

# *Nanaimo Skating Club*

PO box 45  
Nanaimo, BC, V9R 5K4  
Located at Cliff McNabb Arena -2300 Bowen Road  
Phone(250) 668-4758  
Website: nanaimoskatingclub.com

## *Welcome Booklet*

### *For Canskate Programs*

# *2009-2010*

#### The Nanaimo Skating Club's Purpose

- Encourage skaters of all ages and abilities to participate in skating programs for the purposes of fun/fitness and/or personal achievement
- Implements learn to skate and competitive programs developed by Skate Canada
- Provides a professional, supportive environment for all skaters.

On behalf of the Nanaimo Skating Club executive, we would like to welcome you to the 2009/2010 skating session. We would also like to remind you that we encourage "Enhanced Communication". Please feel free to ask any questions of our Club coaches or the Executive member throughout the year. Phone number and email information is located on the website.

We look forward to providing an enjoyable learning and mentoring environment for your skater through all the programs we offer. If there are any questions about our programs, please read the program description or contact Head Coach, Carrie Hawkes.

Thank you for joining us and we look forward to skating with you.

### *Nanaimo Skating Club Executive*

<b>Lillian La Chance</b> –President, Ice Allocation, Bingo	250-753-9752	rednewfie@shaw.ca
<b>Kim Cameron</b> - Secretary, Newsletter, Test/Competition Chair, Fundraiser	250-758-2364	kimbercam23@shaw.ca
<b>Bob Legary</b> - Treasurer	250-729-0166	kelleg@live.ca
<b>Laurie Lee</b> - Registrar	250-754-1658	goodcnts@telus.net
<b>Hollie St. Jean</b> - Christmas Show	250-751-2882	hollie@nikolichlaw.com
<b>Norm Gardner</b> - Website	250-753-4588	nammi@telus.net
<b>Madeline Payne</b> - Hospitality	250-758-2704	shortroundbc@yahoo.ca

*We are still looking for Board Members. If you are interested in volunteering, please contact Lillian La Chance.*

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## *Did you Know?*

- That Nanaimo Skating Club is in its 68<sup>th</sup> year?
- That Nanaimo Skating Club is one of the oldest members of Skate Canada and its original home was the Civic Arena?
- NSC moved to Cliff McNabb Arena in 1994?
- That NSC is a non-profit organization operated by volunteers?
- That registration costs are subsidized by our fundraising throughout the year.
- That NSC has hosted several competitions with the BC Sectional Championships last year at its largest one with skaters from all over BC? And we are hosting Vancouver Island Regional this year?
- Nanaimo Skating Club has over 80 members for the age of 2 yrs to 72yrs?
- We offer programs for every level of skating abilities from beginner to advance.
- That figure skating fundamental skills are a great bases for hockey players
- Members of NSC are able to compete in Skate Canada sanctioned competition with approval of NSC coaches
- To foster teamwork, all skaters with the Nanaimo Skating Club are to participate in all NSC shows.

## *Coaching Staff*

The coaching staff at Nanaimo Skating Club are Skate Canada professional coaches who are qualified to teach the Learn to skate program.

### *Head Coach*

Carrie Hawkes

[brianathome@telus.net](mailto:brianathome@telus.net)

Nccp Level II certified- singles, novice comp single, Gold Dance Rhumba, Pre Novice Pairs, Skills class 1, Jr. Silver Free, Level III Theory, Level III technical, National/ international experience  
Specializing in Choreography

Blaine Moore

NCCP Level IV(partial Level v)-CEP Gold Status  
Coach and Trainer of National, International and Olympic Competitors

## *Canskate Program Times*

### **Canskate A/Canskate Princess/ Prepower**

Monday 5:30-6:15

Wednesday 5:00-5:45

### **Canskate B**

Monday 6:15-7:15

Wednesday 5:45-6:45

## *Important Dates to Remember*

Mon Sept 14- Block 1 starts

Mon Oct 12- Thanksgiving- no Ice

Oct 23-25 - VI Regional Competition

Wed Oct 28- Halloween Party (5:15-6:45)

Wed Nov 11-Remembrance Day- no ice

Wed Dec 9- Christmas Party (5:15-6:45)

Sat Dec 19- Block 1 ends

Sat Dec 19- Carnival Show (information to come)

Mon Jan 4- Block 2 starts

Feb TBA - Beer and Burger night

Wed Mar 3- Block 2 ends

*Please remember to check the rink bulletin board, Newsletter and website for up-coming event and information*

## **Learn to Skate Programs**

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. There are progress updates and report cards given at the end of the school blocks.

Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skater's progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Canskate is the feeder program into all other Skate Canada Skating Programs.

Our flexible schedule offers the choice of 1 or 2 days per week to assist in your busy schedule. There are three different school blocks that are offered. They run from September to December, January to March and April to May. Registration is always on going and skaters can begin at anytime during these blocks. Special events such as Halloween and Christmas parties are held as well as an Ice Show in December are part of this fun program.

Skaters need their own skates. Look for a good fit, leather boot with no wrinkles or bends in the ankle area. These will provide the best support for beginner skaters. Moulded plastic skates are strongly not recommended. If you have any questions, please contact the club. Skaters also must wear a helmet and gloves. Layered clothing that is easy to move in and is removable as needed is recommended.

### **Canskate A**

Canskate A sessions will cover stages 1-3 and the pre-power skating program. This session is for beginner learn to skaters as well as those who want to learn to skate for Hockey or Ringette.

This is a great program for teaching proper skating technique, develop balance and coordination and promote physical fitness in a fun group setting. Program progression is designed to enhance skater's current skating skills. Helmets are mandatory.

### **Canskate Princess**

Canskate Princess session will cover stages 1-3. This session is for the beginner learn to skaters would loves to pretend to be princess. Program progression is designed to enhance skater's current skating skills. Helmets are mandatory.

### **Prepower**

This program is designed for young skaters who would like to learn fundamental skating skills and technique to aid in the sport of hockey. Pre power helps develop basic skating abilities in a power skating –specific environment including balance skills, forward and backward skating, stopping, turning and agility skills. The skaters progress in their own speed and achieve badges as they master the various skills. Skaters need their own hockey skates, helmet and hockey gloves.

### **Canskate B**

Canskate B sessions will teach stage 4-7 as well as introduce some Star skate skating skills. Skaters will have the opportunity to learn skating programs to music at a beginner level. Skaters may also choose to participate in competitions throughout the year as directed by the coaching staff.

## *Most asked Questions*

### **1. What is the difference between the Learn to Skate and Figure Skate programs with the Nanaimo Skating Club versus the Parks and Rec programs?**

There are many differences:

- Programs with the Nanaimo Skating Club are taught by Skate Canada professional coaches, where Parks and rec are not
- Our programs were developed by Skate Canada from years of research
- Skater's progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning.
- Skaters will earn badges and other incentives as they learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants.
- The coach to student ratio is a maximum of 1:10.
  - As a skater progresses through the programs of Nanaimo Skating Club, they are able to compete in Skate Canada sanctioned competitions. (This is not an option for parks and rec.)
- We never fill up. There is always room for new skaters. (P&R classes are capped to a certain number.)
- Our registration is on going throughout the different sessions schools. (Parks and Rec have set times for registration)

### **2. How can I be involved in my child's skating?**

There are many ways that you can be involved with your child's skating and the club.

- support the fundraising that the club is offer. Fundraising help maintain low registration fees.
- Volunteer at the various club activities ie. Carnival, hosting competitions, playing music or helping out on the board.
- The biggest one is to come and watch your child love the sport. Ask question to the coaches and the board as needed to love more about this wonderful sport.

### **3. When is my child ready to move up to the next program?**

When your child is ready to move from program to the next program for example Cnaskate A to Canskate B, the Head coach will approach you and express the idea that your child is ready for the next level. A child progresses through the program and its level at their rate in a fun and supportive environment. You don't have to wait for the next session to start to change over.

