

Welcome to the Sandy Shores Skating Club

The Sandy Shores Skating Club is an organization sanctioned by Skate Canada, which is the national body that coordinates and regulates figure skating in Canada. The Sandy Shores Skating Club is in the BC/YT Section of Skate Canada. Part of your registration fees includes an individual Skate Canada membership fee, and a skater development fee paid to Skate Canada BC/YT Section. These fees help Skate Canada provide support to skaters, volunteers, coaches and clubs by various means. For more information on Skate Canada, please visit their website at www.skatecanada.ca. More information on the BC/YT Section of Skate Canada can be found at www.skatinginbc.com

The Sandy Shores Skating Club has about 120 members and operates out of the Oceanside Place arena from September through to mid May. During the summer months, many of our skaters participate in the Rushton's Skating School.

The Sandy Shores Skating Club develops skaters of all abilities, from first time recreational skaters to competitive skaters. Your membership fees pay for ice time purchased by the club from the Regional District of Nanaimo that maintains the ice facilities and sets the number of hours of ice time available to the club and other users.

The Sandy Shores Skating Club was formed in 1976. The club is run entirely by parent volunteers. Operations of the Club are handled by a volunteer Executive, which is elected at the Club's Annual General Meeting in the spring of each year. The Club operates under a constitution, which is available to members. The Executive meets monthly to handle Club operations. The Executive communicates with the membership by posting information on the Club bulletin board at the arena, and through the club website (www.sandyshoresskatingclub.com) Members are encouraged to check the bulletin board frequently for important messages. Members of the Executive are interested in hearing your compliments and concerns. The Executive can be reached by contacting any of the executive members as listed on our Board and our newsletters.

The Sandy Shores Skating Club belongs to the members of the Club. Only through active participation of the members of the Club will the Club remain strong and effective. Volunteers are needed to help out in all aspects of the Club operations. There are many ways to help out, and all members are encouraged to donate some time to the Club. Contact a member of the Executive to find out more about how you can help, and watch for opportunities to become part of the Executive as members retire.

SKATING EQUIPMENT

Skates :

In general skates should be the same size as the child's shoe. The boot should not be too big. Depending on the manufacturer, skates may be up to a full size different than the shoe size. Molded skates, with or without picks, are acceptable for new CanSkate participants. STARSkate participants are encouraged to skate in leather boots. The toe of the skate should be fitted to allow the skater to wiggle his or her toes when the boot is laced up. The heel of the foot should fit closely into the heel of the boot. To test this, unlace your child's boot and put a pencil behind the back of the child's foot when it is pushed firmly forward into the skate and is right down into the heel of the boot. The pencil should move easily with a bit of room, but not too much.

Skate Sharpening STARSkaters should have their skates sharpened after about 30 hours of skating. Skaters often know when their skates need sharpening, as do coaches. Figure skates should not be used on outdoor rinks or for skating on the canal. If they are used outdoors, ensure they are sharpened right after. The Club recommends that figure skates be sharpened only at a reputable sharpening place experience with figure skating sharpening.

Skate Guards Skate guards are an essential piece of equipment. Please teach your children not to walk on concrete floors without skate guards. Walking on rubber mats is acceptable, but should be avoided if possible as well. Skaters should put guards on right after leaving the ice, and remove them once the skates have been removed from the skaters' feet. Leaving guards on the skates will promote rust on the blade. Blades should be wiped dry after skates are removed from the skaters' feet.

Other Attire Skaters should be warm and comfortable and able to move easily on the ice. Typical attire includes warm leggings or jogging pants with a turtleneck and warm sweater. Mittens and/or gloves are essential. Only one pair of thin socks should be worn, as cushioning of thick socks often restricts circulation and makes the feet cold. Girls may want to wear skating dresses with appropriate tights and a jacket.

OUR COACHES

The Sandy Shores Skating Club is very proud of our coaching staff. Provided below are short biographies on each of our coaches. More information is available on request to the coach, or to the Sandy Shores Skating Club Executive.

Larry Rushton:

- Director of Skating at SSSC
- * Gold Figure, Dance & Freeskate
- Class 1 Skills & Junior Competitive Singles •Former National Competitor
- 26 Years Coaching Experience
- * Certified Level III NCCP
- Close to Competition of Level IV NCCP
- Coaches of 2 - 1999 National Champions
- Team Coaching: Awarded 1999 BC Coaches of the Year
- Mentor Coaches for Skate Canada Apprenticeship Programs
- Coached Regional & Provincial Seminars

Leslee Rushton:

- Club Coach of SSSC
- * 7th Figure, Senior Silver Freeskate & Gold Dance
- * Competitive Class 1 Skills
- * 30 Years Coaching Experience
- * Certified Level III NCCP
- Close to Competition of Level IV NCCP
- Coaches of 2 - 1999 National Champions
- Team Coaching: Awarded 1999 BC Coaches of the Year
- Mentor Coaches for Skate Canada Apprenticeship Programs
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Our Programs

The skating programs offered by the club enable skaters to have fun and improve their skating skills. Our coaches are professionally certified by Skate Canada. Trained program assistants help the coaches in our Learn to Skate and Special Junior programs. Registration in one of the SSSC Test Stream or Competitive sessions is limited to skaters who receive instruction from a Sandy Shores Skating Club coach, and/or the club coach's substitute or consultant. Guest coaches must receive Board Approval to coach at Sandy Shores Skating Club.

