



Practice Times:

Mondays - 4:15-5:15pm

Sept 9 - Dec 16

No Ice: Sept 30, Oct 14, Nov 11

Tuesdays - 4:30-5:30pm

Sept 10 - Dec 17

No Ice: Nov 12

Wednesdays - 5:15-6:15pm

Sept 11 - Dec 18

No Ice: Nov 13

Thursdays - 4:15-5:15pm

Sept 12 - Dec 19

No Ice: Oct 31, Nov 14

Saturdays - 8:45-9:45am

Sept 14 - Dec 21

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

DRYLAND/OFF ICE TIMES (FALL):

Tuesdays - 5:45-6:30pm

Wednesdays - 6:30-7:15pm

ITS

INTRO-TO-STARSKATE

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

Competition Information:

Competition opportunities are communicated via email - so make sure you set your Uplifter account to receive emails!

coach@leducskating.com



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:

The ITS program is coached by NCCP Professional coaches. You may see any of the following coaches working with your skater throughout the season:

Coach Katie

Coach Erika

Coach Sage

Coach Heidi

Coach Vicki

Coach Hailey

Coach Gabby

Coach Jenna

Coach Emily

The Director of the ITS program is Coach Emily. In the event you have any questions, concerns or are emailing about your skater missing their ice time, please address Emily in emails sent to coach@leducskating.com.

Equipment/Skate Maintenance:

Required 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

Session Structure:

On Ice -

15 minutes of group stroking class to build fundamentals.

30 minutes of group lesson time focusing on teaching and refining figure skating skills.

15 minutes of coach-supervised practice time for skaters to return to skills they need more time to develop.

Off Ice -

Group class to work on flexibility, cardio, jump development, and more!

Fundraising/Volunteer Commitments:

1 Fundraiser/Volunteer commitment for Fall
1 Fundraiser/Volunteer commitment for Winter.
Fundraisers must be in the amount required, which varies depending on the fundraiser. Volunteer commitments like working at club events will be communicated via email as they come up. You can also join our Board or Carnival Committee to fulfill ALL fundraising. Email fundraising@leducskating.com for more information!

Questions?

Email

coach@leducskating.com

or

admin@leducskating.com
for more information