### **4. What do I get for my \$35 registration fee?**

This fee is directly paid to Skate Canada and registers your child as a member of Skate Canada with the ability to compete or skate at Skate Canada Sanctioned events. In addition this cost also enable you to get member only information from the website. Also this covers the insurance cost for your child while they are on the ice. Other things you get are

- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada
- The opportunity to purchase selected Skate Canada event tickets prior to general public.
- Benefits from participation in a sport that promotes fun, fitness, achievement and the development of essential life skills such as confidence, teamwork and motivation/ commitment.

## **5. What is Skate Canada?**

Skate Canada is dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and/or achievement. It is:

- The governing body for figure skating in Canada
- A member of the International Skating Union
- The largest figure skating association in the world with over 180,000 members across Canada and growing.

Skate Canada

- Provides standards and rules for the activities of its members
- Qualifies and appoints evaluators, judges, referees and other officials
- Conducts training for coaches and club administrations
- Offers a skill-testing program for skaters such as Dances, competition levels and skill.
- Conducts competitions for skaters from learn to skate levels through to international championships.
- Develops instructional skating programs such as Canskate for Canadians of all ages, skill levels and interest.
- Developed badges and incentive program for learn to skate levels.

## **6. Where do I find skates and what type is best for my child?**

For more information on this subject, please read the “How to buy skates?” section.

Also this year we are very fortunate to have a coach, Blaine Moore, that operates his own business that sharpening and sales skates along with selling all types of skating equipment.

## **7. Do my child need to wear anything special like skating wear?**

In the beginning programs of Canskate A and B, we just suggest something that is comfortable and warm for the child but not too baggy or something that hangs too low like a scarf. These types of thing can get caught up in the skates. If they would like to wear skating dress that is okay but not mandatory. However, gloves and helmet are mandatory for the safety and comfort of your child.

We suggest figure skates over hockey skates in Canskate B due to having a pick will aid in learning skills taught.

For Prepower skaters, we recommended hockey attire but it is not mandatory. Direct any questions to the coaching team.

## **8. When is my child ready for competition?**

Skaters will have the chance to receive a “music program” for the first time in Canskate B. When the skater and their program are ready for a competition, the head coach will inform you that the time is right for your child to entry a competition. Normally the first competition is in March so that children have all year to learn and master their individual skating program.

## **9. How do I get my questions answered if it is not on this list?**

If you ever have a question, you can email any board member or the head coach at any time. If you are at the rink and a question comes to you, please ask a coach or Lillian La Chance (Program Assistant) after they leave the ice surface.

## *How to Buy Skates.*

### 1. Firm Ankle Support

Skates should fit snugly around the ankle and heel, with some room for movement of the toes. A snug fit is important for the skater to get the most out of their lesson time and be able to get maximum support from their skates. The plastics molded skates are not recommended due to the difficulty on getting a snug fit around the ankle.

### 2. Proper Fit

Avoid buying skates in too large of a size in anticipation that the skater “will grow into them”. Not only will poorly fitting skates cause discomfort, adversely affect skating performance, but the feet will get cold more quickly and they won’t have nearly as good control. Skates should feel “snug”. Do up the skates the rest of the way and walk around to make sure they feel comfortable. Your child should feel balanced, not leaning too much to one side or the other. Check to make sure there are no creases (around the ankle area) and no looseness in the boot. These things will make standing and skating upright in the skates difficult.

### 3. Tying up Skates

When tying up skates, ensure that the tongue is in front of the ankle and stays in place as you lace. If it is not in front, this will cause discomfort to the skater and the skates will not be able to be tied up to correct snugness.

Laces should be tucked into the top of boots and never wrapped around the top of the boot. Not only is that a safety hazard if the laces come undone while skating, but also the circulation to the foot may be cut off if tied too tight.

### 4. Proper Skate for different Program

There is not a recommended skate type for Canskate A or Canskate Princess. Figure skates or hockey skates are okay as long as proper fit is achieved. However hockey skates are recommended for Prepower so to learn and practice the correct technique in them.

When it comes to Canskate B, figure skate are recommended so to be able to learn and practice the correct technique especially when it comes to jumps and spins. Hockey skates are not equipped with the “toe pick” that is needed for learning the correct way to do these techniques.

