



# Mission Skating Club

## Skater/Parent

## Handbook

Updated August 15, 2024

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# **WELCOME!**

## **YOU ARE NOW MEMBER OF THE**

### **MISSION SKATING CLUB**

*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, on our [website](#) or our Socials. We will use these tools along with emails, via uplifter, to inform you of upcoming events. Be sure to check our website for our [online store](#) where you can purchase MSC clothing, bags, accessories and more!!!

If you have any questions or concerns please let any coach or executive member know. The Mission Skating Club meets once a month, alternating from month to month, either in person and 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](#)

[Skating in BC](#)

[BC Coast Region](#)



[Instagram](#)

[Facebook](#)

**MISSION SKATING CLUB**  
**BOARD OF DIRECTORS**

**2024-2025**

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.

<b>VOTING MEMBERS</b>	
President	<b>Annie Railton</b>
Past President	<b>Veronica Hodgson</b>
Vice President	Vacant (Carlene La Hay- temp)
Treasurer	Galen Bellman
Secretary	<b>Jessika Muir</b>
Director: Fundraising Chair	<b>Kelly- Ann Sankey</b>
Director: Registrar for Private Programming	<b>Angela Schettle</b>
Director: Coach Liaison	<b>Annie Railton</b>
Director: CanSkate Registrar	Jennifer Black
Director: Assessment Coordinator Chair	Carlene La Hay
Director: Publicity Chair	<b>Alexandra White</b>
Director: Buy On/Music Chair	<b>Jordon Muir</b>
<b>NON-VOTING MEMBERS</b>	
Ice Chair	Annie Railton
Special Achievement Chair	Carlene La Hay
Gala Chair	Vacant
<b>CLUB COACHES</b>	
Club Coach	Shona Davies
Club Coach	Nicole Ginter
Club Coach	Laurie McMillan
Club Coach	Roberta Sawatzky
Club Coach	Jaymee Downey
CanSkate Coach	<b>Lyla La Hay</b>
CanSkate Coach	<b>Kacey Soon</b>
<b>OTHER COACHES</b>	
Freelance Dance Coach	Rob Woodley

\*\*\* Mission Executive meetings are held on the third Wednesday of each month, 6:30pm at the Leisure Centre and/OR via Zoom (time subject to change). Contact our [MSC Secretary](#) if you're interested in attending and we will give you the details.

\*\*\* 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](#) FOR EMAIL 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.

### **Parent Code of Conduct as per skate Canada**

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 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.

### **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.

### **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!

## **MSC RULES FOR Private/Star SKATERS**

The following rules are endorsed solely for the safety of all our skaters on Mission Skating Club ice. 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 assessment/ competition applications are **handed in/completed online**, and fully completed correctly on time.
8. Skaters **must** abide by all Coaches and Board Members.
9. **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**

**GROUP DEVELOPMENT**

10. 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. **Profane language will not be tolerated at any time!**
11. Do not sit or lay on the ice. Get up as quickly as possible after falling.
12. **Ice stomping and ice picking is dangerous!** You will be asked to leave the arena for the rest of the session, without warning.
13. You must skate on the appropriate session for your skating level. Senior skaters may not skate on junior sessions and vice versa. Open sessions are for all abilities- be aware.
14. **No headphones** allowed to be worn at any time on the ice!
15. **Be on time for group development!** A skater may be denied permission to participate on a group development session if arriving late
16. Appropriate skating attire is required to be worn at all times! Ensure hair is tied back, no jeans, and wear respectful clothing.
17. Do not push, trip or engage in horseplay on the ice or elsewhere in or around the arena.

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!**

\*\*\*\*Please visit the [Skate Canada info Centre](#) for more detailed information.



## 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, Senior, Open Programs:

#### FALL/ WINTER 2024/25

- Each family will be required to volunteer a minimum of **4 hours** throughout the Fall/Winter season. Our fundraising chair will keep track of each family's volunteering/fundraising hours. If it is determined that a family does not meet the **4 hour minimum** volunteering requirement throughout the season, a bond of **\$150** will be due & payable via uplifter, on March 1, 2025. If a family chooses to opt out of volunteering, this bond will be applied for payment on Uplifter and due at time of registration. Please email [MSC Registrar](#) if you choose this option. *We are no longer accepting bond cheques at the beginning of the season*
- StarSkate families are encouraged to volunteer a minimum of **2 hrs** throughout the Fall/Winter season; the volunteer bond does not apply to StarSkate registrations.

