



Mission Skating Club

Skater/Parent

Handbook

Updated **December 17, 2020**

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WELCOME!

YOU ARE NOW MEMBER OF THE
www.missionskatingclub.com

Please Note: As we begin the 2020/21 Skating season amid the Covid- 19 pandemic, there have been a lot of adjustments made to keep skaters, coaches, parents and volunteers safe. As you read through this handbook you will notice information that is not applicable at this time. As we continue to move through the 2020 fall season and forward, many areas of skating are subject to change. Please stay tuned. This handbook will be updated accordingly. We will follow the guidelines laid out for us by our health authorities, via sport and the BC/YT Section. Flexibility will be critical for our success this season.

The goal of the Mission Skating Club, a member of Skate Canada, is to provide skating programs for everyone to participate in, for fun, fitness and achievement, in a safe and positive environment. We support and strive to embrace the passion for skating in each individual within our community by providing a full range of quality programs, taught by certified, professional coaches.

WHAT IS A CLUB?

(As defined by Skate Canada)

CLUB – A not-for-profit organization that is operating for the general purpose of providing Skate Canada skating programs and is managed by a volunteer board of directors.

The Mission Skating Club (MSC) is proud to offer the sport of Figure Skating to our community. Our goal is to provide the opportunity for all our skaters to learn and have fun. We wish to provide equal opportunity and support to all of our skaters.

NCCP Certified professional coaches instruct our programs and private lessons. All programs have been developed by Skate Canada and follow the guidelines of Sport Canada.

More information can be found throughout the season on our bulletin board at the arena entrance, the trophy case in the hall between the two rinks and on our website www.missionskatingclub.com. Be sure to check our website for our NEW ONLINE STORE where you can purchase MSC clothing, bags, accessories and more!!!

We will use these tools along with email to inform you of upcoming events. If you have any questions or concerns please let any coach or executive member know. The Mission Skating Club meets once a month via zoom. Club meeting dates can be found under MSC Important Dates in this handbook. The deadline for submissions to the executive meeting agenda is the Friday prior to the meeting.

Please come join us, and “**Skate for Life**”

For more information about skating, please check out these websites:

Skate Canada- www.skatecanada.ca
Skating in BC- www.skatinginbc.com
BC Coast Region- www.skatebcc coast.com



[Mission Skating Club \(@missionskatingclub\) • Instagram photos and videos](#)
[Mission Skating Club - Home](#)

Mission Skating Club - January 4, 2021 - March 13, 2021					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NORTH ICE* 9 Sessions	SOUTH ICE 10 Sessions	SOUTH ICE 10 Sessions	SOUTH ICE 10 Sessions	SOUTH ICE 10 Sessions	SOUTH ICE 10 Sessions
*Skate Canada Fee and Safe Sport Fee separate *Out of club members will pay 25% more in lieu of volunteer bond	*1st session Monday and 2nd session Friday will have a 15 min stroking lesson. Contact your coach for details and pricing.*		Open Skills 6:30am – 7:15am (\$87.00) *North Ice* Open Freeskate 7:15am – 8:15am (\$115.00) *North Ice*		StarSkate** On-ice 9:30am – 10:30am (Sat only: \$153.00) Both Days (Wed & Sat): (\$306.00)
Open Freeskate 3:15pm – 4:15 pm (\$104.00) <i>*4-4:15 stroking-contact your coach for details/pricing*</i>	Open Freeskate 3:15pm – 4:00 pm (\$87.00)	Open Freeskate 3:15pm – 4:00 pm (\$87.00)	Open Freeskate 3:15pm – 4:15pm (\$115.00)	Open Freeskate 3:15pm – 4:00 pm (\$87.00)	Open Freeskate 9:30am - 10:30am (\$115.00) (shared with StarSkate)
Open Freeskate 4:15pm - 5:15pm (\$104.00)	Open Freeskate 4:00pm - 5:00pm (\$115.00)	Open Freeskate 4:00pm - 5:00pm (\$115.00) (shared with StarSkate)	Open Freeskate 4:15pm - 5:00pm (\$87.00)	Open Freeskate 4:00pm - 5:15pm (\$144.00) <i>*5-5:15 stroking-contact your coach for details/pricing*</i>	CanSkate 10:45am - 11:30am
CanPower (10 sessions) 5:30pm - 8:30pm (\$193.00)	CanSkate T/Th 5:15pm - 6pm	StarSkate** On-ice 4:00pm – 5:00pm (Wed only: \$153.00) (see Sat for 2 day pricing)	CanSkate T/Th 5:15pm - 6pm		**Please consult your coach before purchasing a session** **Exclusions: Feb 15, 2021 -Family Day
**Star Skate: must purchase both Wednesday and Saturday, unless skating another session with a lesson from a coach, then one Starskate session may be purchased.					

Special Notes:

Monday, January 4, 2021	First Day of Skating	Private
Wednesday, January 6, 2021	First Day of Skating	StarSkate
Monday, January 4, 2021	First CanPower session	CanPower
Monday, February 15, 2021	Family Day	No Skating

MISSION SKATING CLUB
BOARD OF DIRECTORS

The Mission Skating Club is run by a group of dedicated parent volunteers who work very hard to ensure the smooth operation of Club programs for our skaters. Feel free to contact any Executive member or Coach if you have any questions or concerns.

