



Yellowknife Skating Club



Summer Skating School July 18- August 26 2011

Featuring

- Figure Skating Lessons
- Off-Ice Conditioning Programs
- Off-Ice Dance and Flex and Stretch Programs
- Jump Harness Training
- Dartfish Video Analysis
- High Test Day

Sponsors:



Club Contacts:

Summer School Administrator - Valerie Taggart

867 873-4470 ykscsummer@gmail.com

Elizabeth duPlessis – President

Nicole Hamm – Vice President

867 873-9198 Ykskatingclub@yahoo.ca

Register on line through the YKSC website at: www.yksc.ca Or
Scan in and eMail registrations to: ykscsummer@gmail.com Or
Mail in physical registration forms and payments to:

Yellowknife Skating Club
Summer School
PO Box 1918
Yellowknife, NT X1A 2P4

Skating Coaches:

Lisette Kaip lisettekaip@theedge.ca 867 445-1129

Level 2 NCCP certified Singles, Level 3 Technical Singles

14 years of coaching experience

Coached CanSkate, STARSkate and Competitive Skaters

Coaches all disciplines (freeskate, dance, skills, interpretive)

Have coached many skaters though Gold levels in all disciplines

All levels of competition experience including provincials , Cda Winter Games, STARSkate Finals and Arctic Winter Games

Brenda Backen brenda_backen@hotmail.com 867 445-9892

Level 2 NCCP certified Singles & Dance, Level 3 Technical Singles & Dance

16 years of coaching experience

Coached CanSkate, STARSkate and Competitive Skate

Coaches all disciplines (freeskate, dance, skills, interpretive)

Have coached skaters though Gold levels in all disciplines

All levels of competition experience including provincials , Cda Winter Games, STARSkate Finals and Arctic Winter Games

Tara Kaip tkaip_yksc@hotmail.com 867 444-0120

Level 1 NCCP certified

Gold Skills, Gold Dance, Gold Interpretive Dance, Gold Interpretive and Novice Competitive Freeskate

Have coached CanSkate, STARSkate and Competitive Skaters

Experience competing at Sectionals, Arctic Winter Games, STARSkate Finals, and Canada Winter Games levels.

4 years of coaching experience including Choreography experience

Cassandra Greening sando_26@hotmail.com 867 445-1400

Level 1 NCCP certified

2 years of coaching experience

Coaches all disciplines (freeskate, skating skills, dance)

Guest Coaches are welcome to attend with their skaters. Please contact Elizabeth du Plessis at: ykeirse@yahoo.com for further information.

Off-Ice Program Instructors: Conditioning / Flex & Stretch / Performance Dance

Tara Newbigging – Fit 2 the T

Fit 2 the T was developed by Tara Newbigging a graduate from Laurentian University of Sudbury Ontario. Tara graduated in 2007 with an Honors Bachelor of Physical Health and Education degree with her major in Health Promotion. She is certified in kinesiology, personal training, fitness instruction, sport balance training, Zumba Dance Instruction, and is a wellness consultant and Pro fitness model. Tara has been working in the fitness and health industry for over eight years. She has worked for Johnson and Johnson McNeil Consumer healthcare and Microsoft Canada as a wellness and fitness consultant.

Tara Newbigging, who also has a figure skating background, will be running the YKSC Off-Ice programs for the summer school with assistance from other trained fitness instructors with backgrounds in gymnastics and dance.



Summer Figure Skating School

The YKSC summer skating school is a 6-week long (M-F each week) training camp for figure skaters of all levels. On-Ice programs are offered for all levels of skaters in all disciplines.

The summer skating program emphasizes a full range of training through an organized, repetitive program both on and off the ice all designed to complement on-ice training and performance including; freeskate, dance, skating skills, fitness, stretch and flex, performance dance, stroking and spin classes.

Off-Ice Conditioning / Fitness Classes:

Off-Ice conditioning is essential to an athlete's success in any sport. Qualified instructors will work with the skaters to develop core body strength, cardio, coordination, agility, flexibility and timing which all serve to enhance progress and reduce / avoid injuries.

