



Beausejour Skating Club



2011 - 2012

Members Handbook



[www.BeausejourSkatingClub.ca](http://www.BeausejourSkatingClub.ca)

Email: [contact@beausejournskatingclub.ca](mailto:contact@beausejournskatingclub.ca)

## **The Beausejour Skating Club**

Welcome to the Beausejour Skating Club! If you are a new member, we thank you for joining, and if you are a returning member, we are glad to have you back and hope everyone enjoys this skating season.

In this handbook, we provide you with the information you will need regarding our skating club and its programs. We are a member of Skate Canada - Manitoba Division operating under their guidelines and regulations. We follow the Skate Canada - Canskate, Junior Star and StarSkate programs, with instruction from NCCP certified coaches and trained Program Assistants.

The Beausejour Skating Club is a non-profit organization, providing skating lessons for children, teens and adults living in the Eastman Region. The club is run by parent volunteers and willingly accepts help from all members and welcomes any suggestions and ideas.

Please feel free to contact an Executive Member or our Head Coach at any time with any question or concerns!

Happy Skating!!!



**Beausejour Skating**

**Club Registration**



**Beausejour Skating Club  
Registration Fee Information  
2011-2012  
www.BeausejourSkatingClub.ca**

**Canskate**

Monday	4:45-5:30 pm	<b>\$175.00</b>
Friday	4:45-5:30 pm	

Once a week skating **\$87.50**

(Three members in family: first skater full, second and third skaters less 10%)  
(Four members in family: first three skaters less 10%, 4<sup>th</sup> skater less 20%)

**StarSkate Session #1** **\$275.00**

Wednesday 4:45-5:30 pm

Plus session #2

Friday #2 4:00-4:45 pm **\$375.00**

**Bridge/Senior Canskate**

Monday	4:00-4:45 pm	<b>\$275.00</b>
Friday	4:00-4:45 pm	

**Adult Skate**

Friday	4:00-4:45 pm (15 minute lesson)	<b>\$150.00</b>
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**Skate Canada Membership and Insurance Fee (non-refundable) **\$32.65****

**Split payment option available. Skate Canada membership/insurance fees with first payment. Balance postdated to January 1<sup>st</sup>, 2012.**

Each family is required to submit a <b>Fundraising Bond</b>	<b>\$125.00</b>
Post dated to <b>March 1, 2012</b>	

Programs are eligible for Child Fitness Tax Credits

**Skating begins Monday, October 10<sup>th</sup>. Last day of skating, March 12<sup>th</sup>, 2012**

2 week Trial-Program:

Registration Fees completely refunded (less Skate Canada non-refundable insurance/membership)

## **Contact Information**

Head Coach - Jaquelyn Lacroix  
Email: jaquelyn.lacroix@gmail.com

Club Email: contact@beausejournskatingclub.ca

Club Website: www.BeausejourSkatingClub.ca

## **Executive**

The club executive is elected at the BSC Annual General Meeting held in March. The executive is responsible for organizing and managing the club's affairs for the year. The executive for the 2011-2012 season consist of:

<b>Title</b>	<b>Name</b>	<b>Phone</b>	<b>Email</b>
Past President	Darlene Shewfelt	268-3825	shewy@granite.mb.ca
President	Heather Korlak	268-1162	hkorlak@efree.mb.ca
Vice-President	<b>**Vacant**</b>		
Treasurer	Terry Buss	268-9284	tjbuss@mymts.net
Secretary	TBA		
Test Chair	Donna Jacobs	268-2385	raydonna@highspeedcrow.ca
Registration	TBA		
Fundraising	Pam Schirle	268-1980	pamchirle@mail2raymond.com
Ice Show Chair	TBA		
Prof. Coaches Rep	Tegan Jacobs	801-2294	tjacobs@beausejournskatingclub.ca
Can-Skate Coordinator	<b>**Vacant**</b>		
Can-Skate Assistant:	<b>**Vacant**</b>		
Star Skater Liaison	<b>**Vacant**</b>		
Junior Star Liaison	<b>**Vacant**</b>		
Adults Skate Liaison	<b>**Vacant**</b>		
Newsletter:	Deb Ravestein	268-2920	
Music Player:	<b>**Vacant**</b>		

We are always looking for club members to participate at the meetings or join the Skating Executive. We meet once a month, usually on a Monday. If you are interested in attending a meeting or getting more information about the club's executive, simply contact any one of the members listed above and we would be happy to discuss what interests you!!

*~ Volunteers do not necessarily have the time; they just have the heart ~*

## **Coaching**

All our Skate Canada Programs are coached by NCCP Certified Coaches. The CanSkate Program is greatly facilitated with the help of trained, volunteer Program Assistants. Our Head Coach is Jaquelyn Lacroix who coaches the CanSkate, Senior Canskate/Bridge and Adult Skate programs. There are also other Professional Coaches on the ice who give private lessons.

## **Coaching Privileges**

The BSC Executive authorizes coaching ice privileges and no coach can offer services at the club without approval. Such approval may be refused or revoked if coaches violate Skate Canada rules and/or their conduct is contrary to club policies or brings into disrepute the image of the club.

## **Fundraising**

All members are required to fundraise \$125 in profit. The club provides numerous programs throughout the season to assist members in achieving this amount. Some of the campaigns we will offer are:

QSP Magazines - October  
 Grey Cup Tickets - October  
 Donelli Pizza - November  
 Bothwell Cheese - November  
 Gift Cards - November  
 Aunt Sara's Chocolates - January  
 50/50 Tickets - January

The fundraising coordinator this year is Pam Schirle. If you wish to stay up-to-date with all the fundraising programs and deadlines, please ensure we have your email address as all information will be electronically transmitted on a regular basis. If you do not have email, please ensure you check the BSC Bulletin Board (located next to the Back in Action Fitness Center) as all club and fundraising information will be posted there regularly.

