



## 2019-20 SKATING SCHOOL

AUGUST 26, 2019 - JUNE 28, 2020

[info@icepalace.ca](mailto:info@icepalace.ca)

780.444.1943

**DIRECTED BY RAVI WALIA  
OLYMPIC & WORLD COACH  
2018 SKATE CANADA COACH OF THE YEAR**

- ◆ International-level coaches help you achieve your full potential
- ◆ Jump harness & Dartfish video technology to enhance technique
- ◆ Events include pizza party, seminars, simulations and ice show



**ICEPALACE**  
FIGURE SKATING CLUB

HOME OF NATIONAL AND INTERNATIONAL CHAMPIONS INCLUDING

**KAETLYN OSMOND**

3-TIME OLYMPIC MEDALIST & 2018 WORLD CHAMPION



REGISTRATION DEADLINE FOR IPFSC MEMBERS - AUGUST 1



# ICEPALACE

FIGURE SKATING CLUB

icepalace.ca

## SESSION LEVELS

<b>Senior A</b>	<ul style="list-style-type: none"><li>➤ Novice, Junior, Senior</li><li>➤ Exceptional Pre-Novice skaters will be placed on Sr A sessions</li></ul>
<b>Senior B</b>	<ul style="list-style-type: none"><li>➤ Pre-Novice competitors who have achieved minimum TES for Sectionals</li></ul>
<b>Intermediate A</b>	<ul style="list-style-type: none"><li>➤ Juvenile competitors who have achieved 25+ points</li></ul>
<b>Intermediate B</b>	<ul style="list-style-type: none"><li>➤ Pre-Juvenile, Juvenile</li><li>➤ Star 5 competitors with good execution of STAR 5 elements</li></ul>
<b>Junior</b>	<ul style="list-style-type: none"><li>➤ STAR 1-4</li></ul>
<b>Comp</b>	<ul style="list-style-type: none"><li>➤ Competitive dance &amp; pair teams</li><li>➤ Advanced test dance and skills with approval of the Dance Coordinator</li></ul>

**\*\*The above requirements are guidelines only. All session assignments will be made by the Skating Director and are based on skill level, competition scores, and membership situation.**

**\*\*Skaters must be competing at Sectionals in order to skate on the Thursday 6:45pm session.**

**\*\*Senior A skaters will be placed on a minimum of 2 freeskate sessions per day; Elite skaters will have priority for number of sessions.**

**\*\*There are limited spots for Sr B skaters on the early Sr A/B sessions; priority will go to skaters with highest scores.**

**\*\*Elite sessions are for skaters landing multiple triple jumps and who have been invited by the Skating Director.**

**\*\*Jr U11 is open to juniors who are 10 or younger as of July 1, 2019. Jr 11+ is open to juniors who are 11 or older as of July 1, 2019. Jr 11+ skaters are eligible for test dance/skills sessions, which are included in their package.**



MEMBERSHIP	
Home Club & Associate Membership <i>September 1, 2019 - August 31, 2020</i>	\$ 85

OPTION 1: PACKAGES	
Junior Package	\$ 220 / month
Intermediate Package	\$ 280 / month
Senior Package	\$ 320 / month
Pair / Dance Teams	\$ 270 / month

OPTION 2: HOURLY BOOKINGS	
Regular sessions <i>Must purchase the same slot for the entire season</i>	\$10 / hour
Group classes – Edges, Stroking, etc. <i>Includes ice and instruction fees</i>	\$5 / 15 mins

- Packages include all on-ice and off-ice sessions for your level plus camps, seminars, Edge / Stroking classes, etc. Sr, Int, and Jr11+ packages include 1 hour of dance/skills ice per week. Package skaters must attend all on-ice and off-ice sessions each day they skate.
- Associate Members add 25%.
- Additional family members receive 25% discount.
- Package skaters participating in two disciplines pay \$10 / hour for their secondary discipline. Alternatively, they may pay \$125 / month, which includes all sessions in the secondary discipline.



Members will no longer submit deposit cheques! Volunteer commitments will now be charged to your account and will be applied to your regular payment method.