VOTING MEMBERS	
President	Gwen Schmidt
Past President	Vacant
Vice President	Vacant
Treasurer	Galen Bellman
Secretary	Jennifer Richmond
Director: Fundraising Chair	Mel Smith
Director: Registrar for Private Programming	Leah Matthews
Director: Coach Liaison	Rebecca Rumley
Director: CanSkate Registrar	Veronica Hodgson
Director: Assessment Coordinator Chair	Carlene La Hay
Director: Publicity Chair	Ellen Nguyen
NON-VOTING MEMBERS	
Ice Chair	Vacant
Special Achievement Chair	Carlene La Hay/ Jennifer Richmond
CanPower Chair	Nikki Malow
Buy On/Music Chair	Vacant
Gala Chair	Leah Matthews/ Ellen Nguyen
CLUB COACHES	
Club Coach	Shona Davies
Club Coach	Nicole Ginter
Club Coach	Laurie McMillan
Club Coach	Roberta Sawatzky
OTHER COACHES	
Canpower Coach	Nicole Ginter
Freelance Dance Coach	Rob Woodley
Freelance Coach/ Program Substitute	
Substitute Program Coach 2.	

*** Mission Executive meetings are held on one Wednesday a month, evening, time TBA. Dates are as follows: Sept 16, Oct 21, Nov 18, Jan 20, Feb 17. Please contact the Secretary for the zoom link if interested in attending. secretary.msbc@gmail.com

*** There is always a need for extra help. If interested in being an executive member or just lending a helping hand, please contact us. Your child's Club would love your help!

PLEASE VISIT OUR WEBSITE WWW.MISSIONSKATINGCLUB.COM FOR CONTACT INFORMATION

**CODE OF ETHICS FOR ALL PARTIES IN FIGURE SKATING
CONDENSED BY THE MISSION SKATING CLUB**

PARENT CODE:

Where does a child learn to be a good sport? At home. By the time a child dons skates or joins a team, a sense of sportsmanship (or lack thereof) is already well established.

- Do not force an unwilling child to participate in sports.
- Teach your child that an honest effort is as important as winning a medal.
- Encourage your child to abide by the rules.
- Never compare your child's achievements to another's.
- Remember that children learn best by example. Applaud good efforts by other skaters as well as your own.
- Do not publicly question or criticize officials, coaches or club members, and never question their honesty.
- Recognize the value and importance of the volunteer. They give their time and resources to provide a club for your child.
- Be supportive.
- Be informed- if you want information- go find it- don't wait for it to come to you.
- Communicate with your child's main coach. If you are interested in lessons from another coach, this should be discussed with your main coach before any plans are made.

SKATERS CODE:

"It isn't whether you win or lose, but how you play the game!" -Henry Grantland Rice
Skate for the "enjoyment of it", not to please your parents or coach.

- Obey the rules.
- Control your temper and tongue.
- Work equally hard for yourself and your club mates, your club's result will reflect your own.
- Be a good sport, cheer for all.
- 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.
- Cooperate with your coach, club and fellow skaters, for without them, you wouldn't have a sport.
- It takes a good sport to be a good loser, but it takes an even better sport to be a gracious winner!

EXECUTIVE CODE:

The successful executive invests more in the well being and interests of its club and skaters than in its record of winning medals.

- Ensures that equal opportunities for participation are available for all children, regardless of gender, age or ability level.
- Respects parents, coaches and skaters input into the planning and evaluation of programs.
- Remember that skating is done for its own sake and enjoyment, downplays the importance of winning.
- Distributes and displays club rules.
- Encourages fair play.
- Praises efforts as well as the winning of medals.
- Promotes good sportsmanship.
- Is supportive of all volunteers- praising the efforts as well as the results.
- Ensures proper coaching is provided, by hiring certified coaches.
- Supports clinics to upgrade and educate volunteers, skaters and coaches.

COACH CODE:

- Be reasonable in your demands on young skaters time, energy and enthusiasm. Remember they have other interests.
- Teach your skaters that the rules of the sport are mutual agreements, not to be evaded or broken.
- Live by the “Skate Canada Coaches Code of Ethics”.
- Avoid “favouring” the “talented” skater. The “just average” skater needs and deserves equal time.
- Remember that children skate for fun and enjoyment and that winning is only a small part of it. Never ridicule, belittle, or yell at skaters for making a mistake or placing poorly at competition.
- Develop respect for the ability of fellow competitors as well as for the judgment of officials.
- Never compare one skater to another.
- Remember that children need a coach they can respect. Be generous with your praise when it is deserved. Set a good example, be a role model, take time to “listen” to your skaters.
- Make a personal commitment to keep yourself informed.
- Cooperate with and respect the executive, parents and your fellow coaches.

******Please visit the Skate Canada info Centre www.info.skatecanada.ca for more detailed information.**

Parent 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 parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect

Parents shall always model positive responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude. Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

- Parents shall refrain from any behaviour or comments which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (e.g., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

MSC RULES FOR PRIVATE SKATERS

The following rules are endorsed solely for the safety of all our skaters and buy-on skaters. These are common rules and are endorsed by all skating clubs. Memorize them and you will be prepared to skate safely on home and at other club ice. All skaters must realize there are many skaters with differing power, size and abilities on any one skating session. Rules help skaters avoid possible serious injury. When skating at another club, it is your responsibility to be aware of the rules to be adhered to. Common rules include:

1. Skaters **must** be on time for their session.
2. Skaters **must** skate the appropriate type of session (No freeski on dance etc.)
3. **Skate Guards** must be worn off ice at all times.
4. Chewing gum, eating, or drinking (except for water bottles), on ice is **prohibited**.
5. Visitors are **not allowed** at ice level, they must watch from the spectator stands and must not act in a disruptive manner.
6. **Do not** leave the ice during a session without asking permission from your coach.
7. Each Skater, Parent and Coach are responsible to ensure their test/ competition applications are **handed in/completed online**, and fully completed correctly on time.
8. Private skaters **must** abide by all Coaches and Board Members.
9. It is your responsibility to have your music in the music room prior to the start of the session; otherwise your name will be left out of the music rotation.
10. **Right of Way** must be given to the skater **doing a solo** to their music.