Off-Ice Flex & Stretch Classes:

Figure Skating requires flexibility. This program will help skaters develop flexibility, core strength and extension in order to meet the technical demands of the sport.

Off-Ice Performance Dance Classes:

Dance classes that focus on developing body awareness, flexibility, and performance which all results in improved on-ice performance.

On-Ice Stroking Sessions:

It's a known fact that the best skaters have the best edges. They have the best edges because they have the best balance!

These sessions are offered in a group format and are available to all skating levels. Skaters are placed in an appropriate stroking sessions by the YKSC upon registration based on their current STARSkate / Competitive freeskate tests as appropriate for each stroking class.

On-Ice Spin Sessions:

Spin sessions will take place for 15 minutes after each group stroking session.

These sessions are offered in a group format and are available to all skating levels. Skaters are placed in an appropriate spin session by the YKSC upon registration based on their current STARSkate / Competitive freeskate tests as appropriate for each Spin Class.

Test Day:

A test day is planned for the weekend of Aug 20 & 21st. Testing will be dependent on the availability of judges and you will be notified in July of any changes. Test fees will be posted at the rink and all test fees must be fully paid in advance before testing takes place.

Important Notes:

Lessons must be arranged directly with the Coach of your choice. Club members must have their Coach sign their registration form prior to registering. Non-Club Members must ensure coaching arrangements are in place prior to registration and all skaters must indicate their coach on the registration forms.

Registration Deadline is June 15th. Any forms arriving on or after June 16th are subject to an additional \$50.00 administration fee. Any changes made once a skater's schedules have already been processed will also result in a \$50.00 change fee each time a change is made.

There will be a \$25.00 administration fee for all registrations received (non-refundable).

Skaters who are not current members of the Yellowknife Skating Club will be required to pay an additional 10% of Program Fees upon registration. Skaters who are not current members of Skate Canada will be required to pay the Skate Canada Registration Fee of \$30.00 upon registration for summer school. The YK Skating Club will process your Skate Canada registration.

One half of total fees are due at the time registration is sent in. The balance is due in full by July 1st. There will be a \$40.00 fee for any NSF cheques. Forms of payment accepted are Visa, Mastercard, or cheque.

Skaters wishing to participate in the test day in August should plan to skate a minimum of 3 weeks prior to test day to accommodate test list deadlines. Skaters who are not current YK Skating Club Members will need a letter from their home club providing permission to test.

CANCELLATION & REFUND POLICY: Any refund requests in regards to cancellation of booked skating times and programs must be requested in the form of a letter sent to the Yellowknife Skating Club. In the case of an injury the letter must be accompanied by a doctor's certificate. Refunds will be calculated on a pro-rated basis, and the non-refundable administration fee will be applied. All refund requests must be made in writing by August 8th, 2011.

Session Designations:

Freestyle, Stroking and Spins

Senior: Passed any part of Jr Bronze Freestyle or higher

Intermediate: Not yet passed any part of the Jr Bronze Freestyle Test.

Junior Jump Start:

CanSkate Stage 4 or above
Available for 4 weeks: Aug 2 – Aug 26

Dance

Senior: Working on Jr. Silver Dances or higher

Intermediate: Working on Preliminary to Sr. Bronze Dances.

Skating Skills

Senior: Working on Jr. Silver Skating Skills or higher

Intermediate: Working on Preliminary to Sr. Bronze Skills

Summer School Fees and Schedule

Senior - \$200.00 per week
\$170.00 (for week of August 1st)
Includes 2 freestyle, 1 stroking, 1 spin class, and 1 off-ice class Daily

Dance or Skills sessions not included (see below for additional cost)

Does not include coaching fees for freestyle, dance or skills

1 week \$200, 2 weeks \$375, 3 weeks \$550, 4 weeks, \$725, 5 weeks \$900, 6 weeks, \$1075

Intermediate - \$200.00 per week
\$170.00 (for week of August 1st)
Includes 1 freestyle, 1 dance or skills, 1 stroking, 1 spin class, and 1 off-ice class daily

Dance or Skills sessions ARE included for Intermediates

1 week \$200, 2 weeks \$375, 3 weeks \$550, 4 weeks, \$725, 5 weeks \$900, 6 weeks, \$1075

Junior

Jump Start - \$140.00 per week
\$110.00 (for week of August 1st)
Includes 1 on ice session and 1 off-ice class daily

Includes all coaching / lesson fees.