\*\*\*\*\*Fundraising opportunities have already begun this August, more opportunities will be announced in September.. All private and StarSkate families will receive an email from the fundraising chair once the season begins.

### Exceptions:

- Out of Club skaters, who pay a 25% higher cost in lieu of the bond (this must be arranged with the registrar at time of registration.)
- The volunteer/fundraising bond does not apply to Adult skaters who do not take assessments, StarSkaters and CanSkaters
- ~~For the fall winter 2023/24 season, all MSC private skaters and StarSkaters will be required to volunteer a **MANDATORY 2 hours** at MSC's annual GALA. These 2 hours are not included in 4 hours required for the volunteer bond.~~ **There is no Gala for the 2024/2025 season**
- At the end of the year, volunteer/fundraising activities will be reviewed. **Families who have not completed their requirements will be billed via uplifter on Mar 1, 2025.** There will be many opportunities to fulfill the hours required.

## MSC MUSIC COMMITMENTS

All parents are expected to participate in the music playing for our skaters, whether their child has solo music of their own or not. Figure Skating is a sport that requires music to be played for competitions, assessments and 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, freeski, skills and group development. Our Music Coordinator will set up a rotation schedule. **If you are scheduled to play and cannot make it, it is your responsibility to find a replacement.**

## MUSIC BOND

### FALL/WINTER 2024/25

- Each family of a private skater will be required to play music on their skater's sessions (on a rotational basis) throughout the Fall/Winter season. Our Music/Buy-on Coordinator will make up a schedule and keep track of each family's music playing hours. **Music playing commitments will be reviewed in December and March. Families who have not completed their commitments at time of review, will be billed via uplifter accordingly. There will be many opportunities to fulfill your music playing commitments required. If you do not play your music commitment the entire year, the fee is \$150. If you do not play your commitment Sept- Dec, the fee is \$86, Jan- Mar the fee is \$64.** Please keep in mind, we would prefer your help instead of your money.
- If a family chooses to opt out of music playing completely, this bond will be applied for payment on Uplifter and due at time of registration, for **\$150**. It is your responsibility to get in touch with the music chair if you choose this option. Please email [MSC Music Chair](#). ***We are no longer accepting bond cheques at the beginning of the season.***
- The Music/Buy-on Coordinator will be in contact with all families in September. Music playing schedules, instructions will be relayed. **Look for emails via uplifter.**

**\*\*\*\*\*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 have graduated high school are exempt from music playing duties/bond.

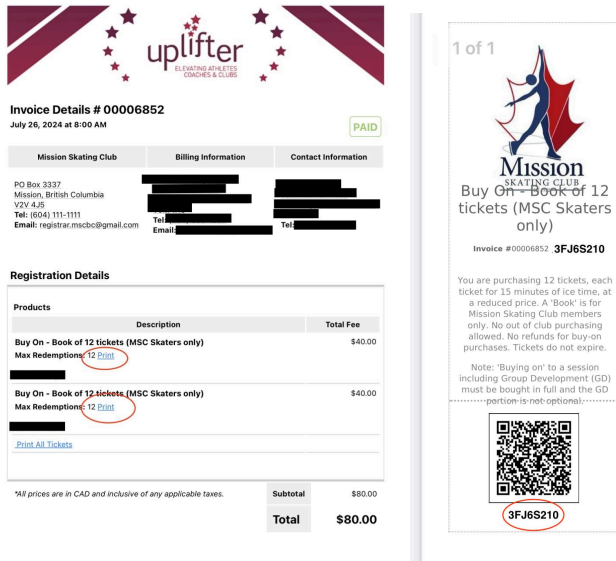
## MSC RULES FOR MUSIC PLAYERS

- **The Ipad passcode is: 1972**
- If you are scheduled to play music the first session of the day, please get the iPad & binder 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!
- **Parents must play music from the stands. Parents are no longer allowed to play music from the players bench/ice surface.**
- Remember to sign-in on the music player's sheet in binder so that you will receive credit for playing music.
- All club music and skater music are on the MSC ipad.
- The Buy-On skaters should come and tell you they are buying- on. If you see a skater that is not normally on the session and they have not signed into the music/buy on binder, please connect with them to make sure they fulfill their buy-on commitments.
- Play 'group development' music for 5-10 minutes on sessions that have no group development before freeskate.
- For sessions that have group development before freeskate, play group development music for 2-3 minutes before beginning solos.
- Go through the sessions list by playing the beginning of each skater's music, enough time played that they will recognize it's theirs. The skater should go to their spot.  
**Skaters are not allowed to wave off their own music.** Mark it off in the book as follows:

