option #1 – High Competitive**

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

3 days/week (Mon, Tues & Thurs) for 6 weeks = \$550+HST - This will include a total of 36 freeskate sessions, 12 on ice moves in the field, 12 off ice conditioning/strength training/flexibility classes and 12 off ice jumps/spins classes

Monday		Tuesday/Thursday	
3:00-4:00	Freeskate	3:00-3:50	Freeskate
4:00-4:50	Freeskate	3:50-4:00	Flood/ Healthy Snack break
		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)
		6:15-7:15	Off Ice

### **Option #2 – Low Competitive**

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

3 days/week (Mon, Tues & Thurs) for 6 weeks = \$545+HST - This will include a total of 36 freeskate session, 12 on ice moves in the field, 12 off ice conditioning/strength training/flexibility classes

Monday		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

### **Option #3 – Level 3 - Must have passed Complete Preliminary Freeskate**

3 days/week -Mon, Tues & Thurs for 6 weeks= \$425+HST This will include a total of 30 Freeskate sessions, 12 on ice on ice moves in the field 12 off ice conditioning/strength training/flexibility classes

2 Days/Week (Tues & Thurs) for 6 weeks = \$365 + HST

2 Days/Week (Mon & Tues OR Mon & Thurs) for 6 weeks = \$265 + HST

Monday		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**

3 days / week (Mon, Tues & Thurs) for 6 weeks = \$295 + HST

2 days / week (Tues & Thurs) for 6 weeks = \$230 + HST

2 days / week (Mon & Tues OR Mon & Thurs) for 6 weeks = \$195 + HST

Monday		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

**Option #5 – Level 1 - No test requirements – Must have a private Coach**

1 day/week – Mondays for 6 weeks = \$95+HST

Note – Skaters that do not have any Preliminary tests, but would like permission to skate 2, 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	
5:50-6:50	Freeskate

**Nutrition & Hydration is of utmost importance.** Be sure to eat a substantial healthy snack before you start your sessions, and bring healthy snacks and drinks with you to the arena. 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.

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

**Harnessing:** Jump harnessing lessons are available for all Clarington Academy Skaters and can be booked through your coach with one of our harnessing instructors.

**Dartfish Video Analysis:** Ellen Gould is available to run the Dartfish Video Analysis program for the Clarington Skating Academy Skaters. Dartfish video analysis can be booked through your coach.

**Music Selection, Editing and Choreography:** We have a variety of specialists and consultants available to you at the Clarington Skating Academy. Coaches can ask for assistance any time.

It takes more than one person to create a quality, packaged skater  
together we can make great things happen!

## CLARINGTON SKATING ACADEMY – POLICIES AND PROCEDURES – 2010

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 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 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. Any important skater information will either be posted at the ice level music room or on the bulletin board in the lobby.

### Discounts Available:

- ❖ All 3 day per week memberships that are paid in full by April 1<sup>st</sup> 2011, eligible for a 10% discount (before hst)
- ❖ Any families with 3 ore more children registering – first two children pay full price, the third child received a 20% discount and the fourth or more receive a 40% discount. The higher priced membership paying full price, discount taken after that.

HIGH/LOW TEST DAY :  
June 16<sup>th</sup>,2011

\* Note: Test Day Fees and Ice time are not included in Membership prices \*

## Registration Form

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

Option # \_\_\_\_\_ Level: \_\_\_\_\_ Price + HST: \_\_\_\_\_

**\*\* CASH OR CHEQUES MUST BE INCLUDED WITH APPLICATION \*\***

**Conditions:**

- 1) 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.
- 2) 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 April 7<sup>th</sup> 2011.
- 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 April 7<sup>th</sup> 2011 and the balance to be dated for May 5<sup>th</sup> 2011.

**BOTH CHEQUES MUST ACCOMPANY 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:** \_\_\_\_\_