**For more assistance in ensuring proper fitted skates for your skater before they step on the ice, please talk to Coach, Carrie Hawkes or program assistant Lillian LaChance before ice session.**

**Or if looking for a new pair of skates, please contact our Coach, Blaine Moore, who also sells skates and skating equipment.**

## *How to Keep your Skates in Good Condition*

### Steps for keeping your boots in good condition:

- Have an extra pair of laces always in your skate bag.
- Never pull up on the hooks, pull straight sideways. If a hook pops off get it replaced right away.
- Always dry your whole skate and not just the blades. With a chamois or towel wipe the uppers, sole, and the blade.
- Put your blade covers on right away even if you are in between sessions.
- When it is time to go home, pack the skates in your bag with covers on and the blades turned away from each other, this prevents the blades from banging into each other and edge damage. Rust will form on skates if you leave guards on skates for any length of time. This will greatly affect your skating ability.
- When you get home take the skates out of your bag and allow them to dry at room temperature. Never place them over or near heat registers.
- Wash the guards out on a regular basis because grit and other harmful agents can build up inside them.
- If the skate guards have worn through, get new ones.
- Watch were your child is stepping because the screw nails, which hold the plastic down as they get on the ice, can be raised. If they step on these with an unprotected blade, damage to the blade can occur.

## *Some Skate Sharpening Questions* *From Coach Blaine Moore:*

**Learn to Skate:** should have their skates sharpened before each term i.e. September and January

**Primary:** should have their skates sharpened every 4-6 weeks.

**Intermediate:** Every month.

**Competitive:** Every 10-20 hours of ice time depending on the skater.

It depends on how much you skate and how hard you skate. If your edges are damaged or no longer feel secure, then it's certainly time to get them sharpened. I feel that if the edges stay close to the same the skater will have a better consistency with their skating. They will never have to go through too sharp, too dull, and just right periods. If you stay with the same sharpener, sharpening often will be more like a touchup and, if done correctly, the blade will have a long life.

### **Who should sharpen my child's skates?**

When it comes to hockey skates, any store that sharpens skates is okay however, when it comes to figure skates, these choices are not advised. These stores do not have the knowledge to sharpen figure skates correctly thus affecting the quality of your child's skating ability and learning of certain skating skills. Your best option is to contact our coach, Blaine Moore to sharpen your child's skates. You are able to drop off your skates one day at the skating office during ice time and they will be ready the next day you skate.

### **Are new blades ready to skate on?**

Figure skate blades generally come from the factory already sharpened. My observation is that this sharpening is generally of low quality, uneven edges and the factory hollow may or may not be appropriate for the particular skater. Always sharpen new blades before skating on them or at least have them checked by your skate sharpener.

### **Why use guards or covers on my blades?**

Guards should be used only when you need to walk around when you are not on the ice. Guards should not be on the blades any longer than necessary. Blades will start to rust in a very short time when wet with the guards on. Covers should be on the blades anytime the skates are not on your feet. Even though rinks have rubber mats and various other materials around the rink to protect blades from damage – NEVER walk on these materials with your blades. There is a lot of dirt from street shoes, etc. that will quickly dull your blades.

### **How long should it take to break in newly sharpened skates?**

Most skaters are conditioned to expect a bit of an adjustment period after having their skates sharpened. The common symptom is that skates feel "grabby"; edges catch, and stopping is difficult. Skaters with newly sharpened skates are often seen doing things like dragging their skates sideways on the ice, running blocks of wood along their blades, etc., to dull them. The correct expectation is that properly sharpened blades should have little or no adjustment period. They should never feel grabby. They should simply feel more secure. Exceptions are those cases in which changes are made to a blade, such as correcting previous sharpening errors or changing the depth of hollow, or sharpening an exceptionally dull blade. The edge of a well sharpened blade should feel very smooth as a finger is run along the edge; proper edge finishing will have removed the metal burrs that can cause grabbiness, and give the edge a smooth, non draggy feel. Be careful: as sharp blade can cut (though a well-finished blade is less likely to do so).