The following is the order of Right of Way:

SOLOIST WITH MUSIC

SPINNING

LESSON WITH COACH (including use of harness)

JUMPING

STROKING

11. No standing around in groups on the ice. Be prepared to move quickly. It is **your responsibility** to clear the way for the oncoming skater. Should another skater get in your way, call out **“excuse me”**, in a loud but polite manner. Be courteous at all times. **Profane language will not be tolerated at any time!**
12. If you fall on the ice, you **must** get up immediately, unless of course you are injured and cannot get up without assistance. If you do not get up immediately, you are at risk of being injured, or may cause injury to another skater.
13. **Ice stomping and ice picking is dangerous!** You will be asked to leave the arena for the rest of the session, without warning.
14. You must skate on the appropriate session for your skating level. Senior skaters may not skate on junior sessions and vice versa.
15. **No headphones** allowed to be worn at any time on the ice!
16. **Be on time for stroking/ group development!** A skater may be denied permission to participate on a stroking/ group development session if arriving late
17. Skaters who are in a lesson while skating on a skills/ dance or spin session have the right of way.
18. Appropriate skating attire is required to be worn at all times! Ensure hair is tied back, no jeans, and wear respectful clothing.
19. **No playing tag** at any time on the ice.

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!

VOLUNTEER/FUNDRAISING RESPONSIBILITIES

The Mission Skating Club is a non-profit, volunteer organization. Registration revenues and an annual grant from the Province of British Columbia only cover a partial portion of the expenses. Our club relies on volunteers and fundraising to successfully operate and keep costs reasonable for families. It is our policy that **all families** assist and help out as much as possible.

Junior, Intermediate and Senior Programs:

Each registration must include a completed form one post dated cheque per family.

1. **\$150 dated March 1, 2021**- Fundraising/Volunteer bond. Each family will be required to volunteer a minimum of **4 hours** throughout the Fall/Winter season.

Completed registration without a completed Member VOLUNTEER/FUNDRAISING form and a postdated cheque will not be processed. This will be provided to you at time of registration.

Exceptions:

- Out of Club skaters, who pay a 25% higher cost in lieu of the bond.
- Adult skaters who do not take tests, CanPower skaters, StarSkaters and CanSkaters do not require post dated cheques.
- Music Playing is not part of the volunteer hours and is mandatory for all families.
- Gala is not part of the volunteer hours and is mandatory for all families with skaters participating.
- At the end of the year, volunteer/fundraising activities will be reviewed. Families who have fulfilled the requirements will have their post dated cheque returned. Those families who have not completed their requirements will have their cheque cashed.
- Events/areas where your volunteer/ fundraising hours can be met are:
 - **September:** Bottle Drive Blitz
 - **October:** MESS Community Clean Up
 - **November:** Zoom Music Bingo
 - **December:** Meridian Meats Fundraiser / Frozen Blueberry Fundraiser
 - **January:** Bottle Drive Blitz
 - **February:** Zoom Music Bingo
 - **March:** Gala Fundraiser

NOT APPLICABLE DUE TO COVID-19

MSC MUSIC COMMITMENTS

All parents are expected to participate in the music playing for our skaters, whether their child has music of their own or not. Figure Skating is a sport that requires music to be played for competitions, tests and/or ice shows. Without music our skaters could not attend any of these events. When your child starts taking private lessons it becomes your responsibility to participate in the music playing rotation. You may be requested to play music once a month or more for each session your child skates, depending on the amount of skaters on each session. If your child is older he/she may play the music instead for a session that they do not skate on. Music is played on all sessions, dance, freeskate, skills and stroking/enhancement. Our Music Coordinator will set up a rotation schedule. If you have signed up to play and cannot make it, it is your responsibility to find a replacement.

Occasionally throughout the year there will be sessions when some of our coaches, executives and skaters will be away at competitions or tests. At these times, it is requested that all parents stay in the arena with their children. **Please do not drop them off at the door and leave!!** Your children must be supervised on the ice. Your coach will let you know these special dates.

NOT APPLICABLE DUE TO COVID-19

MUSIC BOND

A cheque of \$150.00 is required from any skater taking private lessons in the Fall/ Winter season. A cheque dated _____ must be provided if you choose not to play music for our skaters. This cheque will be cashed at the discretion of the Music Coordinator, with the MSC Executive Board approval. If you will be playing music, please date your cheque _____. **Cheques MUST be received from every private skater at time of registration!**

For Spring registration, a cheque of \$50.00 dated _____ is required. If you choose not to play music in Spring, please date your cheque _____.

NO music will be accepted in the music room without prior permission from the music coordinator. Once the bond cheque has been received, the skater will have their music played in the regular weekly music rotation.

For those that have written cheques for March 1, and have fulfilled music commitment requirements, your post-dated cheque will be returned. If the music playing requirements are not met, your cheque will be cashed.

Please remember to sign in the music book when you play!!

This book is a record of who is playing and when. If you do not sign-in, we will have no record that your bond was met.

Exceptions:

-Out of club skaters, who pay 25% higher cost in lieu of the bond.

-Club skaters who are 18 years of age or older, may choose to pay a 25% higher cost in lieu of playing music.

