

### Practice Times:

**Mondays - 6:30-8:00pm**

Sept 9 - Dec 16

**No Ice: Sept 30, Oct 14, Nov 11**

**Tuesdays - 4:15-5:30pm**

Sept 10 - Dec 17

**No Ice: Nov 12**

**Wednesdays - 4:15-5:45pm**

Sept 11 - Dec 18

**No Ice: Nov 13**

**Thursdays - 5:30-7:00pm**

Sept 12 - Dec 19

**No Ice: Oct 31, Nov 14**

**Saturdays -8:15-9:45am**

Sept 14 - Dec 21

**No Ice: Oct 12, Nov 9, Nov 16, Nov 30**

### DRYLAND/OFF ICE TIMES (FALL):

**Tuesdays - 4:30- 5:15pm**

**Wednesdays - 6:30-7:15pm**

### Important Dates:

Sept 7	Kickoff
Sept 14	Program Assistant Training
Sept 18	Annual General Meeting
Oct 7	Fall Fundraising Buyout Date
Dec 16	Christmas Gala
March 16	LSC Carnival
Dec 16 & Mar 18 - Tentative	Club Run Assessment Day(s)

### Session Structure:

**On Ice** - 15 min stroking class (power and edge development), 15 min group lesson (focused on core disciplines - Freeskate, Skills, Dance, Synchro, Artistic), min. 1 private or semi private lesson, 45 minutes of skater directed practice

**Off Ice** - Group class to work on flexibility, cardio, jump development, and more!

### Dressing Rooms:

Dressing room assignments will be posted on the electronic TV screens. Only skaters and one assisting adult are permitted in the dressing room to ensure skater safety. All adults must knock before entering.



**Dryland is just as vital as time on the ice!**  
It provides an opportunity to safely introduce new movements and promotes skater development across all disciplines

### **Coaching Team:**

Intermediate and Senior STARSkate are coached by NCCP Professional coaches, you may see any of the following coaches working with your skater:

- Coach Heidi - 587.599.0670 or hovenburger@icloud.com
- Coach Vicki - 587.988.5883 or v.ckish@hotmail.com
- Coach Emily - 780.361.5774 or emilyjohnston3@gmail.com
- Coach Sage - 780.965.1853 or skondratski4@gmail.com
- Coach Hailey - 780.919.6071 or coachhailey@leducskating.com
- Coach Katie - 780.554.2106 or katie.friesen265@gmail.com

If you have any questions, concerns or are emailing about your skater missing their ice time, please email **[coach@leducskating.com](mailto:coach@leducskating.com)**.

### **Coaching Fees**

- Additional instruction (private & semi-private lessons) will be billed directly by the coaches the following month. Payment is due 7 days after receiving an invoice or will be subject to 15% interest. If Each coach is a general contractor to LSC and yourself and fees vary from \$8-\$14 plus GST/15 minute lesson depending on the coach. We recommend budgeting for a minimum of one private lesson per skating session. Your skater may also be given an additional semi private lesson to utilize coaches. If you would like to request additional semi- or private lessons, please email [coach@leducskating.com](mailto:coach@leducskating.com).
- If your skater cannot make it to a session please let us know 24hrs in advance. If less notice is given and their lesson slot cannot be filled you will still be charged the applicable lesson fees
- When applicable, freeskate and artistic program music cutting is completed by the coaches and fees range from \$25 - \$50/program

### **Equipment:**

- Well-fitted skates with ankle support
- Gloves, jacket/sweater without a hood, and athletic pants
- Water bottle
- Hair ties to ensure hair is out of face

### **Skate Maintenance:**

- Skates should be sharpened every two months in Edmonton at United Cycle, ProSkate or 111th Street Skate Sharpening

## Competition Information

Competition opportunities are communicated via email - so make sure you set your Uplifter account to receive emails from [coach@leducskating.com](mailto:coach@leducskating.com)!

## Fundraising/Volunteer Commitments:

**2 days/week - 2 fundraisers**  
**3+ days/week - 3 fundraisers**

There are a variety of fundraising opportunities and a buyout option.

Volunteer commitments, like working at club events, will be communicated throughout the season. You can also join our Board or Carnival Committee to fulfill ALL fundraising requirements. More information about fundraising can be found at:

<https://www.leducskating.com/pages/fundraising/>

## STAR Assessments:

STAR Assessments provide the structure for excelling in all areas of figure skating. STAR 1-5 Freeskate, Dance, and Artistic assessments and STAR 1-Gold Skills assessments are conducted by the coaching team. When your skater is ready for one of these assessments you will be notified via email so you can pay a \$12 assessment fee through our website. Assessments will be conducted during lesson time and skills lessons are allotted two slots. STAR 6-Gold Freeskate, Dance, and Artistic assessments are assessed at Assessment days, more info will be shared via email throughout the season.



**Questions? Email**  
**[coach@leducskating.com](mailto:coach@leducskating.com)**  
**or [admin@leducskating.com](mailto:admin@leducskating.com)**  
**for more information**