Played	I	Refused	R
No Music	NM	Absent	A
Absent	A	Coach Request	C
- Please note the music player can skip over the skater if they are in a lesson with a coach. (If you are unsure, start the beginning of their music anyway, the coach will wave off if not needed).
- On busy sessions, Coaches may request, at most, a skater's music **TWICE** per 15 min lesson. Coaches may only request the music of the skater being coached in a lesson.
- Only Coaches can request music.
- Play the buy-on skater music after you have played the regular session skaters. Unless the coach is giving the buy-on skater a lesson, the coach then may request the buy-on skater's music.
- The music player on the last session of the day is required to return the ipad/music binder, to a board member/coach who will ensure it's put back into the Club room.. Lights in the music room (south rink) should be turned off and the door shut completely. Leave the equipment on.
- **Troubleshooting bluetooth-** if you're having connection issues, please see the troubleshooting advice posted on the side of the music equipment box in the south rink music room.

### 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, **this includes group development.**
3. All Buy- ons **MUST** be purchased on uplifter, **we no longer accept cash for buy ons.**
  - a. 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.
  - b. A Buy-on fee for an out-of-club skater is \$5.00 per 15 minutes, or \$20.00 for 1 hour, please purchase on uplifter.
  - c. Books of Buy-on tickets are available for MSC members only. The cost is **\$48.00** per book of 12 tickets. All MSC skaters are encouraged to purchase these books if they plan to Buy-on to sessions throughout the season. (Buy-on tickets/books do not expire unless stated otherwise). Ticket purchases are available on Uplifter in your account, under "[purchase products](#)". You will be issued a code that you will use to buy-on. The code can be found by accessing your emailed receipt and clicking the "print" option. See photos



**\*\*\*\*\*Each Buy-on skater or parent must enter their buy on ticket code into the buy on binder. If you need help, reach out to a MSC executive member or parent in the stands.**

4. A Skater must skate on the appropriate session, for example: a senior on a senior session, or a junior on a junior session etc, Open sessions are for all ages and all abilities, please be advised to skate with caution on open sessions.
5. A Buy-on skater is not allowed to step onto the ice before their session begins.
6. It is the Buy- on skater or parent's responsibility to inform the music player that they will need their music played. Their music will be played at the end of the regular music rotation for that session.



## Private Lessons

### Important Dates 2024/25

Event	Date/Time	Location
Hot dog/Krispey Kreme Fundraiser	Aug 24, 2024 Saturday 11-3pm	Mission Junction. Save- on foods and London Drugs
Registration Open (online)	Aug 21, 2024 Wednesday 12:00pm	<a href="https://missionskatingclub.uplifterinc.com">https://missionskatingclub.uplifterinc.com</a> <b>10% discount if you register in the first week that registration is open. After that, full fees all of Sept. Proration doesn't start until Oct 1.</b>
First Day of Skating (Private/Starskate)	Sept 3, 2024 Tuesday	South Ice
PA training	Off ice Sept 3, 2024 Tuesday 5:30-6:30pm On ice Sept 5, 2024 Thursday 5:15-6:15pm	Mission Leisure Centre meeting room South Ice
Synchro Try it session	Sept 7, 2024 Saturday 9:30-10:30am	South ice
<b>MANDATORY</b> Parent Meeting/ gear swap	Sept 11, 2024 Thursday 6:00 pm	Mission Leisure Centre meeting room
Synchro Starts	Sept 9, 2024 Monday 6:15pm	North Ice
Back to the Ice Seminar- With Elvis and Gladys Stojko	Sept 21, 2024 Saturday 8-2:45pm Sept 22, 2024 Sunday 9-4pm	Mission Leisure Centre (pre- registered skaters only)
Bring a Friend Day	Nov 13, 2024 Wednesday 4:45-5:45pm	South Ice
Family Christmas Skate	Dec 19, 2024 Thursday 5:15-6:15pm	South Ice
First Day back to the ice -Winter	Jan 8, 2025 Monday	North Ice
Skate A Thon Fundraiser	Feb 15, 2025 Saturday 8:30-9:30am	South Ice
CanSkate/Star 1 Event	Mar 15, 2025 Saturday 9:45-11:45am	South Ice