NOT APPLICABLE DUE TO COVID-19

MSC RULES FOR MUSIC PLAYERS

(This will be posted in the music room for future reference)

- **The Ipad passcode is: 1972**
- If you are scheduled to play music the first session of the day, please get the music room keys from a board member, or a coach as you will need to set up for the day. An experienced music player or board member can show you the ropes!
- Remember to sign-in on the music player's sheet so that you will receive credit for playing music.
- The Buy-On skaters will come and tell you they are buying- on. 5-7 minutes after the session begins, please announce a reminder that any buy-on skaters must have checked in with you and if have not done so, to do so immediately.
- Play stroking music for 5-10 minutes on sessions that have no stroking before freeskate.
- For sessions that have stroking before freeskate, play stroking music for 2-3 minutes
- Go through the sessions list by announcing each skater's name over the microphone. The skater should go to their spot. **Skaters are not allowed to wave off their own music.**
Then mark it off in the book as follows:

Played	1
No Music	NM
Refused	R
Absent	A
Pro Request	P
Off ice	O
- Please note the music player can skip over the skater if they are in a lesson with a coach. (If you are unsure, announce their name any way, the coach will wave off if not needed).
- Coaches may request music **TWICE** per 15 min lesson. Coaches may only request the music of the skater being coached in a lesson.
- No skater may request his or her own music to be played.
- Play the buy-on skater music **ONLY** after you have played the regular session skaters. Except if the coach is giving the buy-on skater a lesson, the coach then may request the buy-on skaters music.
- If using CD's, put all CD's back into their correct cases.
- Play only Artistic and freeskate music during the freeskate sessions.
- The music player on the last session of the day is required to put the music, microphone, music book, and buy-on book back in the locked box. All equipment and lights should be turned off and the door shut completely with pad lock in locked position. Please return music room keys and club ipad to a coach or board member to place back in the clubroom.

NOT APPLICABLE DUE TO COVID-19

MISSION SKATING CLUB
BUY-ON RULES

1. A Skater MUST fill out the Buy-on information and payment BEFORE stepping onto the ice.
2. A Skater must purchase a buy-on session in full. If the session is 1 hour, the skater must pay for 1 hour etc.
3. The Buy-on cost for a MSC member is \$4.50 per 15 min. For example: if a session is 45 min the cost would be \$13.50, for an hour \$18.00.
4. A Buy-on fee for an out-of-club skater is \$5.00 per 15 minutes, or \$20.00 for 1 hour, payable by cash or cheque.
5. Books of Buy-on tickets are available for MSC members only. The cost is \$40.00 per book of 12 tickets. All MSC skaters are encouraged and expected to purchase these books if they plan to Buy-on to sessions throughout the season. (Buy-on tickets do not expire unless stated otherwise). Ticket purchases are available on Uplifter in your account, under products. You will be issued a code that you will use to buy-on.
<https://missionskatingclub.uplifterinc.com/registration/products/>
6. Each Buy-on skater or parent must sign into the jotform on the MSC ipad, and fill in the ticket information with the appropriate date, session, and their name before stepping on the ice.
7. A Skater must skate on the appropriate session, for example: a senior on a senior session, or a junior on a junior session etc.
8. A Buy-on skater is not allowed to step onto the ice before their session begins.
9. It is the Buy- on skater or parent's responsibility to inform the music player that they will need their music played.
10. A Buy-on skater's music will be played at the end of the regular music playing rotation for that session.
11. Buy-on participants are not permitted to participate on stroking sessions.
12. A Buy-on skater is advised to buy- on with caution to an open session. Open sessions have skaters of all ages and abilities.



Private Lessons

Important Dates 2020/21

Event	Date/Time			Location
MANDATORY Parent Meeting	Sept 1, 2020	Tuesday	6:30pm	Zoom
Registration Open (online)	Sept 1, 2020	Tuesday	8:00pm	https://missionskatingclub.uplifterinc.com
Back to the Ice! (Private)	Sept 8, 2020	Tuesday		South Arena
Back to the Ice (StarSkate)	Sept 9, 2020	Wednesday	4:00pm	South Arena
First day of CanPower	Sept 19, 2020	Saturday	8:30am	South Arena
Fundraising event- Bottle drive Blitz	Sept 2020	ongoing		Return it Depot, Mission/ Abbotsford
North rink ice sessions begin (Mon and Thurs morning only)	Sept 28, 2020	Monday		North Rink
Fundraising event- M.E.S.S. community clean up	Oct 17, 2020	Saturday	11:30am	TBA
Fundraising event- MSC zoom music bingo night	Nov 7, 2020	Saturday	7:00pm	Zoom
Back to the Ice! - Winter	Jan 4, 2021	Monday		North Ice
Fundraising event- Bottle drive Blitz	Jan 2020	ongoing		Return it Depot, Mission/ Abbotsford
Fundraising event- MSC Zoom Music Bingo	Feb 19, 2020	Friday	7:00pm	Zoom
MSC Virtual Gala		TBA		TBA

Above important dates/times subject to change

Start and End Dates:

Privates- FALL- Tuesday Sept 8- Saturday Dec 19 **WINTER-** Monday Jan 4- Saturday Mar 13
StarSkate FALL- Wednesday Sept 9-Saturday Dec 19 **WINTER-** Wednesday Jan 6- Saturday Mar 13

FALL/WINTER SEASON end dates and ice surface exceptions

Exceptions:

- Monday Sep 7-** No skating, Labour Day
- Monday Oct 12-** No skating, Thanksgiving
- Monday Nov 11-** No skating, Remembrance Day
- Monday Feb 15-** No skating, Family Day