## *Fundraising Information Sheet*

Isn't fundraising the fun part of joining any organization? Well, we are certainly going to try and make it that way! The reason for Fundraising with NSC is to keep club fees down, which means that fundraising shouldn't *cost* NSC families more money! We have tried to keep our activities to things that folks might need or want to do, and of course, hosting the Vancouver Island Regional Competition, at the end of October (information at bottom of page)

You will be responsible to participate in 1 fundraising event per family.

### **Mabel's Label's Paperless Fundraiser (September-November)–**

This is something new this year, and involves being able to order “labels for stuff kids lose” and earn a little \$\$ for our club. The club earns 15% on all combination packs or 20% on all other labels ordered during the three month period.

**Spaghetti Supper – Saturday, November 21<sup>st</sup>, 5pm at Pleasant Valley Hall.** This is a Family Night for the Nanaimo Skating Club: A chance for skaters and their families to come together and eat and have a little fun. This is a new event for our club and with your help we can make it a lot of fun and maybe even an annual event!

### **Purdy's Chocolate Orders –**

This is an “in time for Christmas” fundraiser. Everybody likes Purdy's, right? Again, as with the labels, the club earns 20% on each order placed and the items don't cost anymore than if you bought them at the mall (and they get delivered to you at the Rink!). Some folks have used this as a way to do their office ordering for employee gifts, others have bought their teacher presents this way. And it all comes in plenty of time for Christmas giving. Orders placed the end of November, delivered early December.

### **NSC Annual Beer & Burger Night – Saturday Feb. 20<sup>th</sup>, Harewood Arms Pub**

This is an adult event and tickets are \$15.00 each which gets you your beer and burger (perhaps Madeline can convince them to add the chicken burger this year, 'cause its good!). We ask that families contribute a silent auction item (there were some awesome golf passes last year, for two different golf courses!) and sell a few tickets...it's a great way to celebrate your birthday!

## **Vancouver Island Regional Championships**

To cut down on the number of fundraising events, the club has bid on and won the chance to host the Vancouver Island Regional Championship. This will be one of our major fundraising events that has the opportunity to be a very large money making opportunity for the club if we pull together and have all families volunteer at all levels. Let's pull together and make this a successful event while we showcase our club and our great community to the entire Island.

As for the volunteering part, each family will be responsible to cover 2 shifts (2x 4hours) per family to be completed during the 3 days of Regional (October 23-25) and to solicit at least 3 businesses for donations.

We are not restricting who does the shift as long as it is a responsible adult. You can ask a friend, family member or co-worker to do it. As long as it is done, we will count it towards your required shifts. We are hoping this will help everyone fulfill their commitment in a quick and easy way. For the full list of things to volunteer for, contact Kim Cameron.

## *Christmas Show*

Each year, NSC puts on an Ice Show (Carnival) on the 19<sup>th</sup> of December to showcase our skaters and their talents for family and friends and members of the community. Children who have participated before look forward to it and it is an intricate part of the skaters feeling like part of the NSC team. Some of our skaters are able to participate in various competitions during the year, but for most this is the one chance they get to perform for their families and friends and to share a great experience with their fellow skaters.

In an endeavour to foster teamwork and club spirit, show participation is compulsory for all skaters, at a cost of \$35. This cost covers the cost of costumes for the group numbers and is due at registration.

Of course, we understand that the date of the show is at the beginning of Christmas season and due to this, any requests for exceptions to participate in the show may be discussed with our head coach, Carrie Hawkes.

### **Ticket Sales**

This event is also a fundraising opportunity for the club. As a result, we are requesting that all families take 5 tickets to sell for this wonderful event. These tickets can be for adults or children and need to be paid for before you receive them. This aids the Carnival coordinator to keep track of the number of tickets sold and number of people expected to attend. The more tickets we can sell will fill up the seats in the arena. Wouldn't it be thrilling and an unbelievable experience for your child if they look up from the ice to their smiling family, friend and relatives and a full arena.

Any questions can be directed to Head Coach, Carrie Hawkes.

