



Skate Winnipeg

Information Handbook

For additional information please visit

skatewinnipeg.ca

Skate Winnipeg on Facebook and Instagram

<https://www.facebook.com/SkateWinnipeg/>



About Us

Skate Winnipeg is the largest Figure Skating Club in the province of Manitoba, with approximately 250 skaters, and is located in the city of Winnipeg. We are a not-for-profit organization and Skate Canada member club, which means that as you register for one of our programs, in the process, you will become a member of Skate Canada, the governing body for figure skating in Canada.

A team of Skate Canada certified coaches instructs our skaters in a positive environment where our skaters also learn a variety of life skills, including goal setting, planning, self-discipline, teamwork and time management. Our program offers classes to all levels of skaters from 3 years of age to our Adult programs.

Skate Winnipeg Mission Statement

Skate Winnipeg will provide all our members with the opportunity to skate in a healthy environment, enjoy fitness, achieve success at an individual level, and be rewarded for their commitment creating a positive experience that will last a lifetime.

Club Contacts

General Club Information	skateinfo@skatewinnipeg.ca
CanSkate Information	canskatecoordinator@skatewinnipeg.ca
Registration Questions	registrar@skatewinnipeg.ca headcoach@skatewinnipeg.ca
Competition Questions (Super Skate)	competitionchair@skatewinnipeg.ca
Assessment Chair Questions	testchair@skatewinnipeg.ca
Webmaster	webmaster@skatewinnipeg.ca

Skate Winnipeg Board 2023-2024

POSITION	NAME	EMAIL
President	Serhii Zautkin	president@skatewinnipeg.ca
Vice President/ Registrar	Trudi Legary	vicepresident@skatewinnipeg.ca
Treasurer	Qun Li	treasurer@skatewinnipeg.ca
Secretary	Megan Hughesman	secretary@skatewinnipeg.ca
Director – Seminars / Awards / Equity, Diversity & Inclusion	Tina Chen	tina.chen@skatewinnipeg.ca
Director – Volunteer Coordinator	Lishan Lee	volunteercoordinator@skatewinnipeg.ca
Coaches Representative	Mattina Lisi	coachesrep@skatewinnipeg.ca

Programs and Sessions

Skate Winnipeg is proud to offer programs from CANSKATE (beginner learn to skate for all ice sports), and sessions for STAR, Podium Pathway and Adult figure skating.

Where to Start?

For skaters starting out for the first time or working to develop their basic skating skills for any ice sport the CANSKATE Program is the starting point.



CanSkate is an introductory learn-to-skate program focusing on fun, fitness, participation and basic skill development. Based on Skate Canada’s Long Term Development principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

This program is for beginners of all ages, children or adults, as well as for those wishing to improve their basic skills - whether their focus is figure skating, hockey, ringette, speed skating or just skating for fun. The program focuses on balance, control and agility skills which are taught in six stages.

Skaters move through a series of circuits set up to teach specific skills and keep the skaters moving constantly, with coaching from professional coaches and trained program assistants (PA’s).