CANSKATE

The CanSkate program is an introductory learn-to-skate program designed for all kids, whether they wish to play hockey, ringette, or figure skate. Children are generally ready to participate in the program after reaching the age of four. The program teaches participants fundamental movements (forward and backward movement, stop, turn, spin, and jump) and basic skills. The CanSkate program provides a fun environment that includes games and music in a group lesson format. The program provides badges for children to measure their progress. Skaters are tested individually when they are ready, and as a result each skater progresses at their own rate. Group instruction is provided by the Club's professional coaches assisted by trained Program Assistants.

JUNIOR ACADEMY

This level is for skaters who are in the STARSkate program, and have passed a Skate Canada test. Skaters are tested in skills, dance and freeskate. At this level skaters must register in Skills and/or Dance as well as Freeskate. Skaters in the Junior program are coached privately through contract with one of the Club's professional coaches. There are a number of competitions available to skaters at this level, generally on Vancouver Island.

SENIOR SESSIONS

This level is for skaters who have passed the Junior Bronze Freeskate, or both Junior Bronze Skills & Dance. This level is for advanced skaters who compete at invitational and/or competitive stream competitions. Instruction is entirely private through contract between the skater's parents and one of the Club's professional coaches

SKATING STREAMS: Starskate vs Competitive

Skaters start in the **STARSkate** program and can choose to participate in the Competitive stream once they have passed the Junior Bronze Freeskate test. The STARSkate stream offers the skater an opportunity to progress to more advanced skating tests, with the option to compete in regional skating events. Advancement through the program is achieved by passing skating skill tests. The STARSkate program offers opportunities for skaters to develop basic skills in four areas: skating skills, freeskating, dance, and artistic/interpretive. The STARSkate program has the following levels:

Preliminary
Junior Bronze
Senior Bronze
Junior Silver
Senior Silver
Gold

STARSkate tests are conducted by a single evaluator using a scale of: needs improvement, satisfactory, good and excellent. Each test has its own specifications as to what must be performed. The Club arranges test days periodically throughout the year. Parents are invoiced by the Club for the costs of each test

The **Competitive** stream is for skaters who wish to compete in Skate Canada qualifying events. Skaters may enter this competitive stream at any time, after passing the appropriate tests, and may switch back to the STARSkate stream at any time. However, skaters competing at certain qualifying events may not be able to compete in some STARSkate stream competitions. The competitive Freeskate levels are:

Pre-Juvenile
Juvenile
Pre-Novice
Novice
Junior
Senior

Competitive tests are judged by a panel of three individuals, and judges award two marks for each competitive test. Skaters must receive minimum marks in each category to pass

CLUB ICES RULES & CODE OF CONDUCT

- Coaches, Evaluators, Volunteers and skaters are to be treated with respect and courtesy at all times
- No horseplay will be tolerated on or off the ice.
- Appropriate dress should be worn on the ice; no scarves, dangling jewellery, etc
- No gum or food of any kind is allowed on the ice.
- Skaters who wish to rest or socialize should step off the ice
- Members who display inappropriate behaviour including the use of profane, abusive, disruptive, inappropriate or disrespectful language, gestures or actions will be sent off the ice. Repeat offenders will be reported to the Executive for appropriate action.
- Freeskate is not permitted on dance or skills sessions
- During freeskate, skaters will warm up and practice spins in the centre of the ice and jumps at the ends.
- The right of way on the ice will go to the skater whose music is being played and to skaters having a lesson, in that order of priority.
- Only authorized persons and skaters may enter the ice surface
- Skaters representing the club, at competitions and functions, are expected to conduct themselves in an acceptable and responsible manner at all times on and off the ice.
- Parents of skaters at all levels, not coaches, are responsible for their children while their children are on the ice. Each CanSkate participant must have a responsible adult present in the arena at all times.
- Due to insurance requirements, only registered Skate Canada members are allowed on the ice, except in a medical emergency
- Parents are to refrain from interrupting lessons. If you need to talk to the coach, you can do so during ice cleans or after the sessions are done..