NO SKATING

Sept 7, Oct 12, Nov 11, Feb 15 (check back for updates)

CanPower Days

Set 1: FALL (SATURDAYS 8:30-9:15)- Sept 19, Sept 26, Oct 3, Oct 10, Oct 17, Oct 24, Oct 31, Nov 7, Nov 14, Nov 21
Set 2: WINTER (MONDAYS 5:30-6:30pm)- Jan 4, Jan 11, Jan 18, Jan 25; Feb 1, Feb 8, Feb 22; Mar 1, Mar 8, Mar 15

BC/YT Calendar of events/ competitions can be found here <https://www.skatinginbc.com/all-events>

ASSESSMENT INFORMATION

How Assessments Work:

StarSkaters and Competitive Skaters may advance through the Skate Canada Assessment program in several areas:

Freeskate, Dance, Skills and Artistic

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

***New to the Skate Canada Assessment program this year is the STAR 6-Gold. The STAR 6-Gold, in addition to the STAR 1-5 have replaced the previous StarSkate testing system, Preliminary - Gold.**

Star Assessments are evaluated as follows:

	Coach Assessed	Judge Assessed
Freeskate	STAR 1, 2,3,4,5	STAR: 6,7,8,9,10, Gold, and COMPETITIVE: Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior, Senior
Dance	STAR 1,2,3,4,5	STAR: 6,7,8,9,10, Gold, and COMPETITIVE: Pre-Juvenile, juvenile, Pre-Novice, Novice, Junior, Senior
Skating Skills	STAR 1,2,3,4,5,6,7,8,9, 10 Gold	Star 6-Gold may still be assessed by a judge
Artistic	STAR 5	STAR 7,9, Gold

-STAR 1-5 Assessments will be done on Mission SC session ice. Coaches assess their own skaters in STAR 1-5 AND in Skating Skills only, Star 6-Gold

-There are 2 ways to be evaluated by a judge for assessments Star 6-Gold.

1) Regional Centralized High Assessment day- skaters from throughout the BC Coast Region are expected to travel to designated arenas in the Lower Mainland to have their assessments evaluated.

2) Competition- Assessments can be evaluated at competition in Freeskate (programs only) and Artistic.

-Volunteers are used to coordinate and run the Regional Centralized HighAssessment days. Did you know that the judges are volunteers too?

-Proper skating attire including, skating dress or competition outfit is mandatory for all assessments.

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.

***** Please see MSC ASSESSMENT APPLICATIONS PROCESS page for detailed information on how to apply for an Assessment**

*Want a better understanding of Star 1-5? here are some helpful videos:

<https://www.youtube.com/playlist?list=PLvE0VdQZtzvcCqHGxpIRMqT2eiiOviCYD>

*Star 6- Gold Equivalency chart can be found here:

[STAR 6 – Gold Equivalency Overview](#) [STAR 6-Gold Equivalency Overview Current Status](#) [Dance](#) [Freeskate](#) [Skills](#) [Artistic](#) [NEXT STEPS](#)

NOT APPLICABLE DUE TO COVID-19

REGIONAL CENTRALIZED HIGH ASSESSMENT Schedule

HIGH ASSESSMENTS:

Each skater's coach will determine when your child will be assessed. Arrangements will be made with the Clubs Test Chair as to when Assessment applications will be due.

REGIONAL CENTRALIZED HIGH ASSESSMENT DAYS:

DAY	DATE	CITY	ARENA	TIME	Registration DEADLINE
Saturday	TBA	TBA	TBA	TBA	TBA
Saturday	TBA	TBA	TBA	TBA	TBA

*** Regional Centralized HighAssessment Days to Include:
STAR 6- Gold in Artistic, Dance, Freeskate and all competitive tests

REGISTRATION DEADLINES FOR REGIONAL CENTRALIZED HIGH ASSESSMENTS are always midnight of the Friday or Saturday 15 days prior to the Assessment day; This deadline will be strictly adhered to, and registration are on a first come first serve basis. Ice time may be limited for some test days and priority will be given to the tests in order they are received. Register early to avoid disappointment. Payment must be received prior to a test being tried; failure to pay will result in the skater being barred from sitting a test.

**** Please check our website www.missionskatingclub.com for updated Assessment information

ASSESSMENTS FOR STAR 1-5 ONLY ALLOWED AT THIS TIME

MSC ASSESSMENT APPLICATION PROCESS

APPLYING FOR A TEST

***STAR ASSESSMENT (Coach assessed on Club ice)**

- Star 1-5 assessments in Freeskate, Dance and Artistic (Star 5 only) are assessed by your primary coach.
- Star 1-Gold assessments in *Skating Skills* are assessed by your primary coach.
- Star 1-5 in Freeskate, Dance, Artistic, and Star 1-Gold in Skating skills assessment applications will be due 1 week prior to assessment.
- Most Star 1-5 and Star 1-Gold skills assessments are able to be assessed on your existing ice time.
- INCOMPLETE AND/OR LATE ASSESSMENT FORMS WILL NOT BE ACCEPTED**

NEW- If your coach wants your skater to take an assessment, your coach will provide you with a fillable PDF application form. This form, once completed, will be sent to the Assessment coordinator for approval. Once Approved, the Assessment Coordinator will give instructions on how to pay for your skaters Assessment fee and application fee on MSC's online registration platform, Uplifter. After you have completed the payment process, you will forward your receipt of payment back to the Assessment Coordinator. Then the Assessment Coordinator will process the paperwork.