VOLUNTEER COMMITMENTS	
<i>**Executive Members and Associate Members are exempt from volunteer commitments</i>	
Bingos	A \$75 charge will be applied to your account on Oct 1, Jan 1, and Apr 1. You will receive a credit to reflect your bingo volunteer time. See website for details.
Raffle Fundraiser	A \$150 charge will be applied to your account on March 1. Each family must sell \$150 of raffle tickets and will keep the money they collect.
Sunsational Competition	Each family must volunteer 8 hours at the competition or a \$200 charge will be applied to your account.



## COACHING TEAM



We have a highly qualified team of professional coaches who work together to ensure that each skater achieves personal excellence. Please visit our website for more information about our exceptional coaches.



**Ravi Walia, ChPC, BAdmin**  
Olympic & World Coach  
2018 Skate Canada Coach of the Year  
ISU Level Technical Specialist



**Lynne Koper**  
NCCP Level 5 Certification  
Competitive Dance & Edge Specialist  
Over 30 years coaching experience



**Shirley Solkowski, BEd**  
NCCP National Coach Certification  
Competitive Dance & Edge Specialist  
33 years coaching experience



**Jessica Gosse**  
NCCP National Coach Certification  
Coach of National Medalists  
24 years coaching experience



**Shauna Stewart, MA**  
NCCP National Coach Certification  
Master of Arts - Sport Psychology  
27 years coaching experience



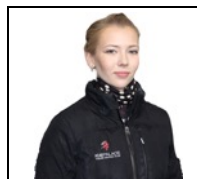
**Antoinette Hempel-Bakker**  
NCCP National Coach Certification  
Professional skater with Disney on Ice  
6 years coaching experience



**Sylvie Wandzura, BPhEd**  
NCCP Level 5 Certification  
Coach of National Medalists  
29 years coaching experience



**Ben Ferreira**  
NCCP National Coach Certification  
Specializes in harness & Dartfish video  
16 years coaching experience



**Christina Penkov**  
NCCP Provincial Coach Trained  
5-time National Ice Dance Competitor  
6 years coaching experience



# SCHEDULE



September 3, 2019 - April 18, 2020

Monday	
WEM	TRC-b
12:30 – 1:30pm Freeskate - Sr A	3:45 – 4:30pm CanSkate
Flood	4:30 – 5:30
1:45 – 2:30 Freeskate - Sr A	Junior Academy
Flood	5:30 – 6:15 CanSkate
2:45 – 3:45 Freeskate - Sr A/B	6:15 – 7:00 CanSkate
3:45 – 4:00 Edges - Sr A/B	
Flood	
4:15 – 5:00 Freeskate - Sr A/B	
5:00 – 6:00 Freeskate - Int B	
Flood	
6:15 – 6:30 Edges - Int A/B, Sr B	
6:30 – 7:00 Spins - Int A/B, Sr A/B	
7:00 – 8:00 Freeskate - Int A, Sr A/B	
OFF-ICE	
4:00 – 4:50pm Fitness - Int B	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Fitness - Sr A	
5:15 – 6:15 Fitness - Sr A	
5:35 – 6:05 Jump Class - Int A, Sr B	

Tuesday	
TRC-a	TRC-b
1:15 – 2:15pm Freeskate - Sr A	4:00 – 4:15pm Spins - Sr B
Flood	4:00 – 6:00 Comp
2:30 – 3:30 Freeskate - Elite	5:15 – 6:00 Freeskate & Dance - Jr 11+
3:30 – 4:00 Edges - Sr A, Comp	Flood
Flood	6:15 – 6:45 Edges - Int B
4:15 – 5:00 Freeskate - Sr A/B	6:45 – 7:45 Freeskate - Int B
Flood	7:45 – 8:15 Spins - Int A/B
5:15 – 6:15 Freeskate - Jr U11	
6:15 – 6:45 Edges - Jr, Int A, Sr B	
6:45 – 7:45 Freeskate - Int A, Sr A/B	<b>WEM</b>
	4:45 – 5:45pm JumpStart
	5:45 – 6:30 CanSkate
	6:30 – 7:15 CanSkate
OFF-ICE	
4:15 – 5:00pm Fundamentals - Jr	5:30 – 6:00pm Jump Class - Int B
5:10 – 6:05 Fitness - Int A, Sr B	5:50 – 6:20 Off-ice - JumpStart
5:15 – 6:15 Ballet - Sr A	

