



# LANGLEY SKATING CLUB

## INFORMATION HANDBOOK

Important information for all  
Skaters, Parents, and Guardians

2024

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## INTRODUCTION

Welcome to the Langley Skating Club.

We are a coach directed, volunteer-operated, non-profit organization. We rely heavily on help provided by the enthusiastic volunteers that manage our teams. Thank you, to all of you, who so willingly lend helping hands.

This new and revised handbook is the result of one of our committee undertakings. We know it will benefit both skaters and parents, and it is therefore required that both the skater and their parent review the contents for a complete understanding of the rules, regulations, and operating practices of our teams.

When contacting our volunteers, please keep in mind we are all just that, volunteers, with different skills, talents, and backgrounds working for the betterment of the club and fulfilling positions to the best of our abilities. One volunteer may do things a little different or make a decision with different criteria than you would, but we are all interested in the development and future of the skaters. Please be supportive at all times and do not hesitate to contact us if you have a question. Sometimes decisions are made with information that you are not aware of so make sure you have all the facts before drawing a conclusion regarding the way our club is managed. Together we can build a strong skating club that runs efficiently and effectively to meet the varying needs of all skaters.

If you have any questions or concerns, please feel free to contact our coaches or a board member and book an appointment. We will be pleased to assist where possible.

## MISSION STATEMENT

At The Langley Skating Club, we focus on providing high quality skating programs with instruction from dedicated Skate Canada certified coaches. We encourage skaters to develop to the best of their ability and achieve their goals, in a supportive club setting while fostering a passion for the sport of skating. We believe that empowering skaters with confidence, skill, and a strong work ethic promotes personal success.

## CONTACT INFORMATION

Mailing Address: P.O. Box 61564 Brookwood, Langley, BC V3A 8C8

Telephone: 604-604-4982

Website: [www.skatelangley.com](http://www.skatelangley.com)

Langley Skating Club Office: George Preston Rec Centre

## FACILITIES:

George Preston Rec Centre	20699 - 42 Avenue Langley, BC V3A 3B1
Langley Sportsplex	20165 91a Ave, Langley, BC V1M 3A2
Langley Twin Rinks	5700 Langley By-pass, Langley BC V3A8L7

## CLUB STRUCTURE

The Board of Directors consists of the following:

- President
- Vice President
- Treasurer
- Secretary
- Coaching Representative (as chosen by the coaches)
- 5 Directors at Large

The board of directors meet monthly to ensure that skating programs and club duties are managed. In addition to employing several coaches, the club also employs an Administrator, and Director of Skating Programs to run the day to day business of the club and promote its programs within its membership.

## CLUB PROGRAMS

There is a vast array of programs provided by the Langley Skating Club. All program are nationally certified programs regulated by Skate Canada and taught by NCCP certified coaches. They include CanSkate, Starskate, and Competitive Skate.

## CANSKATE

### **What is CanSkate?**

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

### **Who's it for?**

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

### **Who teaches it?**

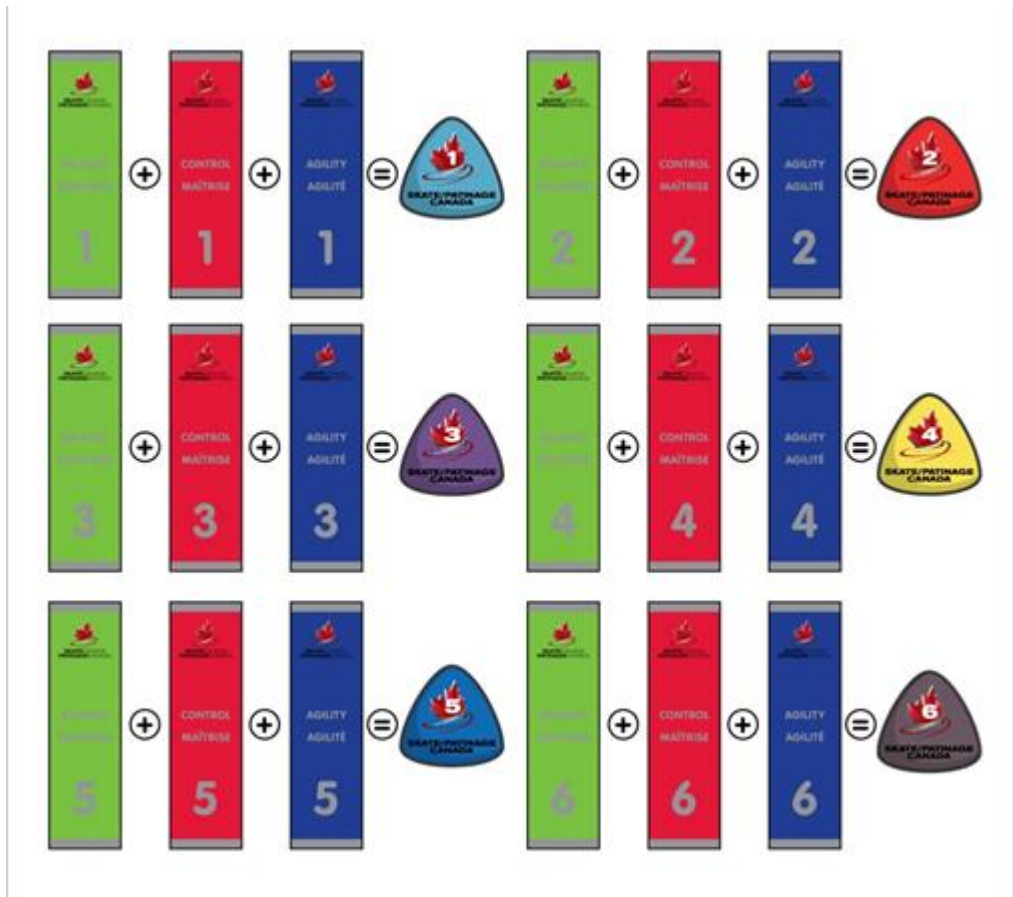
NCCP-trained professional coaches, assisted by trained program assistants.