1 week \$140, 2 weeks \$265, 3 weeks \$390, 4 weeks \$515, 5 weeks \$640

Note: Junior Jump Start only runs for month of August

Senior Dance Or Skills - \$35.00 per week- additional (\$28 for week of August 1st)
Does not include coaching fees

Alternate Sessions:

For skaters wishing to book only 1 or 2 (freeskate, dance, skills or off-ice) sessions per day.

Alternate – 1 session per day: \$70.00 per week
 1 week \$70, 2 weeks \$130, 3 weeks \$190, 4 weeks, \$250,
 5 weeks \$310, 6 weeks, \$370

Alternate – 2 sessions per day: \$140.00 per week
 1 week \$140, 2 weeks \$265, 3 weeks \$390, 4 weeks \$515,
 5 weeks \$640

Buy on Sessions = *\$15.00 per hour*

LESSON FEES: Unless noted as “included” in a specific session are paid directly to the coach upon invoicing. All lesson information should be confirmed with each coach prior to submitting registrations to the club. **Please CONFIRM lessons with coaches.**

There will be NO PROGRAMS RUNNING on the stat holiday, Monday, August 1st.

Monday / Wednesday / Friday - Schedule**On Ice Sessions**

12:15 – 12:45
Int. Stroking / Edges (group)

12:45 – 1:30
Int. Freeskate

1:45 – 2:30
Sr. Dance

2:30 – 3:15
Sr. Freeskate

3:30 – 4:15
Int. Dance

4:15 – 4:30
Int. Field Movements (group)

5:00 – 5:30
Sr. Stroking / Edges (group)

5:30 – 6:30
Sr. Freeskate

6:45 – 8:00
Int. or Sr. Choreography (July)
Jr. Jump Start (Aug)

Off-Ice Sessions

11:30 – 12:00
Int. Off-Ice Warm Up

1:00 – 1:30
Sr. Off-Ice Warm Up

1:45 – 2:30 - Fieldhouse
Int. Fitness (M/W)
Int. Performance Dance (F)

3:45 – 4:30 - Fieldhouse
Sr. Fitness (M/W)
Sr. Performance Dance (F)

5:15 – 6:00 - Fieldhouse
Jr. Jump Start Fitness (M/W)
Jr. Jump Start Perform.Dance (F)

Junior Jump Start sessions run only for the month of August

Tuesday / Thursday - Schedule**On Ice Sessions**

12:15 – 12:30
Int. Spins (group)

12:30 – 1:15
Int. Freeskate

1:45 – 2:30
Sr. Skills

2:30 – 3:15
Sr. Freeskate

3:30 – 4:15
Int. Skills

4:15 – 4:30
Int. Field Movements (group)

5:00 – 5:15
Sr. Field Movements (group)

5:15 – 6:15
Sr. Freeskate

6:15 – 6:30
Sr. Stroking

6:45 – 8:00
Int. or Sr. Choreography (July)
Jr. Jump Start (Aug)

Off-Ice Sessions

11:30 – 12:00
Int. Off-Ice Jump Class

1:00 – 1:30
Sr. Off-Ice Jump Class

2:15 – 3:00 - Fieldhouse
Int. Flex & Stretch (T/T)

3:45 – 4:30 - Fieldhouse
Sr. Flex & Stretch (T/T)

5:15 – 6:00 - Fieldhouse
Jr. Jump Start Flex & Stretch
(T/T)

Junior Jump Start sessions run only for the month of August