CANSKATE ELEMENTS			
	BALANCE	CONTROL	AGILITY
STAGE 1	<ul style="list-style-type: none"> <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Forward skating <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward two-foot sit glide 4/4 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide 3/3 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface 3/3 check marks required. Ribbon awarded: _____
STAGE 2	<ul style="list-style-type: none"> <input type="checkbox"/> Forward sculling <input type="checkbox"/> Forward two-foot to one-foot glide <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Forward one-foot glide with speed 4/4 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward stop <input type="checkbox"/> Backward two-foot sit glide <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence 3/4 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward two-foot turn <input type="checkbox"/> Backward two-foot turn <input type="checkbox"/> Forward 180° glide turn <input type="checkbox"/> Forward two-foot jump 4/4 check marks required. Ribbon awarded: _____
STAGE 3	<ul style="list-style-type: none"> <input type="checkbox"/> Forward stationary blade push <input type="checkbox"/> Forward two-foot slalom <input type="checkbox"/> Forward circle thrusts <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Forward two-foot to one-foot curve glide 5/5 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward stop with speed <input type="checkbox"/> Backward sculling <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward one-foot glide with speed 5/5 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward two-foot quick turn <input type="checkbox"/> Backward two-foot quick turn <input type="checkbox"/> Forward 360° step turn <input type="checkbox"/> Backward two-foot jump <input type="checkbox"/> Fast forward perimeter skating 5/5 check marks required. Ribbon awarded: _____
STAGE 4	<ul style="list-style-type: none"> <input type="checkbox"/> Forward crosscuts <input type="checkbox"/> Forward inside giant slalom <input type="checkbox"/> Forward outside giant slalom <input type="checkbox"/> Forward lunge <input type="checkbox"/> Forward spiral <input type="checkbox"/> Drop-down drill <input type="checkbox"/> Forward “V” start 5/7 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Backward stop <input type="checkbox"/> Backward circle thrusts or pumps <input type="checkbox"/> Backward two-foot slalom <input type="checkbox"/> Backward one-foot glide with curve <input type="checkbox"/> Sustained forward one-foot glide <input type="checkbox"/> Speed drill #1 5/6 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Backward 360° step turn <input type="checkbox"/> Forward to backward two-foot jump <input type="checkbox"/> Backward to forward two-foot jump <input type="checkbox"/> Two-foot spin <input type="checkbox"/> Two-foot sit spin 5/6 check marks required. Ribbon awarded: _____
STAGE 5	<ul style="list-style-type: none"> <input type="checkbox"/> Forward crosscuts figure-8 <input type="checkbox"/> Forward inside edges <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Running lateral crossovers <input type="checkbox"/> Forward perimeter skating with jumps 5/7 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward two-foot side stop <input type="checkbox"/> Backward stop with speed <input type="checkbox"/> Backward crosscuts <input type="checkbox"/> Backward inside giant slalom <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward spiral <input type="checkbox"/> Speed drill #2 6/7 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Forward 360° glide turn <input type="checkbox"/> Forward to backward one-foot jump <input type="checkbox"/> Forward power jump <input type="checkbox"/> One-foot spin <input type="checkbox"/> Alternating foot spin <input type="checkbox"/> Forward tight glide turns 6/7 check marks required. Ribbon awarded: _____
STAGE 6	<ul style="list-style-type: none"> <input type="checkbox"/> Forward power crosscuts <input type="checkbox"/> Forward outside edges <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Forward one-foot sit glide <input type="checkbox"/> Forward spiral (curve or straight line) <input type="checkbox"/> Forward crossover acceleration <input type="checkbox"/> Forward perimeter skating with crosscuts <input type="checkbox"/> Forward perimeter skating with stops 6/8 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward one-foot side stop <input type="checkbox"/> Forward two-foot side stop with speed <input type="checkbox"/> Backward outside giant slalom <input type="checkbox"/> Backward crosscuts figure-8 <input type="checkbox"/> Backward perimeter skating with crosscuts <input type="checkbox"/> Backward one-foot slalom <input type="checkbox"/> Backward one-foot spin <input type="checkbox"/> Speed drill #3 6/8 check marks required. Ribbon awarded: _____	<ul style="list-style-type: none"> <input type="checkbox"/> Forward C step <input type="checkbox"/> Backward C step <input type="checkbox"/> Two-foot multi turns <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Backward toe-assisted jump <input type="checkbox"/> Backward 360 two-foot jump <input type="checkbox"/> Forward one-foot spin with spiraling edge <input type="checkbox"/> Forward two-foot reverse pivot turn 6/8 check marks required. Ribbon awarded: _____

For more information on Skate Canada programs, please visit: www.skatecanada.ca/learn-to-skate/all-skating-programs

Figure Skating Programs

For skaters looking for figure skating programs we offer several options.

Pre Junior Program

This program is for skaters with an interest in developing their basic figure skating skills and who are working on STAGE 4 – 6 CanSkate Skills.