### **What will you learn?**

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

### **What can you expect?**

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.



**What do you need to participate?**

All you need are skates, a CSA-approved hockey helmet, long pants, mittens, warm sweater or jacket. Dress in layers – it will get warm!

**JUNIOR ACADEMY PROGRAM**

Langley Skating Club’s Junior Academy Program is an invitation-only, skating program. Invitation is based on a Skating Director’s assessment of competent skating skills and a positive work ethic, typically through the CanSkate Program.

LSC’s Junior Academy Program requires skaters to train a minimum of two days / per week. Junior and Open sessions can be used to supplement more training time (must be approved by a Skating Director).

Langley Skating Club’s Junior Academy Program offers a Team Coaching environment and 100% coach-directed time. Skaters continue to learn the fundamental basics through an advanced Cankate program Stage 7 and up. Skaters engage in off-ice classes, which include but are not limited to; flexibility training, cardiovascular training.

All classes include one on-ice session and a 20-30 min off-ice training session. Skaters must skate a minimum of two days a week to participate in Junior Academy. All sessions are taught in a group format with a coach to skater ratio of 1:7 or less.

Skaters wishing to join Junior Academy Program must demonstrate competent skill level for their age and must be assessed by the Skating Director. Skaters who show a keen interest in becoming a figure skater will be invited to participate in this program.

Skaters are required to wear proper figure skating skate boots/blades and skating attire.

## **STARSkate AND COMPETITIVE SKATE**

**Skills, Tests, Achievement, Recognition** – this is what STARSkate is all about!

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, 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.

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive.

**Skating Skills** are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – turns, edge quality, control, power and speed.

### **Ice Dance**

The Ice Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control, and unison. The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

### **Free Skate**

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

## **Interpretive**

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

## **Competitions for STARSkate Athletes**

STARSkate participants love to compete! Skaters often compete in more than one event including their freeskate programs but also in other STARskate events such as Interpretive and Solo Dance Competitions.

Once skaters have are ready to move beyond the STAR 5 category, they may choose to either to participate in a more recreational pathway of competition or continue on in the developmental path of figure skating.

Skaters entering into the Langley Skating Club STARS program do so at either the Junior Stars Level (Junior Academy) or at the Late Entry Stars program which are divided based on age of the skater.

## **TEENS/ADULTS**

The late entry version of junior academy is designed for older skaters who are more mature and pick up skills quickly. This program is run on our freeskate sessions with more advanced skaters and skaters are taught in both group format and semi-private lesson format. Skaters work through the same curriculum as Junior Academy skaters and participate in the same testing and competition categories.

## **FEES**

Canskate (and PreCanskate), Junior Academy, Junior (group sessions) and Late Entry program fees include coaching, ice rentals and administrative costs. Fees are exempt from GST as the Langley Skating Club is a non-profit organization.