**POLICIES and PROCEDURES of the NANAIMO SKATING CLUB**  
**(Updated August 2009)**

Communication protocol: When difficulties arise:

1. Discuss the matter with the person first.
2. If resolution does not occur, speak to the Board of Directors.
3. If resolution does not occur, speak to the Region.
4. If resolution does not occur, speak to Skate Canada BC/YT.

NSF Cheques: A charge of \$45 will be processed on all NSF cheques. Nanaimo Skating Club reserves the right to request cash or money order from then on from those who write NSF cheques. If the cheque is for ice sessions, tests, carnival expenses, etc. the skater will not be able to skate until funds have been received.

- ◆ Nanaimo Skating Club skaters, who skate with other clubs or skating programs outside the ones provided by Nanaimo Skating Club, must advise each organization in which he/she is participating of his/her intention to participate in both clubs/programs. (As per Skate Canada Policies and Procedure rule 2201)
- ◆ Upon registering as a Nanaimo Skating Club skater, he/she must abide by all Skate Canada rules and by laws.
- ◆ Nanaimo Skating Club skaters who take private lessons must take lessons from coaches contracted by the NSC. Please contract Carrie Hawkes (Head Coach) to set up lessons.
- ◆ Drop-in skaters may bring their own coach onto a session provided approval has been made by the NSC Executive and a first aid certificate, Skate Canada certificate and a criminal record check clearance (accreditation) have been proved by that coach.
- ◆ A part-time coach is a professional coach who teaches only a few sessions per week regularly or may teach only one aspect of skating, e.g. dance, partnering, choreography, etc. Part-time coaches are only committed to the sessions/classes they are contracted to teach. Coaches are hired depending on registration numbers of club members for the season with approval from the Executive. A coach must provide a first aid certificate; Skate Canada certificate and a criminal record check clearance.
- ◆ Skaters from other clubs must complete the release section on the registration form and obtain a signature from the test chair of their home club and a release from their coach to allow private lessons to be booked.
- ◆ Only NSC Club coaches shall instruct group lessons in spins, stroking and spirals/edges. If any skater requests lessons from an independent coach, that skater must make that request in writing, obtain written approval from NSC executive and provide a copy of a release letter from the existing coach, if applicable.
- ◆ Coaches will abide by the Skate Canada Code of Ethic
- ◆ Reimbursement of expenses for regions meetings: The cost of lunch and gas for one car (to a maximum of \$40) will be paid by the club upon submission of receipts. Coaches are to attend the meetings in rotation.
- ◆ Soliciting of NSC skaters, by independent coaches, is not permitted.
- ◆ When skaters move from Canskate to Canfigureskate, the skater will pay the difference in the costs unless the Club has requested this due to numbers.
- ◆ Once a skater pays drop-in fees totaling the entire registration fee, he/she will no longer be charged if the skater is a Nanaimo Skating Club member.
- ◆ A \$20 administration fee will be charged for any refunds granted for Jr., Int., and Sr. skaters.
- ◆ All inquires and requests must be in letter or email format.
- ◆ E-mail use will be conducted in a business-like way.

◆ Refunds:

All requests for refund/credits and/or withdraws from programs, need to be submitted in writing via email or written letter addressed to the Executive Board. After requests are received, they are immediately forwarded to the treasurer, registrar, and Coach for immediate action.

Canskate/CanFigure: Registrants for the season are eligible for pro-rated refunds up to the first 2 weeks into the session with a \$10 administration fee. If registered in both blocks for Winter School, then the full second session will be refunded.

Jr Academy/ Sr: Refer to registration forms for full refund deadline dates. Each session has different dates in which refund requests are available. After said date, pro-rating and administrative fee occurs.

◆ Registration forms and payments

Written receipts will be immediately given for all cash, cheque and/or Visa/MasterCard transactions received from skaters/guardians.

Registration forms and payments are immediately forwarded to the registrar at which point she/he will obtain all necessary information to register skater with Skate Canada and obtain insurance coverage for said skater.

After the registrar has the complete information, registration forms will be filed in the office for future reference and payment will be forwarded to treasurer.