The program offers group instruction from our Professionally Certified Coaches.

This program registration includes the cost of ice time as well as coaching fees.

STAR 1 & 2 Group

This program is for skaters who have advanced from the CanSkate program and who are continuing their skating journey in the Skate Canada STAR program.

STAR offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate, synchro and artistic skating. Skaters have the opportunity to take Skate Canada assessments through a nationally standardized system.

Once skaters' progress in the STAR 1 & 2 Group program, opportunities for private and semi-private instruction will be presented to skaters.

Boys Group

This program is for boys who have an interest in learning figure skating specific skills. The program is for skaters who have completed STAGE 3 of the CanSkate program or higher. It is an excellent way for boys to experience our sport in an encouraging and inclusive group lesson format.

Skaters will learn skills found in the CanSkate program and will also work on STAR 1&2 skills. Skaters will be introduced to the fundamentals of figure skating in areas of skating skills, freeskate, ice dance, synchro as well as performance and musicality.

Adult/Teen Group

This program is a learn to skate program for skaters age 12 and older. This program has a small group format and registration includes ice time and coaching. Skaters will learn skills found in the CanSkate program which are the base of all ice sports.

For more information on Skate Winnipeg Programs please contact:

headcoach@skatewinnipeg.ca

Figure Skating Sessions

Our figure skating sessions provide ice time for skaters from STAR 1- Gold, Podium Pathway and Adult. Sessions are different from programs, registration for our sessions include the cost of ice only. Skaters must make arrangements for private or semi- private or group lessons with members of our Professional Coaching Staff. Once you have selected a coach they become your “Base Coach” and they are responsible for making all training and lesson arrangements.

Arrangements for lessons on session can be made by contacting members of our coaching staff directly. Skaters are billed monthly by coaches and will pay coaches directly for lessons booked. Lesson fees vary depending on the coach and their years of experience and coaching certification level.

Please see our website for Coach Biographies. Choosing a coach is an important decision please contact coaches to discuss lessons, sessions, fees and expectations before deciding on your base coach. If you need assistance with this process please contact:

headcoach@skatewinnipeg.ca

Skate Winnipeg Coaching Staff:

Head Coach:

Dana McKee marrinmom@yahoo.ca 204-896-9104

Club Coaches:

Tina Chen tinamaichen@gmail.com 204-330-8147 (text only)

Emma Kasian-Gutierrez ekasian.scwirl@gmail.com

Mattina Lisi mattinalisi@hotmail.com 204-797-1587

Marrin McKee marrinmckee@gmail.com 403-355-8734

Vanessa Navarro vnavarro55609@gmail.com

Martin Nickel m.a.nickel@hotmail.com

Roni Swischuk coachroni@hotmail.com 204-832-4826

Connie Winning cdwinn@mymts.net

*** Please contact your coach prior to registering for Skate Winnipeg Sessions**

Qualifications for Session Registration:

STAR 1-5 -Stage 5 CANSKATE and working on STAR 1-5

STAR 4/Podium Pathway/Adult- Completed STAR 4 Freeskate or higher

Senior- Completed STAR 10 Freeskate or Senior Silver Freeskate test or Pre Novice Competitors & Higher

Open Sessions - Open to all levels

For more information on Skate Winnipeg Sessions please contact: headcoach@skatewinnipeg.ca

What is STAR?

STAR 1-5

STAR 1-5 is an “introduction” to figure skating. Skaters entering the program should be able to perform all skills in the CanSkate Stages 5 & 6. The sport of figure skating has a strong technical focus. It takes time for skaters to develop the skills necessary to be proficient at certain techniques. The STAR 1-5 program is designed to allow skaters to be recognized for achievement at the various stages.

Skaters will train in Skills, Dance, and Freeskate, Synchro and Artistic disciplines. Skaters will also have the opportunity to perform assessments and attend competitions (with an assessed to standard focus). In this program the skaters coach will advise on the readiness of a skater for assessments and are assessed by the skaters coach. Skate Winnipeg Invoices participants (\$14 per assessment fee) for Skate Canada assessments prior to assessment.