Advanced STARskate/Competitive programs for the private junior, intermediate and senior skaters include freeskate sessions in which skaters register for ice sessions only and the coaching is paid separately to the coaches who bill the skaters directly for their lessons. All lessons for skaters are arranged with the Director of Skating Programs, who schedules the lessons for the club's skaters with the coaching staff to meet the skater's needs and goals. Skill and development and Dryland session coaching fees are built into the ice fee.



All participants in the Langley Skating Club's Skate Canada programs must pay an annual insurance fee (Skate Canada fee). Once paid, the skater can participate in any Skate Programs at any club anywhere in Canada until the conclusion of that registration year.

## MISSED SESSIONS

There are no make-up sessions, ice credits or refunds offered for missed sessions. It is expected that skaters may miss occasional sessions (ie. sick, vacation, minor aches and pains) and this is reflected in the fees.

## OVERDUE FEES

Overdue fees may result in the skater being prohibited from skating until such time as fees are up to date or you may be considered a "not in good standing" member of the Club/Skate Canada. This may interfere with future registrations and/or tests and competition qualifications.

## VOLUNTEER BONDS

Non-profit societies are dependent on the commitment of all members to ensure that the club is able to run smoothly and efficiently. During the year, there are many times that your assistance is needed and appreciated. The volunteer bond is a commitment to the club in terms of your time or a fee in lieu of your time.

A volunteer bond is only required from Canskate parents during Ice Show years because of the large amount of organization and that is required. Parents are asked to commit to 4 hours of volunteer work, but these can be utilized at other events besides the ice show throughout the year. In addition, our Board of Directors and its committees are always looking for dedicated and qualified members.

Parents of STARskaters may utilize their volunteer hours by helping with our many test days, simulations, club competitions, playing music during freeskate sessions or in many other activities throughout the year as well as our annual ice show.

## BUY-ONS

Skater must be a current Skate Canada member to use a buy-on session. Buy-ons permitted only if the maximum number of skaters are not on the ice. Skater may only buy-on within their current skating level.

**PAYMENT IS DUE BEFORE STEPPING ON THE ICE!!!**

Out of club skaters must have the approval of the Program Director to qualify for buy-ons for sessions.

No partial session purchase. Buy-on rate must be paid for entire session, regardless of time actually skated.

## **OUTSIDE COACHES**

Langley Skating Club is a closed club and therefore doesn't allow out-of-club coaches on regular club sessions. Exceptions may be granted by the Director of skating and a formal request needs to be placed to the Executive committee accompanied by proof of qualifications.

## **SKATING ON OTHER CLUB ICE**

From time-to-time other clubs host seminars at their rinks. If your child is interested in signing up for a seminar hosted by another club, please check with the Skating Director first to ensure that the seminar is a good fit for the child.

If you are trying to find more ice for your skater because the ice being offered with the Langley skating club doesn't meet all of your needs, please have a discussion with the Skating Director before buying ice at another club. Most clubs work in a team coach setting so the visiting club will want to know that your home clubs knows about the arrangement.

## **FUNDRAISING**

Fundraising opportunities may be available throughout the skating season. All fundraising is held by the Club "in trust" and is tracked by our club administrator. Fundraising can be used for registrations, tests, competition fees, and club skating apparel. Fundraising amounts for the STARskate program will only remain in the account for 1 year after the skaters leaves the STARskate program.

## **COMMUNICATION**

**It is your responsibility as a club member to stay informed.** There are many ways that we communicate important events, notices and other information on our club.

**Website:** Ours skating website is [www.skatelangley.com](http://www.skatelangley.com) The website contains useful information about skating programs, registration and upcoming events. In addition, the contact information for our coaches, Board of Directors, Skating Director and Administrator are all provided on our website.

**Email:** Please provide a correct email that you check regularly at the time of registration. Email is the most efficient way of communication between the club and the parents/skaters.  
\*\*\* In the case of unforeseen session cancellations or changes, this will be the method of communication.

**Bulletin Boards:** Bulletin boards sometimes contain information of upcoming event announcements, copies of our brochures and other information.

## EQUIPMENT AND CARE

Skates:

The most important piece of equipment for a beginner or experienced skater is their skates. Most department and sports stores sell a variety of skates for beginner levels only.



These are poor fitting skates. The Skater ankles are bent inward.



These skates fit well. The Skaters ankles are straight.

For proper fitting skate:

- Ensure that the space at the back of the heel is no more than a pencil width.
- Skates should fit snugly around the ankle and heel with some room for movement of the toes.
- There should be no looseness or creases in the boot.

- The tongue should be well padded and the wide enough to cover the front of the ankle and stay in place.
- Laces should be loose over the toe and front of the foot, while snug over the ankle and instep.
- Walk around in the skates off the ice, they should feel comfortable.