Wednesday	
TRC-a	TRC-b
1:00 – 2:00pm Freeskate - Sr A	4:00 – 4:15pm Spins - Int B
Flood	4:15 – 5:15 Freeskate - Int B
2:15 – 3:15 Freeskate - Sr A	5:15 – 5:30 Stroking - Int B
Flood	Flood
3:30 – 4:15 Freeskate - Sr A/B	5:45 – 6:15 Dance / Skills - Int B
4:15 – 4:45 Stroking - Int A, Sr A/B, Comp	5:45 – 7:15 Comp
Flood	
5:00 – 6:00 Freeskate - Int A, Sr A/B	
6:00 – 6:30 Spins - Int A, Sr A/B	
6:00 – 6:30 Edges - Jr	<b>WEM</b>
6:30 – 7:30 Freeskate - Jr	5:30 – 6:15pm CanSkate
	6:15 – 7:15 PowerSkate / CanSkate
OFF-ICE	
5:00 – 5:45pm Jump Class - Jr	

Thursday	
WEM	CLW
12:30 – 1:30pm Freeskate - Sr A	6:00 – 8:00pm Comp / AdultSkate
Flood	
1:45 – 2:30 Freeskate - Sr A	
Flood	<b>TRC-b</b>
2:45 – 3:45 Freeskate - Sr A/B	1:15 – 2:00pm CanSkate
3:45 – 4:00 Jump Alignment - Sr A/B	3:00 – 3:45 CanSkate
Flood	3:45 – 4:30 CanSkate
4:15 – 5:00 Freeskate - Sr A/B	4:30 – 5:30 Junior Academy
Flood	5:30 – 6:15 CanSkate
5:15 – 6:00 Freeskate - Jr	6:15 – 7:00 CanSkate
6:00 – 6:30 Jump Alignment - Jr, Int	
6:30 – 6:45 Spins - Jr, Int, Sr B	
6:45 – 7:45 Free - PreJuv, Juv, Sr B*	
OFF-ICE	
4:15 – 5:00pm Ballet - Jr	5:35 – 6:05pm Off-ice - Junior Academy
4:15 – 5:15 Yoga - Sr A	
5:00 – 5:45 Flexibility - PreJuv, Juv	
5:15 – 6:15 Yoga - Sr A/B	

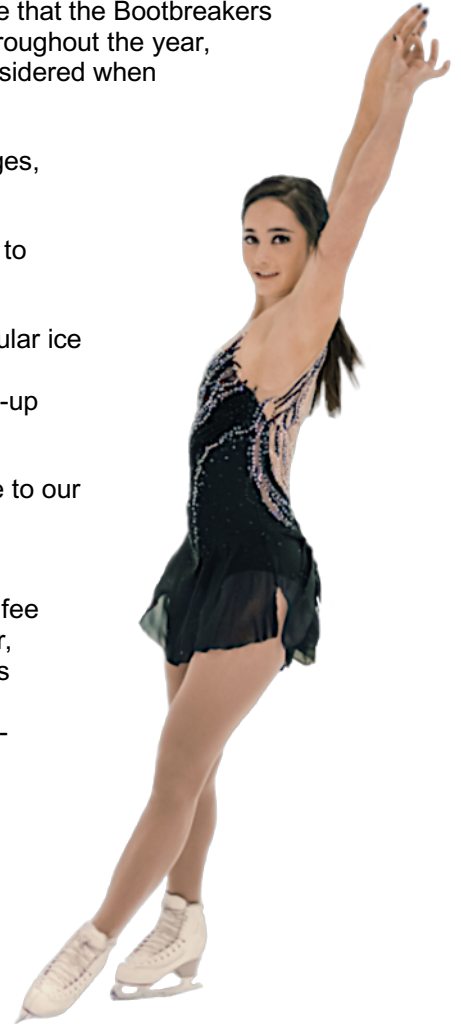
Friday	
TRC-a	TRC-b
12:30 – 1:30pm Freeskate - Elite	3:15 – 4:45pm Comp
Flood	4:45 – 5:45 Freeskate - Int B
1:45 – 2:45 Freeskate - Sr A	5:45 – 6:00 Spins - Int B
Flood	6:00 – 6:15 Stroking - Int B
3:00 – 3:45 Freeskate - Sr A	
Flood	
4:00 – 5:00 Freeskate - Int A, Sr A/B	
Flood	
5:15 – 6:00 Freeskate - Int A, Sr A/B	<b>WEM</b>
6:00 – 6:15 Stroking - Jr U11, Int A, Sr B	5:00 – 6:00pm JumpStart
6:15 – 7:15 Freeskate - Jr U11	6:00 – 6:45 CanSkate
7:15 – 7:30 Artistic Development - Jr U11	6:45 – 7:30 CanSkate
OFF-ICE	
4:50 – 5:50pm Ballet - Jr U11	4:20 – 4:50pm Off-ice - JumpStart
6:20 – 7:20 Ballet - Int A, Sr B	6:20 – 7:20 Ballet - Int B