	Skills	Freeskate		Dance	Artistic	Synchro
STAR 1	STAR 1	Elements		STAR 1: Dance Elements		
STAR 2	STAR 2	Elements	Program: STAR 2	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango		STAR 2
STAR 3	STAR 3	Elements	Program: STAR 3	STAR 3a: Baby Blues STAR 3b: Dance Elements		STAR 3
STAR 4	STAR 4	Elements	Program: STAR 4	STAR 4a: Swing Dance (Lead or Follow) STAR 4b: Fiesta Tango		STAR 4
STAR 5	STAR 5	Elements	Program STAR 5	STAR 5a: Willow Waltz (Lead or Follow) STAR 5b: Dance Elements	STAR 5: Program	
	5 Assessments	5 Assessments	4 Assessments	9 Assessments	1 Assessment	3 Assessments
Total of 27 Assessments						

What Happens After STAR 1-5?

STAR 6-Gold or Podium Pathway

Skaters may choose to continue in higher levels of the STARS program (STAR 6, STAR 8, etc.) or transition into the Podium Pathway (Juvenile, Pre-Novice, Novice, Junior, Senior). Skaters may also explore ice dancing, pair skating, artistic skating. There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (skater, parent and coach).

STAR 6-Gold consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Artistic. Assessments at the STAR 6 level and above are evaluated at assessment days by officials. Competitions are ranked rather than assessed to Standard.

	Skills	Freeskate		Dance	Artistic
		Elements	Program		
STAR 6	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change Threes	Axel + C 2 Different Double Jumps Sit or Camel Spin (1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep	
STAR 7	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Skills Exercise – Backward Change Threes	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 8	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin (2 features) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – 2 features)	STAR 8 Program (as per current Technical Program Requirements)	8A: Killian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – Choctaws	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin 3 Different Spins of Any Nature (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature Change Combination Spin	STAR 10 Program (as per current Technical Program Requirements)	10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep	
GOLD	9 Turn Challenge Step Sequence Field Move Sequence		GOLD Program (as per current Technical Program Requirements)	Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Movement Sequence or 360 Degree Field Move Choreographic Spin

What is Podium Pathway?

The Podium Pathway is for skaters in singles, pair and ice dance wishing to compete in qualifying events within Skate Canada. Sectionals, Pre-Novice & Novice Championships, Junior and Senior Skate Canada Challenge and National Championships and beyond!

Skaters participating in the in Podium Pathway learn a variety of life skills as they progress. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship.

What is ADULT?

Adult skaters who are participating on sessions have many options for training, taking STAR 1-Gold assessments and participating in seminar and competition opportunities. Adults work in conjunction with their designated coach to develop a plan that support their individual training goals.

Equipment – What do you need to skate?

CanSkate / Adult & Teen

When you register for the CanSkate or Adult& Teen programs you will need a good fitting pair of figure, hockey or recreational skates that provide ankle support.

You are also required to wear a CSA approved skating helmet (no bicycle helmets allowed).

Skates should be sharpened prior to the first use and again after a 15 hours of use.

Skate Guards are essential to protecting blades. A pair of hard skate guards should be worn when walking on the ground. Skate guards should be removed and blades dried well when storing skates after each use.

Skaters should wear layers and clothing that allows for ease of movement and mittens are recommended.

Pre Junior, STAR 1&2, Boys Group

For these programs figure skates are recommended as they are needed to assist skaters learning sport specific skills. Figure skates must provide adequate ankle support.

CSA approved skating helmets are required for skaters who have not completed STAGE 5 of the CanSkate program.

Skaters should wear layers and clothing that allows for ease of movement. No blue jeans or oversized sweaters or jackets. Mittens are recommended.

Skates should be sharpened prior to the first use and again after a 15 hours of use.

