

STARSKATE – Dates to Remember, Session Rules and Etiquette

Important Dates:

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| Skating Begins | September 12, 2017 |
| PA Training | September 13, 2017 |
| CanSkate Begins | September 12, 14, 15 & 20, 2017 |
| Winterskate / Skating Demonstration | December 17, 2017 |
| Christmas Break | December 23, 2017 – January 6, 2018 |
| Last Day of Winter Skating | March 23, 2018 |
| Kerrisdale FSC Seminar | March 25, 2018 |

Tests:

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| Low Test Week | November 28 – December 3, 2017 |
| Low Test Week | March 6 – 11, 2018 |

Competitions:

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| October 20 – 22, 2017 | Autumn Leaves | Chilliwack |
| November 9 – 12, 2017 | Super Series BC/YK Section Championships | Parksville |
| November 24 – 26, 2017 | Jingle Blades | Fleetwood |
| February 2 – 4, 2018 | BC Coast Regional Championships | Chilliwack |
| February 22 – 25, 2018 | BC Winter Games | Kamloops |
| March 2 – 4, 2018 | Super Series STARSSkate Final & Adult | Kelowna |

Buy-on:

Buy-ons must be paid BEFORE stepping onto the ice. Please fill out an envelope and hand it to skating director.

General Rules:

- Registration forms and payment must be submitted before skater is allowed on the ice.
- Ask permission from your coach before leaving the ice.
- Coaching by parents from the stands or benches is not allowed at any time. Parents will be asked to leave the arena if this happens.
- Skating with electronic music devices and headphones is not permitted on any sessions.
- Only water bottles are permitted at the ice surface. No pop or juice, etc, at rink side.
- Please respect the arena's property and the property of other skaters.
- Please keep the stands and the skater's room free from garbage and please throw your trash in the garbage cans!!!

How to Dress For Figure Skating Practice:

The key to “dressing for success” in figure skating is to look nice and neat. Do not allow your child to come to the rink for practice looking messy or sloppy. If your child is running to the rink directly from school, allow some time to change before skating practice.

Skating Clothing rule of thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement. An instructor/coach needs to see a skater's body alignment to give proper advice and feedback about technique, so form fitting clothing that allows for movement is better.

Girls should wear skating dresses and beige-colored tights for practice. Try to keep boots clean and polished, or wear boot covers or over-the-boot tights to protect the boot's finish. Unitards, leggings and leotards are also acceptable for skating practice. A nice sweater or snug sweatshirt can be worn over a skating dress; stay away from baggy "hoodie" sweatshirts. Even if it is very cold in the arena, do not allow your child to practice in a heavy or bulky coat. If possible, stay away from baggy sweatpants and baggy clothing in general.

Boys should wear black skating pants and a neat, plain-colored, long or short sleeved shirt and a nice sweater. Gloves or mittens are also needed.

Hair: A girl's hair should be tied back or put up. It is very important that hair be away from the face. If you are in a hurry, it is fine to quickly put your daughter's hair in a ponytail. If her hair is very long, you may want to braid her hair or put it in a bun so that a long ponytail doesn't distract your daughter as she spins and jumps. If your daughter has bangs, make sure they are cut short, curled or pinned back.

Skating Etiquette – Right of Way is given to:

- Skaters using the harness.
- Soloists with music.
- Skaters in a lesson.
- Be courteous and aware of all skaters and coaches at all times.
- Think of a skating session as if it was a busy street with lots of traffic. Be aware of what is going on around you at all times when you practice. Please don't stand in the middle of the ice and talk. Before attempting a jump or spin, make sure the area is clear. Be courteous and try to stay out of other skaters' way if possible.
- If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyles at one time, too.
- Please be understanding if someone gets in your way.

Music Rules:

Everyone who skates on a freeskate or dance session usually has a program or a dance to practice that is set to music. Skaters put their music CDs or iPods in "line" and music is played on a rotational basis. Skaters are not allowed to stop in the middle of their program and start again. Usually after music is played once, a skater's music is put to the end of the line. The music will be played again only if time permits.

- Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches.
- After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation.
- Not everyone may be able to play their music on full sessions due to lengths of programs.
- Coaches may put the music of the student they are teaching ahead of other skaters. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line.
- Please do not stop and restart your music if others are waiting in line.
- Please handle the music equipment with extreme care.

Prohibited Behaviour:

- Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behaviour will be asked to leave the session immediately.
- Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behaviour will be asked to leave the session immediately.
- Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behaviour will be asked to leave the ice immediately for an indefinite period of time.
- Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated. Anyone engaging in this behaviour will be asked to leave the arena for an indefinite period of time.
- Clearing the Ice: When the ice-resurfacer horn sounds, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off music and clear the ice – no exceptions.

Session Qualifications:

Skaters may skate down on a session but may not skate up. For example, Star 5+ skaters may buy onto a Star 1 to 4 session, but a Star 1 to 4 skater may not buy onto a Star 5+ session. Any questions, please ask Skating Director, **Shannon Balabardin**.