MSC STAR ASSESSMENT APPLICATION FORM-

Fill out the PDF fillable form, and click file and share to your email and send to assessmentcoordinator.msbc@gmail.com

***REGIONAL TEST (*centralized within the region*):**

- Correct spelling and information is imperative.
- Registration for ALL REGIONAL TESTS must be completed through COAST REGISTRY:
<http://www.coastregistry.org/BCYKSection>
- Assessments must be approved by the Coach and Assessment Coordinator (via email) and must be PAID online during the registration process (correct entry of email addresses is vital).
- Deadline dates for entry are midnight 15 days prior to the scheduled test day.
- Notification of specific test times/places will be emailed as soon as information is available.

ASSESSMENT/TEST FEES

- All Skate Canada Assessments/Tests have a Skate Canada fee of \$12.00 each. Freeskate and Dance, may have 2 parts per level that can be tried together or separately, each part has a \$12.00 fee.
- Coach Assessed STAR tests require a \$2 application fee for paperwork and processing

Please don't hesitate to contact the Assessment Coordinator with any questions; accuracy is vital in regards to assessments!

MSC Assessment Coordinator: Carlene La Hay- assessmentcoordinator.msbc@gmail.com

BRANCHES AND LEVELS OF SKATING

Skaters can be trained in various disciplines of skating. They may wish to take assessments/ tests and compete to the National Standard, and later may choose to join the competitive stream of figure skating. The tables below show the various branches and levels that skaters can achieve.

STAR: (Skills. Test. Achievement. Recognition.)Levels in Singles Freeskiate Competition

STAR 1	<i>Introduces skaters to performing elements like jumps and spins in a fun group environment with their coaches. Ribbon and report card received</i>	<i>Group elements event evaluated</i>
STAR 2	<i>Skaters perform program to music in front of judges. Ribbon and report card received</i>	<i>Evaluate Program</i>
STAR 3	<i>More difficult elements are added to programs. Judges evaluate programs based on more challenging criteria. Ribbon and report card received</i>	<i>Evaluated Program</i>
STAR 4	<i>Axels are encouraged. Star 4 serves as a transition point from evaluated programs and competition incorporating a points system. Each skater receives a report card; top skaters receive a ribbon or medal.</i>	<i>Ranked AND evaluated Program</i>
STAR 5	<i>Skaters perform double jumps. Star 5 is the first time skaters get rewarded points based on elements and performance. Skaters are ranked based on total points provided on report card. Top finishers receive medals.</i>	<i>Ranked Program with points report card</i>

***** STAR Competition levels continue onto STAR 6-10, continuing with ranked programs and points report card**

STARSkate (Assessment/Test):

FREESKATE (Singles)	DANCE	SKILLS	ARTISTIC
<i>Skaters perform jumps and spins in a solo to music</i>	<i>Couples focus on musical interpretation and excellence in executing steps</i>	<i>Skaters perform set exercises combining steps and turns to music</i>	<i>Skaters perform "theme" programs with the emphasis on musicality and expression, costume: must be black and without embellishments</i>
STAR 1	STAR 1	STAR 1	Pre -requisite: must have
STAR 2	STAR 2	STAR 2	passed STAR 4 Skills
STAR 3	STAR 3	STAR 3	
STAR 4	STAR 4	STAR 4	
STAR 5	STAR 5	STAR 5	STAR 5
STAR 6	STAR 6	STAR 6	
STAR 7	STAR 7	STAR 7	STAR 7
STAR 8	STAR 8	STAR 8	
STAR 9	STAR 9	STAR 9	STAR 9
STAR 10	STAR 10	STAR 10	
GOLD PROGRAM	GOLD	GOLD	GOLD

COMPETITIVE SKATING:

FREESKATE (Singles)	DANCE	PAIRS	SYNCHRONIZED SKATING
<i>Skaters perform jumps and spins in a solo to music</i>	<i>Couples focus on musical interpretation and excellence in executing steps</i>	<i>A couple skate together with the focus on athletic overhead lifts, jumps and spins</i>	<i>12 or more skaters perform together with the emphasis on unison and group patterns</i>
Must pass STAR 5 test first	Must pass STAR 5 test first		Beginner 1 & 2
Pre-Juvenile	Pre-Juvenile	Pre-Juvenile	Elementary
Juvenile	Juvenile	Juvenile	Juvenile
Pre-Novice	Pre- Novice	Pre-Novice	Pre-Novice
Novice	Novice	Novice	Novice
Junior	Junior	Junior	Intermediate
Senior	Senior	Senior	Open
			Junior
			Senior

Information to know when your child starts passing Assessments!

**SKATE CANADA / MSC
SKATERS ASSESSMENT AWARDS**

At the closing of each season the Mission Skating Club hosts our Annual General meeting, along with our Skater's Banquet Awards Night. This evening is usually in May. Every private skater, and StarSkater who have achieved assessments throughout the season (April-March) will be awarded for their achievements on this evening.

For every STAR assessment passed in each of the 4 disciplines- Freeskate, Skills, Dance and Artistic, skaters are awarded Mission Skating Club badges.

We also have a number of special MSC awards that are awarded to particular Skaters who fit the criteria of each award. You can find the awards and the past recipients in our trophy showcase located in the arena lobby.

When a Skater achieves a Gold Test, Skate Canada recognizes the achievement by awarding a certificate and Gold pin to the Skater. The Mission Skating Club is responsible for a special presentation to the Skater at our awards banquet/AGM. The Skater's name and specific Gold Assessment accomplished is added to the "Gold Trophy" in the MSC trophy showcase. Take a look! We have had lots of successful skaters!