Skate Guards are essential to protecting blades. A pair of hard skate guards should be worn when walking on the ground. Skate guards should be removed and blades dried well when storing skates after each use.

STAR/Podium Pathway/Adult

Please consult your coach prior to purchasing skates for recommendations.

For more information on equipment please contact: headcoach@skatewinnipeg.ca

Ice Etiquette Policy

The following basic guidelines must be observed for safety, and to ensure that everyone can make effective use of their ice time. Remember you are not out there alone and each person needs to be responsible for everyone else's safety.

1) Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. On some sessions you may be training with skaters of significantly greater or lesser skills, be especially careful!

2) Right of Way Guidelines

Right of Way: Right of way goes to the skater who doesn't see the potential for a collision.

Skaters Performing Programs: Always try to give way to skaters performing programs. Safety is the most important factor. Just because your music is playing doesn't give you the right to put anyone in danger. Complicated choreography and fatigue make it more difficult to avoid collisions. Learn to listen to the music and know which music goes with which skater.

Lessons: Skaters in a lesson with a coach should also be given the right of way when possible.

Spinning: You can't see anything when you're spinning. Never skate close to a spinning skater, even if your music is playing. Always give spinners enough space to finish spins safely.

Jumping: Know where skaters are likely to jump – for example Lutz Corners. Avoid standing, spinning or teaching in the Lutz corners or near the boards where edge jumps will take place.

Falls and Injuries: If you should fall get up quickly. Don't stay there any longer than you have to. If you see someone else that has fallen and may be injured, the best thing to do is alert a coach.

Keep moving at all times: Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.



Being Prepared for Competition Skate Winnipeg, Star 1-5 Information Session

Competitions are one of the most exciting parts of the skating season! They are an opportunity for skaters to showcase what they are working on, receive feedback from trained officials, and build friendships with other skaters.

Competitions are also an opportunity for Skate Winnipeg families to become more involved in our skating community. By volunteering at the competition, you will learn more about the sport of figure skating, have opportunities to meet other members of Skate Winnipeg, and make friendships that will mean everyone in your family can enjoy being part of this sport.

Tips to make the competition experience positive for everyone



Pre-Competition Preparation

1. Consult with your coach about appropriate events to enter
2. Register for the competition (online system). Be aware of registration deadlines.
3. Do your best to attend all scheduled practice sessions
4. **Competition schedules are usually available 7 to 10 days before the competition. For Skate Winnipeg hosted competitions, the schedule will be posted on skatewinnipeg.ca and information shared on Skate Winnipeg facebook.**
Please note: Coaches do not receive advance notice of the schedule so they cannot provide any additional information until the schedule is released.
5. Discuss with your coach expectations for clothing for competition at least 2 weeks before competition (so you have time to prepare).

Competition Week List

1. Skates:
 - a. Check skates to make sure laces are not frayed or any other problems
 - b. Make sure skates have been sharpened recently for figure skating (remember: you need to skate on newly sharpened skates at least once before the competition and if you've skated on an outdoor rink your skates will need sharpening before indoor practice).
 - c. Check skate guards – make sure they are clean and dry inside
 - d. Have a cloth to dry skate blades in your skate bag
2. Competition Clothes
Star 1 and elements events, skaters usually wear:
 - athletic tights (usually a dark colour) and fitted warm-up jacket
 - skating tights and skating dress
 - dark athletic pants (with fitted ankles) or skating pants, with fitted athletic shirt and fitted warm-up sweaterStar 2-5
 - skating dress and skating tights, with fitted warm-up jacket
 - skating pants or dark athletic pants (with fitted ankles) with fitted athletic shirt and fitted warm-up sweater

Check all clothes to make sure there are no holes and that they fit well. Any questions, check with your coach.

All skaters usually wear fitted gloves on warm-up

No hoodies!