## **Volunteering**

We ask that all parents volunteer a small amount of time throughout the season to help support some of the events and programs offered through our club. Some of the events you may be asked to assist with are the Christmas Party (Dec), the Ice Show (March) and the AGM/Windup (March).

*~ Volunteers are not paid -- not because they are worthless, but because they are priceless ~*

## **Inclement Weather**

In the event that classes in the Sunrise School Division are cancelled due to inclement weather, the CanSkate Programs shall be cancelled as well. All other programs shall run as scheduled except where exceptionally dangerous road conditions exist which makes it hazardous for either our members, coaches or executive members to travel. In this case, notification will be posted on the BSC Website ([www.beausejournskatingclub.ca](http://www.beausejournskatingclub.ca)) and CJOB. If in doubt, please feel free to contact our Head Coach, Club President (contact info listed on page 4) or any other Executive Member.

## **Cancellations/Refunds**

- BSC offers a 2 week trial-program where registration fees are completely refunded. (Skate Canada Insurance fees are non-refundable)
- No refund will be made to skaters withdrawing from any BSC program after Nov 15, 2011
- Refunds for medical reasons, will be prorated. Medical note required.

## **BSC Program Information**

**CANSKATE** (5 years and up)  
Mondays and Fridays 4:45pm – 5:30pm

### **What is CanSkate?**

CanSkate are “learn to skate” programs. The fundamentals of skating are taught to prepare skaters for various sports including: SkateCanada’s StarSkate program, CanPowerSkate, Hockey, Ringette or for a lifetime of recreational skating.

### **CanSkate Objectives**

- To provide basic skating instruction in a group situation.
- To introduce skaters to the fundamentals movements of skating in a safe, fun environment.
- To develop balance, coordination and rhythm through the use of music.
- To enable skaters to move through the SkateCanada system smoothly.
- To encourage and identify “talented skaters”.
- To promote physical fitness and encourage lifelong participation in skating.

*~ In every community there is work to be done. In every heart there is the power to do it ~*

## Is your child ready for CanSkate?

There is no minimum age requirement and each child is different however, the Beausejour Skating Club has criteria to help you decide if your child is ready:

- The ability to understand simple instructions and follow directions from a person other than a parent.
- Able to “separate” from a parent and remain on the ice for the CanSkate (45 mins) session.
- Skates that fit properly and support the ankles.
- The ability to walk on the floor with reasonably straight ankles while wearing skates.

\*\*The Beausejour Skating Club offers a two-week trial period to decide if your child is ready for either program.

## What's happening on the ice ?

Our Head Coach will provide instruction with support from our trained program assistants who will reinforce instruction, lead activities and perform various tasks as needed by the coach. Each session consists of the following portions:

- Warm up
- Lesson time (skill review, new skills, practice time)
- Group activities (creative expression/skill development, games/action songs)
- Cool down

Skaters are grouped according to previous badges earned, general skating ability, or their age as appropriate. Evaluation will be the responsibility of the Head Coach and will be ongoing. Skaters will receive a report card and badges at the end of the season for their accomplishments.

If you have any questions regarding a skater or the program, please contact the Head Coach or any Executive Member. They will gladly discuss your concerns.

## Rules and Regulations on the Ice:

1. Helmets are compulsory for all skaters CanSkate Level 5 and under.
2. Only registered skaters and Coaches/Program Assistants are allowed on the ice during lesson and practice time.
3. No blue jeans are to be worn. We also discourage wearing snow pants as they impair movement. Instead, please dress your skater in layers with nylon slush pants which will allow them the freedom to move.
4. Do not wear long scarves or items that impair the skaters' vision.
5. Get up quickly after falling down.
6. Look in the direction you are traveling when skating backwards.
7. No clunky jewelry is to be worn and no sharp objects in pockets.
8. Make sure starts and stops are completed a safe distance from the boards. No board crashing.
9. Long hair must be tied back with soft accessories (to avoid head injuries in case of a fall).
10. No gum or candy on the ice.
11. Dressing rooms must be used for changing and putting on/taking off skates.
12. No TAG, PUSHING, FIGHTING or CURSING on or off the ice.
13. Your child will be told to leave the ice if they choose to disregard the rules during a KidSkate/ Canskate session. It is not the responsibility of the Coach/Program Assistants to discipline the skaters.

*~ Don't ever question the value of volunteers.*

*Noah's Ark was built by volunteers; the Titanic was built by professionals. ~*

**Senior Canskate/Bridge Program**

Mondays 4:00 – 4:45pm

Fridays 4:00 – 4:45pm

This program is for skaters who are in the final levels of CanSkate and is an introduction to Skills, Freeskate and Dance. Skaters are coached in a group setting by a Skate Canada Professional coach for 45 minutes, twice per week.

**StarSkate**

Wednesdays 4:45 – 5:30 pm

Fridays 4:00 – 4:45 pm

StarSkate offers for skaters of all ages' development of fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

Coached by StarSkate Canada Professional coaches, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters also have the opportunity to compete at various competitions throughout our region and the Province.

**Adult Fitness**

Fridays 4:00pm – 4:45pm

Learn to skate and get in shape at the same time! Or increase your skills. This program is for any adult wishing to learn to skate or just get active! Lead by a Skate Canada Professional coach, this program is for any skill level and can be done as a seasonal program or drop-in.

**A final message to all skaters and club members...HAVE FUN!!!**



*~ Never doubt that a small group of committed people can change the world.  
Indeed, it is the only thing that ever has. ~*