All registration payments must be deposited within 2 weeks. Failure to do so will result in the payee being informed prior to the depositing of funds.

Updated skater's registration information shall be in the office accessible to Coach and appropriate Board members.

An attendance book is required to be used and maintained during all club ice sessions.

◆ If skaters leave debts, the following actions will be taken by the Executive:

- The skater will be declared a "member not in good standing" and will be denied ice privileges until the amount is cleared
- The Executive member (if applicable) will be suspended from the Board until the outstanding amount is cleared.
- A letter will be sent to the Vancouver Island Region clubs advising them about the outstanding bill and that the skater is a "member not in good standing."

Skater's Credit Accounts: Unpaid debts, if no answer has been received after a letter containing a deadline is sent or if no fees are paid after we have tried to contact the skater/parent, money will be taken out of the skater's credit account.

Skater's credit accounts of \$25 or less not claimed within one year, revert back to the Club.

## ICE COURTESY AND CONDUCT EXPECTATIONS FOR ALL SKATERS\FAMILIES

- All Skate Canada skaters are expected to be motivated to skate whenever they are on the ice surface, regardless of their personal goals as recreational or competitive skaters.
- All Skate Canada skaters\families are caring and respectful of their skating peers, club professionals and club volunteers.
- All Skate Canada skaters\families of the NSC represent their home skating club in all amateur/professional events in a positive manner.

The following code of Skater Conduct will be strictly enforced by all Club Skate Canada Professionals as authorized by the NSC Executive.

- All skaters should present themselves to their registered sessions, on time.
- Gum chewing, eating or drinking of liquids other than water will not be permitted.
- Kleenex, skate guards, and other related paraphernalia must be kept off the ice surface.
- All skaters must present themselves to their registered sessions in appropriate attire, e.g. skating dress, stretch/track pants, sweaters, sweat shirts, skating tights, figure skates.
- All skaters are expected to be figure skating at all times while on the ice surface. If a rest is needed, the skater is expected to leave the ice surface.
- Socializing will not be tolerated while the skater is on the ice surface. Skaters will be asked to leave the ice.
- All skaters must clear the ice surface promptly at the end of their skating session.
- Skaters must inform/ask a coach before leaving the ice surface.
- Music played is to be appropriate for each session and age of skaters. Any conflict over choice of music shall be resolved by the director of skating.
- All skaters are expected to skate their solo program whenever the music player identifies them to do so, with the exception of their coach's permission.
- Skater's solo music is only played once per session unless requested by coach.
- All skaters must remain in the arena building during their scheduled sessions, until scheduled transport arrives.
- Skaters must not interrupt a coach during another skater's lesson.
- All skaters/coaches must yield right of way to the following skaters:
  1. Skaters who are skating to their solo music.
  2. Skaters receiving a lesson.
- All skaters are expected to get up off the ice as soon as possible after a fall (unless an injury is sustained).
- When injuries occur on ice, skater/guardian needs to inform the coach present and Executive Board immediately. This allows a follow up of skater's situation to occur.
- Foul/abusive or obscene language will not be permitted and, if heard, will be grounds for immediate dismissal from the ice surface, dressing room or arena (which ever is appropriate).
- Inappropriate behavior will result in disciplinary action by the Club professional/sessional organizer as outlined by the NSC Disciplinary Policy.
  1. First warning: a verbal warning and will be noted by the Club professional.  
The NSC Executive expects all Club professionals to communicate between themselves regarding any disciplinary action with individual skaters.

ICE COURTESY AND CONDUCT EXPECTATIONS FOR ALL SKATERS\FAMILIES  
(CON'T)

2. Second warning: skater will be asked to leave the ice surface and return to their parent/guardian. (If parent/guardian is absent, the skater may be asked to remain in the dressing room until transportation arrives.) The NSC Executive expects all Club professionals to follow-up any disciplinary action regarding skater conduct with the skater's parent/guardian at all times.
  
3. Third warning: any skater consistently demonstrating inappropriate behavior despite the disciplinary intervention of the Club professional, will be asked to leave the ice and will not be permitted to return until the pro-liaison has reviewed the skater's conduct.