3. Music – Star 2-5 skaters will upload music when they register for the competition in mp3 format and with the specified file name. Make sure you and your coach also have the music on an ipod/phone or on CDs (if specified) should there be any issues with the music at the competition.
4. Eat healthy and get lots of rest



Competition Day Checklist

- Skates
- Guards
- Cloth for drying blades
- Gloves
- Competition clothes
 - Dress+tights or pants+shirt
 - fitted zip-up jacket for warm-up (no hoodies)
- Copies of music (Star 2 to 5 freeskate only)
- Hair supplies and make-up for touch-ups (with hair and make-up done at home first)
- Water bottle
- Running shoes (for off-ice warm-up)

COMPETITION DAY IS HERE

1. Pack your bag carefully (see checklist above)
2. Where possible, do your hair and make-up at home. You can also put on your costume at home.
3. **Arrive at the arena no less than 60 minutes before the start of your event.** Make sure you leave enough time for traffic delays. Plan ahead.
4. Sign in at the registration desk as soon as you arrive.
5. After registration skaters should take their items to the dressing room and check in with their coach. Check the posted skating order for your event.
6. Parents should not be in the dressing area except with the youngest skaters – and then please only have 1 parent accompany the skater.
7. Approximately 30 to 40 minutes before their event, skaters should check in with the ice caption and get ready to do an off-ice warm-up. Consult with your coach if they will be leading the off-ice warm-up or who the skater should check in with.
8. After off-ice warm-up and approximately 15 minutes before their event skaters will put on their skates. Parents can meet skaters in dressing room to assist where needed.
9. Skaters go to the ice area and check in with the ice caption. Only skaters, coaches, and volunteers are permitted in this area.
10. For Star 1, both skaters and coaches are on the ice, with a warm-up area and performance area. For Star 2-5, skaters have a 3 to 6-minute warm-up (depending on level and event), followed by individual performance based on the skating order.
11. After each event, report cards will be distributed and ribbons/medals presented. Consult with the registration desk or posted schedule for when this will take place (it is usually during an ice resurfacing). Skaters should remain in competition clothes for ribbon/medal presentations.
12. After receiving your report card, be sure to take it to your coach so they can review it with you.
13. Make sure you have packed all your things back in your skate bag and for Star 2-5 skaters that you pick up your music if necessary.

Make-up is not required. If make-up is desired, it should be light and enhance the skater's natural features.
No stage make-up, please!

Hair should be tidy and off the face. Secure ponytails with double-elastics and make sure there are no loose pins and hair accessories are secure

Parents should only be in the dressing room area to assist younger skaters with costume and skates. Only 1 parent should be in the area. Only skaters, coaches, and volunteers can be at ice entry for the competition

Remember: many competitions have admission fees for parents, family, and friends

Our Volunteer Program

Skate Winnipeg is a not-for-profit, volunteer run organization. Family participation is required for the effective and successful operation of Skate Winnipeg.

The volunteer commitment is:

- **10 hours per skater Star 6-Gold/Podium Pathway/Adult**
- **6 hours per skater Star 1-5, Pre-Junior, Boy's Group and Adult/Teen**
- **14 hours for families** with more than one skater
- ALL Skate Winnipeg members are required to volunteer at the clubs **Super Skate Competition.**

Please note: This commitment must be completed within the Skate Canada skating season which runs from September 1st to August 31st. A volunteer fee will be invoiced to your account if all requirements are not met within the season.

Volunteer Fee:

- 2022-2023 season: \$250

Families of CanSkate program participants are always welcome and encouraged to volunteer, but it is not a requirement. However, when you sign your child up to participate in a CanSkate event at a Skate Winnipeg hosted competition we will ask you to volunteer a minimum of 2 hours so that we may deliver a successful experience for your child.

Volunteer Opportunities include but not limited to:

Competitions: There are many volunteer opportunities at competitions including registration, admissions, announcing, officials & coach hospitality, set up and take down, ice captains, first aid, sponsorship, runners, videography, medals, signage, and competition programs.

Super Skate: Held in November

Annual AGM & Dinner: Held in April each year. Includes coordination of awards, booking venue, arranging dinner and skater activity.