**MSC CANSKATE
PROGRAM ASSISTANT RESPONSIBILITIES**

When a skater is registered, in good standing with Skate Canada, and reaches acceptable maturity, that skater is encouraged to become a Program Assistant (PA) with the Mission Skating Club. A Program Assistant helps Coaches in our club with teaching a successful Canskate program. PA's are expected to commit to a schedule during Canskate session ice time. Being a PA is a rewarding experience for our private skaters, and lots of fun too! The accumulated hours that a PA assists the coaches is recorded by the PA Coordinator, and credits will go towards their following registration with the Mission Skating Club. These hours are also acceptable volunteer/ career hours that are needed for high school graduation. More thorough information is available from the Program Assistant Coordinator. Please inquire; we would love your help!

GALA INFORMATION

What is a Gala?

Every year the MSC has an ice show, called Gala. Gala is an evening where the MSC skaters have the opportunity to showcase what they have been working on throughout the season, whether it be their competition solo, or a solo matched to the gala theme. Skaters are also given the opportunity to participate in group routines, organized by the Coaches. A Gala theme is usually decided upon in late fall.

When is Gala?

For the Fall/ Winter season of 2020/2021, our **VIRTUAL** Gala is scheduled for:

TO BE ANNOUNCED

GALA this year will be different due to COVID- 19. This year the plan is to have our skaters Gala routines pre videoed. We then plan to have a virtual premiere date online. The expectations below will be different. Stay tuned for updates.

What can we expect?

Preparations for Gala routines usually begin a few weeks prior to the Gala night, after all competitions and tests are complete at that time of year. Coaches will inform you and your skater which group they are in (if they choose to participate), and when their practice times are scheduled. This may be on a day when your child does not usually skate. Showing up for all practices allows for all skaters to practice together and prepare their routine. Older skaters may be encouraged to create their own routines. The coach will inform you of additional fees prior to the group routine beginning. The fee is always reasonable, and divided between the number of skaters in the routine.

Parents are expected to volunteer their time. In the weeks leading up to the show, sign up for volunteer positions will be available, from volunteering on the night of the Gala, to behind the scenes work needed in the weeks prior. Volunteering for Gala is mandatory if you have a skater participating. Without the help of volunteers, a Gala cannot run successfully. Please note: volunteering for Gala is NOT part of your volunteer bond.

The Gala is a lot of fun for skaters, coaches, and volunteers! Every private skater and StarSkater is encouraged to participate in such a fun event, where our skaters get to experience the true meaning of what it is like to be a part of a Club!

ACCESSING SKATE CANADA

YOU ARE A SKATE CANADA MEMBER

When you register with the Mission Skating Club, you become a registered Skate Canada member. If you are new to the sport, our Registrar will have your Skate Canada membership number once your registration is complete. If you are a returning member, your Skate Canada membership number remains the same. You have a profile with Skate Canada. Please visit www.members.skatecanada.com to view your profile.

What can I do on my Skate Canada profile?

- Edit profile
- Access your accomplishment records (if you are at a assessing/testing level)
- And much more

Why is it important to remember my Skate Canada number?

- Your Skate Canada number is your membership number
- You will need this number to register for each season, for any tests, assessments, competitions, or seminars

In order to login, you will need your Skate Canada membership number; this will be your user name. The first time you login, your Skate Canada number followed by your last name is your password (all one word, lowercase). Once logged in, you can change your password.

If you have any problems accessing your profile, contact one of your Executive members, we would be happy to assist you.

SKATE SHOP INFORMATION

SKATERS EDGE FIGURE SKATING BOUTIQUE

www.skatersedgeshop.com

Highly recommended by the Coaches in the Mission Skating Club, Skaters Edge is Western Canada's No. 1 full-service figure skating store and is committed to enhancing and improving the sport of figure skating by providing uncompromised services and products.

Address: Suite 10-145 Schoolhouse, Coquitlam, BC V3K 1C8

Phone: 1-866- 521-5550

Email: service@skatersedgeshop.ca

COVID Store Hours

All fittings are done by appointment only.

Tuesday- Friday: 10:00am-5:00pm and **Saturday** 10:00-4:00pm

Sunday- Monday and Holidays: Closed.

Check in with the Skaters Edge website for hours of operation change.

Frequently Asked Questions

Please note a lot of these topics are not applicable due to COVID- 19.

JR. STARSKATE

When is my child ready to move to the Jr. StarSkate program?

Movement from CanSkate to the Jr. StarSkate program is based on the skater's ability. A Coach may recommend moving your skater into the Jr. StarSkate, however you are also encouraged to speak to a coach before or after a session if you have questions.

When can my child stop wearing a helmet?

As per Skate Canada rules, it is mandatory for your child to wear a CSA certified ice helmet until the skater has completed their stage 5 CanSkate badge. Once completed stage 5 the decision lies with the parent and the coach collectively.

What is offered after Jr. StarSkate?

There are no other group programs offered after StarSkate. Your skater can enter private lessons if they choose to.

How long does it take to complete the Jr. StarSkate program?

Many factors can affect a skater's rate of progress: amount of ice time, equipment, age, natural ability, whether or not they are attentive during instruction time and extra instruction in the form of private lessons are all key factors in how quickly your child learns the skills. **Remember there is no set standard of time.** Let your child progress at his/her own rate of development. If you are concerned about your child's progression please speak to one of the professional coaches. Remember to do this off the ice.

PRIVATE LESSONS

How do I know if my child is ready for private lessons?

Is your skater interested in moving forward with figure skating? Do they show a keen interest in the sport? Are they enthusiastic about participating? Can they work on their own? If you answered yes to these questions, your child is ready to take on private lessons.

Will a coach approach me to let me know my child should take private lessons?