Skaters enrolled in STARskate programs needs strong skates with proper figure skating blades. Some department store figure skating blades have the bottom toe pick removed and skaters cannot attempt basic skating moves such as jumps or toe steps or basic exercises. Only specialized Figure Skating shops carry skates for suitable for developing figure skaters. In the Vancouver area, you can find the following businesses.

- Skater's Edge: Suite 10-145 Schoolhouse, Coquitlam, BC V3K 1C8
- Leading Edge/Cyclone Taylor: 1005 west 49th Ave, Vancouver, BC V6M 2P7

## SKATE CARE

- Always wipe your blades completely dry after skating.
- Never leave your skate guards (hard guards) on your skaters for any length of time.
- Protect your blades from each other with a towel or soft covers when carried in your skate bag.
- Don't leave your skaters in your bag overnight. They need time to dry out properly.

## SKATE SHARPENING

It is important that skates are sharp and well cared for skates. All skaters are required to wear skate guards. All STARskaters should have their skates sharpened at figure skating shops only.

**Re-sharpening of skates should occur after approximately 24-30 hours of skating time.**

## CLOTHING/ATTIRE

- All skaters need to wear warm but tight fitting clothing. Dress in layers. PreCanskates may wear snow suits.
- No jeans should be worn by any skater at any level.
- No scarves
- No Hoodies
- All Canskaters are required to wear gloves or mittens.
- Hair should be tied back
- Helmets as per policy below

## PROFESSIONAL COACHES

All Langley Skating Club Coaches are certified in the National Coaching Certification Program. Coach Bios can be found out the Langley Skate Club website under the coaches heading.

## ASSESSMENTS: STAR 1-5, 6-GOLD

StarSkaters and Competitive Skaters may advance through the Skate Canada Assessment program in several areas: Freeskate, Dance, Skills, Artistic and Synchro

It takes many years of hard work to complete all levels.

Star Assessments are evaluated as follows:

	<b>Coach Assessed</b>	<b>Judge Assessed</b>
<b>Freeskate</b>	STAR 1, 2,3,4,5	STAR: 6,7,8,9,10, Gold
<b>Dance</b>	STAR 1,2,3,4,5	STAR: 6,7,8,9,10, Gold
<b>Skating Skills</b>	STAR 1,2,3,4,5	Star 6-Gold if no certified club coach
<b>Artistic</b>	STAR 5	STAR 7,9, Gold

STAR 1-5 Assessments will be done on LSC session ice. Club Coaches will assess skaters in STAR 1-5 AND in Skating Skills only, Star 6-Gold will be club assessed if the coach is certified to assess.

### **Star 6 to Gold:**

In Person Assessment High Assessment Day- skaters are evaluated on home ice by a judge or in person. Parents will pay a fee for the test day (processing fee to skate Canada and administrative fee to cover the ice cost). Fees for are collected with registration. Tests that are not paid for by the registration deadline are not registered. Parents will also pay for coaching fees during test days that are not included in registration. Assessments may also be offered at competitions (this will be noted on the registration information provided by the BC/YK section).

Assessment Results -Skaters will know if they passed or need to retry their assessment by the end of the day or competition. Coaches will deliver assessment report cards shortly after each assessment or competition.

- Treat all other skaters, as you yourself would like to be treated. Don't interfere, ridicule, bully or take advantage of any other skater.
- Remember- the goals of the sport are to have fun, improve skills and feel good.
- Inform your coaches and the Skating Director if you know you are going to miss a practice session.

These rules are enforced to provide a safe and comfortable atmosphere for everyone. Remember to be respectful to one another at all times. It is the responsibility of each and every skater to adhere to these rules!

## COMPETITION ETTIQUETTE

Skaters need to

- For competitions, skaters are expected to be at the arena a minimum of 1 hour prior to the start of their category. Skaters should register for the competition and then immediately locate our club coaches.
- Arrive with hair neat and tidy.
- Skates and attire should be in excellent condition.
- Clean warm up jacket (no hoodies) and gloves that also match in colour.
- Be respectful and sportsmanlike.
- Bring back up USB Music.

## TEST ETTIQUETTE

Skaters need to

- Arrive with hair neat and tidy.
- Skates and attire should be in excellent condition.
- Clean warm up jacket (no hoodies) and gloves that also match in colour.
- Be respectful and sportsmanlike.
- Stay stationary while other skaters are competing/testing and do not block the view for others.

## PARENTS CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which