Music Player: Managing the music at designated skating sessions

Assessment Days: Collecting fees, paperwork, and official hospitality

Club Clothing: Coordination of club apparel orders and distribution to skaters

Skate Winnipeg Board Member: Nominations required in March if interested in becoming a member.

Skate Winnipeg Competition Committee Member: duties as assigned

**Webmaster/Social Media Coordinator
Photographer**

Payment and Refund Policies

All transactions will be completed in Canadian Dollars.

Skate Canada Fee – Any skater who is not currently a Skate Canada member will be required to pay an additional Skate Canada member fee, which will be added to the registration fees.

Assessment Fees – Assessment fees are not included in your ice fees. These fees must be paid online prior to completing an assessment.

An installment payment policy is available for Fall/Winter Programs and Sessions.

Any NSF Cheques will be charged a \$25.00 administration fee.

NO refunds after the earlier of the date indicated in the registration system or the start date of each session. All approved refunds will be subjected to a \$25 Administration charge.

If injured, refunds will ONLY be considered when accompanied by a Doctor's note fully explaining the injury and the required time off.

To be eligible for scholarships and bursaries from Skate Winnipeg, skaters are expected to be volunteer as Program Assistants when possible, and to help the skating club and volunteer beyond base hours throughout the year.

Skate Winnipeg reserves the right to change or cancel any program for which there is insufficient paid registration. In the event of any program change or cancellation, the registrants will be offered a full or pro-rated refund, as appropriate.



SKATE WINNIPEG SKATER AND PARENT/GUARDIAN CODE OF CONDUCT

1. Skaters and parents/guardians agree to represent Skate Winnipeg Figure Skating Club in a respectful manner.
2. Skaters and parents/guardians agree to maintain cooperative relationships with skaters, parents/guardians and coaches for the purpose of ensuring a positive skating environment.
3. Skaters are expected to dress and behave in an appropriate and respectful manner during all sessions/programs, events and in the dressing rooms. Bullying, harassment, intimidation, impersonation, vandalism, theft, intentional contact, kicking the ice and inappropriate discussions, including but not limited to drugs, alcohol, sex and foul language are not permitted. These expectations extend to social media, particularly where there is reasonable likelihood that Skate Winnipeg members will be part of the social media community.
4. Any Skate Winnipeg Coach has the right to initiate the Skate Winnipeg disciplinary process for skaters and parents/guardians for inappropriate behavior. Allegations of breach of Skate Winnipeg rules or Skate Canada Code of Ethics by Skate Winnipeg coaches, board members, officials, or other members should be reported to the appropriate Skate Winnipeg Authority.
5. Skaters waiting for their session should not distract skaters who are on session.
6. Skaters should be respectful of start/end times of a session. Normally, skaters should consult with a coach if they need to leave the ice surface during a session.
7. Skaters agree to commit to an energized work ethic that enhances our training environment.
8. Parents/guardians are expected to respect the coaches and refrain from coaching or communicating with skaters during sessions because it may conflict with the coaches' plans and interrupting the focus of skaters maybe hazardous. Videotaping or photographing of your skater can be a great positive memory—if you have the consent of the skater and the coach.
9. All Skate Winnipeg members are expected to respect skaters and coaches, and refrain from “trash talk” with each other regarding skaters and coaches.
10. Inappropriate and/or disrespectful behavior by skaters or parents/guardians to coaches or Club Administration will be addressed through the disciplinary processes of Skate Winnipeg, Skate Canada Manitoba, or Skate Canada, as appropriate.