No. Coaches will not approach you in regards to private lessons. If you are interested in knowing if your child should take private lessons you can talk to any of our coaches and they would all be happy to answer the questions you may have.

How do I pick a coach for private lessons?

You should always take into consideration who your child works well with and appears to have built a connection with: You can read about all of MSC coaches on our website at www.missionskatingclub.com. Once you have decided on a coach you will need to contact them to discuss your options in person or via email, found under coaches info on our website.

If I take private lessons does that mean I have to compete or test?

No. You can take private lessons just to further your knowledge, love and skills in skating. There is no pressure to compete or test.

When I register for private lessons are there any additional costs?

Yes. When you register you are paying for ice ONLY. You are still responsible to pay for coaching fees and any off-ice classes that are not built into your session. You will need to contact the coaches to find out current rates. Additional fees come with your skater taking assessments, attending competitions, Gala participation- specifically costumes.

SKATES AND SHARPENING

What is the difference between figure skate sharpening and hockey sharpening?

The answer is simple, A LOT! Figure skating blades must be ground to create a hollow. The depth of the hollow depends on the skater's preference and the discipline they skate in (freestyle vs dance). The hollow creates two edges, inside and outside. Big rule of thumb is: **NEVER EVER give your figure skates to someone who only sharpens hockey skates or use any automated skate sharpening machines which are found at some arenas.** Trust your skates to someone who knows what they are doing.

Where can I get my skates sharpened?

The Mission Skating Club highly recommends you get your FIGURE SKATES sharpened at Skater's Edge Figure Skating Boutique. Unit 10-145 Schoolhouse St. Coquitlam, BC. www.skatersedgeshop.com.

Skater's edge also sells figure skates and attire.

How frequently should I sharpen my skates?

Once you feel that your edge is slipping, skidding or you lack control you feel you normally would have, it is time to sharpen. Some skaters don't mind slightly dull blades while others find they require them to be really sharp. Skaters should take notice how they like their blades so that they can get them sharpened early enough (or close enough) to competitions and tests so that they are perfect when the time counts. General rule is about every 20 hours of skating time. Skate guards should be worn at all times when off the ice and ensure skates are properly dried and stored when not skating. Please Note: skating on very rough ice (public skate sessions) dulls the blade faster, so keep that in mind.

What type of skates should I buy?

The type of skates you choose to wear will reflect what discipline you are learning to skate for. Those interested in Figure skating or recreational skating will prefer a figure skate, while those keen on hockey or ringette should be in hockey skates. Skaters who want to move into the Jr. StarSkate program or private lessons must wear figure skates. Skater's edge, as mentioned above, can help!

PROGRAM ASSISTANTS (PA's).

What is a Program Assistant (PA)?

MSC Program assistants are quality skaters from our club who have been trained to assist our professional coaches on the CanSkate, Preschool CanSkate, CanPower and sometimes Jr StarSkate sessions. PA's are volunteers; their role is to help young skaters practice the skills they have learned with the professional coaches during club programs and to make sure the children are having fun while they are learning to skate.

How do I become a PA?

Any Skater who is registered with the Mission Skating Club, who is in good standing with Skate Canada and ranks acceptable maturity is able to apply to be a program assistant. More thorough information is available from the Program Assistant Coordinator.

SKATING ATTIRE

What is proper practice attire?

The MSC encourages clothing that allows a skater to move freely. For example: boys can wear jogging pants, or track pants. Girls can wear long yoga pants, jogging pants or tights with a skating skirt etc. and are expected to keep their hair tied back.

BUY-ONS

What is a "buy-on"?

A buy on is a skater purchasing time on MSC private skating session that the skater is not registered for but qualifies to skate on. Like a Drop in.

Who can buy-on?

If you are a Jr. StarSkater, junior, intermediate or senior private skater you have the opportunity to "buy-on" to a session that you are not registered for but qualify to skate on. Often, this happens when a coach, skater and/or parent wants an extra session to provide time

to work on a difficult skating skill, or when preparing for a test or competition. Please note: if a session is “full”, then buy-ons are not allowed.

How do I know if I qualify to buy-on to a session?

You first must be a member of Skate Canada. Whether registered as a Mission Skating Club member, OR another Figure skating club. If you are a junior skater, you are able to skate on Jr. sessions, senior skaters skate on Sr. sessions etc. If the session is an OPEN session, all levels of skaters are allowed on this ice time. Brand new junior skaters and very advanced senior skaters should take precautions and should discuss with their coach if that particular open session is a good fit.

How do I purchase a “Buy-on”?

When you choose to come for an extra Buy-on session and BEFORE stepping onto the ice, you must:

1. purchase your buy-ons on uplifter, under your account under products.
<https://missionskatingclub.uplifterinc.com/registration/products/>
2. Fill in the jotform located on the MSC ipad (see music player). Use your Buy-on code.

What are Buy-on Coupons?

Buy-on ticket booklets are available to purchase by MSC members ONLY.

One Buy on Booklet consists of 12 tickets and costs \$40. Each ticket represents one 15 min block. Please keep in mind that it is mandatory to purchase a FULL session. For example: if the session is 60 min, you must use 4 coupons- with the exception of stroking/enhancement. To purchase buy-ons, <https://missionskatingclub.uplifterinc.com/registration/products/>

ITEMS FOR SALE:

If you have skating attire, or equipment for sale, or are looking to buy something figure skating related please visit our Mission Skating Club buy/sell/swap page on Facebook. We are keeping it a closed group for Mission members only. If interested please send us a request for approval and we will add you. <https://www.facebook.com/groups/174194043151302>