**\*Above important dates/times subject to change\***

#### Start and End Dates:

**FALL**-Privates/StarSkate- Tuesday Sept 3- Saturday Dec 21 **WINTER**- Monday Jan 6- Saturday Mar 15

#### FALL/WINTER SEASON end dates and ice surface exceptions

##### Exceptions:

Monday Sept 30- No skating, National day for Truth and Reconciliation

Monday Oct 14- No skating, Thanksgiving

Monday Nov 11- No skating, Remembrance Day

Monday Feb 19- No skating, Family Day

#### NO SKATING

Sept 30, Oct 14, Nov 11, Feb 19,

#### Synchro Days

**Mondays 6:15-7:15pm**

Sept 9- Mar 10

BC/YT Calendar of events/ competitions can be found [here](#)

### ASSESSMENT INFORMATION

## How Assessments Work:

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, and COMPETITIVE: Pre-Juvenile, Juvenile, Pre-Novice, Novice, Junior, Senior
<b>Dance</b>	STAR 1,2,3,4,5	STAR: 6,7,8,9,10, Gold, and COMPETITIVE: Pre-Juvenile, juvenile, Pre-Novice, Novice, Junior, Senior
<b>Skating Skills</b>	STAR 1,2,3,4,5,6,7,8,9, 10 Gold	Star 6-Gold may still be assessed by a judge
<b>Artistic</b>	STAR 5	STAR 7,9, Gold
<b>Synchro</b>	STAR 2,3,4	STAR 6, 8, Gold, Open, Novice, Junior, Senior, Adult I, Adult II, Adult III

-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 if the coach is certified to assess.

-How to be evaluated by a judge for assessments Star 6-Gold.

**1)Virtual/In Person Assessment High Assessment Day IN CLUB-** skaters are evaluated by a judge, either on home club ice or on a neighbouring club's ice, virtually (zoom, Microsoft teams etc), or in person.

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

*\*\*\*\*\*Did you know that the judges are volunteers?*

-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 on [youtube](#)

\*[Star 6- Gold Equivalency chart](#)

## **MSC ASSESSMENT APPLICATION PROCESS**

### **APPLYING FOR AN ASSESSMENT**

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

- Star 1-5 assessments in Freeskate, Dance, Skating Skills, Artistic and Synchro are assessed by your primary coach.
- Star 6-Gold assessments in Skating Skills can be coach assessed (if certified) or evaluator assessed.
- Star 1-5 in Freeskate, Dance, Artistic and Star 1-5 Skating skills. Star 6- Gold (coach assessed) Skating Skills assessment applications will be due 1 week prior to assessment. [MSC assessment application](#)
- payment will be done online through uplifter. The assessment coordinator will email you instructions when required.
- Most Star 1-5 and Star 1-Gold skills assessments are able to be assessed on your existing ice time.

**INCOMPLETE AND/OR LATE FORMS WILL NOT BE ACCEPTED**

#### **\*HIGH ASSESSMENTS - (at home club or neighbouring):**

- Application process is the same as above when Assessing a High Assessment at our Home Club
- Assessing Assessments at neighbouring clubs may have different protocols but the Assessment Coordinator will communicate what is required.
- High Assessments will come with a higher application fee is extra ice needs to be purchased. Out of Home Club Assessment days will always have a higher fee. This will be communicated by the Assessment Coordinator.

### **ASSESSMENT FEES**

- All Skate Canada Assessments 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.
- With each assessment, there is an additional \$2, which is the MSC application fee. When you pay for your fee on your uplifter account, under “purchase products” it will be listed as \$14. Different Clubs have different application fees ranging up to \$15.