11. Skaters or parents/guardians are not to loiter in the players or music box. Parents/guardians should be 10 feet from these areas. Parents/guardians can communicate with the coaches after the session is over, not during session time.
12. Skaters are responsible for keeping the dressing rooms clean and tidy. They are responsible for putting away their own personal items and properly disposing of any garbage.
13. Casual ice skaters must have the pre-authorization to skate from the Head Coach, Assistant Head Coach (or delegate). They must pay their fees in full prior to skating or have made prior arrangements with the registrar for payment.
14. During the active registration period for skating sessions, the Head Coach has the right to place skaters on another session due to numbers on sessions, the skater's ability, work ethic and ice awareness and coaches' needs to fulfill lesson requests. The skater (or parent /guardian where the skater is a minor) and the skater's primary coach will be informed of any such changes to requested sessions at the earliest possible moment, recognizing decisions cannot be made before registration deadlines. Requests for skaters to skate up to a session in which the test requirement is not met must come from the skater's primary coach and be directed to the Head Coach. Appeals can be directed in writing to the Coaching Committee. The decision of the coaching committee is final.
15. Sessions cannot be traded for alternative choices except in extenuating circumstances and require prior approval of the Head Coach and/or delegated Board Member.
16. Non-Payment of Club or coach fees will result in suspension of skating privileges, where non-payment continues pursuant to confidential discussion and agreements between the parties involved.
17. Skate Winnipeg members (skaters, officials, coaches, employees, board members, volunteers) are expected to abide by the Skate Canada Conflict of Interest policy
18. Please direct any concerns to your Coach and the Head Coach, or to the appropriate Skate Winnipeg authority.

Session Rules & Etiquette:

- Skaters skating their program to music, skaters on the harness, and skaters in lessons have the right of way; but all skaters need to be aware of their surroundings and respect everyone on the ice.
- Skaters generally should practice jumps in the end sections of the ice surface. Once a jump is completed, skaters should skate out of the area immediately.
- Skaters generally should spin in the middle of the rink unless in practicing spin elements in program sections, during their program, or in a lesson.
- Skaters are to get up and out of the way immediately after a fall.

- Coaches are expected to ensure that their skater in a lesson is not impeding the flow of a session.
- When skating away from the boards, pay attention to oncoming skaters
- No socializing on the ice or loitering near boards or water bottles.
- Coaches should be aware of their surroundings and the flow of a session while working with their skaters.
- Parents/guardians are not permitted in players benches or penalty boxes
- Skaters should not normally leave the ice without the consent of the coach.
- Skaters may not enter the ice surface without a coach or Skate Winnipeg Board member present, unless otherwise instructed. They must also leave the ice immediately when the Zamboni enters.

Skate Winnipeg Club

Skater/Parent (or Guardian) Agreement Form

THIS PORTION MUST BE SIGNED AND RETURNED BY SEPTEMBER 1ST OF EACH YEAR (i.e. WITH THE BEGINNING OF THE SKATE CANADA REGISTRATION SEASON), OR THE FIRST DAY OF TRAINING AT SKATE WINNIPEG FOR THE SEASON. SKATE WINNIPEG SKATERS ARE NOT ALLOWED ON THE ICE UNTIL A SIGNED COPY OF THE CODE OF CONDUCT IS ON FILE WITH THE CLUB. SKATERS AND PARENTS/GUARDIAN SHOULD RETAIN ONE COPY OF THE FORM AND REVIEW IT PERIODICALLY THROUGHOUT THE SEASON
VISITING SKATERS ARE NOT REQUIRED TO COMPLETE A SIGNED CODE OF CONDUCT BUT ARE RESPONSIBLE FOR ADHERING TO THE SKATE WINNIPEG CODE OF CONDUCT WHILE PARTICIPATING IN SKATE WINNIPEG PROGRAMS.

Disclaimer

The Skate Winnipeg Club assumes no responsibility for accidents or injuries however caused and the applicant agrees to release the proprietors from all claims or damages arising as a result of such accidents or losses.

I have read, understand and hereby agree to abide by and support Skate Winnipeg Code of Conduct for Skaters and Parents/Guardian. I understand that non-compliance will result in warning and repeated misconduct may result in suspension, as per the appropriate disciplinary processes of Skate Winnipeg, Skate Manitoba, and/or Skate Canada.

Skater's Name:

Skater's Signature

Parent or Guardian's Signature

Today's Date _____

Accepted by _____ (Board Member). _____ (Date)

Email to codeofconduct@skatewinnipeg.ca