Saturday	
WEM	CLW
8:00 – 9:00am Freeskate - Int B	9:45 – 10:45am Comp / AdultSkate
9:00 – 9:30 Spins - Int A/B, Sr A/B	Flood
9:30 – 10:15 Freeskate - Int A, Sr A/B	11:00 – 12:00 Comp / AdultSkate
Flood	12:00 – 12:45 Comp
10:30 – 11:15 Freeskate - Int A, Sr A/B	
11:15 – 11:30 Transitions - Int A, Sr A/B	<b>Sunday - TRC-c</b>
11:15 – 11:45 Edges - Jr	9:15 – 10:00am CanSkate
11:45 – 12:45 Freeskate - Jr	10:00 – 10:45 CanSkate
	10:45 – 11:30 CanSkate
	11:30 – 12:30 JumpStart / CanSkate
	12:30 – 1:30 Junior Academy
OFF-ICE	
9:35 – 10:20am Gymnastics - Int B	11:45am – 12:15pm Off-ice - Junior Academy
10:20 – 11:05 Gymnastics - Jr	12:35 – 1:05 Off-ice - JumpStart
11:40 – 12:30 Gymnastics - Int A, Sr A/B	

Junior	Intermediate A / Intermediate B	Senior A / Senior B / Elite	Comp Dance	CanSkate / Jr Academy
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## ADDITIONAL INFORMATION

- The Skating School runs until the end of June and includes Bootbreakers. Note that the Bootbreakers schedule will be different from the winter schedule and that we have breaks throughout the year, including 3 weeks off in May. All breaks and schedule changes have been considered when calculating monthly fees.
- Visit our website regularly for newsletters, Calendar of Events, schedule changes, Bootbreakers schedule, and other important information.
- There shall be no refunds in the event that skating sessions are cancelled due to mechanical failure or club activities.
- No make-up sessions are offered due to absences. Hourly skaters whose regular ice time has been cancelled may make up for their cancelled session by skating a different session in the same week. Contact your coach to arrange your make-up session.
- In order to ensure a positive and successful skating experience, please adhere to our Club Guidelines and the Parent Code of Conduct posted on our website.
- Refund Policy: account adjustments will be considered for serious medical circumstances substantiated by a medical certificate. A \$50.00 administration fee will be withheld. All other requests for refunds (ie – retired skater, club transfer, etc.) will be subject to a cancellation penalty of two months' ice fees. Requests must be received in writing. Bingo and fundraising commitments must still be honored, and volunteer commitment charges will be applied in the case of non-participation.
- The Ice Palace FSC pays for coaches' expenses (transportation, meals, accommodation, etc.) for Home Club Members for selected competitions. Competitions are listed in our Newsletter.
- Registration deadline is Thursday, August 1<sup>st</sup>. Package skaters who do not submit their online registration and their Session Request Form prior to the deadline will have a \$75 late fee applied to their account.



Questions about our Skating School?  
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**780.444.1943**