***Please don't hesitate to contact the [Assessment Coordinator](#) with any questions; accuracy is vital in regards to assessments!***

## 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 Freeskate Competition**

<b>STAR 1</b>	<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>
<b>STAR 2</b>	<i>Skaters perform program to music in front of judges. Ribbon and report card received</i>	<i>Evaluate Program</i>
<b>STAR 3</b>	<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>
<b>STAR 4</b>	<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>
<b>STAR 5</b>	<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):**

<b>FREESKATE (Singles)</b>	<b>DANCE</b>	<b>SKILLS</b>	<b>ARTISTIC</b>	<b>SYNCHRO</b>
<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>	<i>Groups of 6-12 skaters perform together as a team</i>
STAR 1	STAR 1	STAR 1	<b>Pre-req: must have passed STAR 4 Skills</b>	<b>Pre-req: must have passed STAR 1 Skills</b>
STAR 2	STAR 2	STAR 2		STAR 2
STAR 3	STAR 3	STAR 3		STAR 3
STAR 4	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:**

<b>FREESKATE (singles)</b>	<b>DANCE</b>	<b>PAIRS</b>	<b>SYNCHRO</b>	<b>SYNCHRO cont.</b>
<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>	
<b>Pre-Req: STAR 5</b>	<b>Pre-Req: STAR 5</b>		<b>Pre-Req: STAR 4</b>	
Pre-Juvenile	Pre-Juvenile	Pre-Juvenile		
Juvenile	Juvenile	Juvenile	Juvenile	Junior
Pre-Novice	Pre-Novice	Pre-Novice	Pre-Novice	Senior
Novice	Novice	Novice	Novice	Adult I
Junior	Junior	Junior	Intermediate	Adult II
Senior	Senior	Senior	Open	Adult III



## ***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 Skaters Award Banquet. This evening is usually in May/june. Every private skater, and StarSkaters who have achieved assessments throughout the season (Sept - May) will be awarded for their achievements on this evening. For every STAR assessment passed in each of the 5 disciplines- Freeskate, Skills, Dance, Artistic and Synchro, 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!

Additionally, each year the BC/YT Section/Region take nominations for Section/Region awards. Coaches work closely with the Special Achievement Chair to select and enter nominations where applicable. In the past, MSC skaters have been awarded sectional and regional awards, which is very exciting. If chosen, they receive their award at either the Section or Regional Awards Banquet.

### **MSC CANSKATE PROGRAM ASSISTANT RESPONSIBILITIES**

All Mission Skating Club skaters, private skaters or StarSkaters, who are registered, in good standing with Skate Canada, and have reached acceptable maturity and skating ability, are required to be a Program Assistant (PA) up to and including grade 11, unless a skater is hired on as a paid Canskate coach after taking the Canskate course and First Aid. 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. The more skaters, the fewer PA sessions each skater will be required to do per month. Please inquire; we appreciate your help!

## GALA INFORMATION

### **What is a Gala?**

Every other 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? Our next Gala will be in the 2025/2026 season**

### **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!

## **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 [Skate Canada](#) to view your profile.

### **What can I do on my Skate Canada profile?**

- Edit profile
- Access your accomplishment records (if you are at an assessing 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 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**

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. Check out their website for apparel/ gear/ or to book a fitting appointment

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

**Phone:** 1-866- 521-5550

**Email:** [service@skatersedgeshop.ca](mailto:service@skatersedgeshop.ca)

#### **Store Hours**

**Sunday- Monday-** Closed

**Tuesday- Saturday-**10:00am- 5:00pm

**Please note-** Holiday Long Weekend times vary, see website

# Frequently Asked Questions

## **STARSKATE PROGRAM**

### **When is my child ready to move to the Starskate program?**

Movement from CanSkate to the Starskate program is based on the skater's ability. A Coach may recommend moving your skater into the Jr Starskate program, 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 the Starskate program?**

After Starskate, your skater can enter private lessons if they choose to. Private lessons may be individual or group format but with a private figure skating coach. Synchro is another group type format program offered where skaters perform as a team. Pre-requirements are to have STAR 1 skills passed for Synchro.

### **How long does it take to complete the 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 without coach supervision? 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](#). 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 take assessments?**

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

### **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 (freeskate 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 uses any automated skate sharpening machine.** 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.

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 assessments 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/ outdoor frozen ponds) dulls the blade much 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 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, and sometimes 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 and ability is required to be a program assistant up to and including grade 11. 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. Exercise wear, figure skating attire etc. (no jeans). Long hair is expected to be 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 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 assessments 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, Log into your account and click the tab “[purchase products](#)”.
2. Enter your Code (found on your “ticket”) into the music/buy on binder (see music player).

**What are Buy-on books?**

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

One Buy on Booklet consists of 12 tickets and costs \$48. 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. This includes group development if it is part of the session. To purchase buy-ons visit our [website](#)

**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.