

SPSC 2017-2018 Skating Season

Sherwood Parkdale Skating Club

Welcome Returning and New Members alike to the 2017-2018 Skating Season

Special points of interest:

- *New Coaches Join the SPSC Coaching Team*
- *Motivational Education Days a Success*
- *Program Highlights and Important News*
- *Community Club*
- *Stay Informed*
- *Dates to Note*

Hello Skaters and Families. I, and our board of directors of volunteers, would like to welcome you to the Sherwood Parkdale Skating Club's 2017-2018 Skating Season.

I would like to introduce myself. My name is Laurie Godfrey and I am the President of the club. I have been involved with Skate Canada for up to 49 years. First as a skater, then coach, Volunteer and probably more importantly from your perspective, a Parent of Skaters in the programs. I also volunteer my time on the Board of Directors at the PEI Section of Skate Canada.

It is my utmost goal to make sure all our skaters, no matter a beginner or seasoned skater,

receives the best programming possible. We strive to align ourselves with programs across the country and always look out for what is best for the athlete so they may reach their personal goals in the sport.

Along with learning to skate and achieving goals, we hope everyone enjoys their time here with us at SPSC making new friends and getting the most out of their skating experience. Get involved, work hard and have fun! This is your club!

As volunteers we do not have regular office hours nor may you always see me at the arena when you are there, however, if you have any questions please do not hesitate to

contact me. I always do my best, as do our board members, to answer e-mails within 3 days.

Wishing you all the best for a great season.



Laurie Godfrey
President, SPSC

New Coaches Join the SPSC Coaching Team

Along with some of our returning coaching staff; Michelle Coyle, Level 3 National Coach, (Team lead for seniors), Jessica Godfrey Primary Starskate— Regional Coach (team lead for Juniors), and Keesha Ryan Primary Starskate— Regional Coach (Team lead for PreCanskate & Jumpstart), we are happy to announce three new members

to our Coaching Team. Please welcome:

Kristen MacDonald, level 2 ISPC, Provincial Coach (Thursday Canskate Team Lead)

Hannah Hardy, Primary Starskate Regional Coach (Monday Canskate Team Lead)

Nana Iwamoto, Canskate Club Coach (Sunday Canskate Team Lead)

We say good-bye to Elizabeth Clark and Kayla Arsenault who have left the island for University and wish them all the best!

All of our coaches contact information is on our home page under "Club Coaches".

Please feel free to contact the coaches to discuss your skaters progress or long term goals.

Pre-Canskate & Canskate

All our Canskate programs (excluding Community Club in Crapaud) are full with limited space remaining in our Pre-Canskate Sessions for the 2nd half of the season. Current members will have time to register for the 2nd half prior to opening to the public.

NEW FOR PRE-CANSKATE

SPSC has reviewed the legality and option of Pre-Canskate Parents being allowed on the ice with their participants. If all requirements are met the option for parent/guardians to assist their skaters is now available. Certain criteria must be met. Details will be forwarded to Pre-Canskate Parents.

SPECIAL CANSKATE EVENT

December 4th is our Canskate Merit Event for all our Canskaters at all levels who wish to participate. There is no regular skating this day. This is a fun opportunity for all skaters (beginners or experienced) to celebrate their learning thus far. There is no fee however Skaters **MUST** Register. The deadline to register is November 27th. No late registrations will be accepted. Log into your account and go to 'Registration' and scroll to 2017

Merit Event to register your participant today.

ACHIEVEMENTS

Ongoing achievements are updated in your child's account. Please go to 'Links' on our home page to find valuable information on how to access your ongoing 'report card'. Skaters will receive ribbons and badges as all components are completed for Agility, Balance and Control in each level.

Completing these components can take some time as there are many skills within each component. Your skater is doing great! Celebrate their efforts!

REMINDERS

1. All participants must wear a CSA approved helmet. (no bike helmets permitted)and a pair of mitts or gloves. ***All these must stay on until the skater is fully off the ice.***

Please Note: Fluffy, fuzzy mittens are proving to be a safety hazard as fibers from the mittens stick to the ice causing a hindrance to blades. Please avoid this style of mitten.

2. Knee Pads: If your child is choosing to wear knee pads it is recommended

(if they are the plastic type) to wear a hockey sock or leg cover over the top. Plastic against the ice makes it difficult for skaters to stand up from the knee position.

2. Parents are not allowed on the ice with exception of on-ice insured approved volunteers; or insured PreCanskate guardian assisting.

3. There is no access at the players benches beside the ice surface (except in the case of an emergency). Please view your skaters from the stands or the warm viewing are upstairs.

For best success and enjoyment a proper fitting skate is key. Our coaches or a specialty sports store can assess the fit of your skates if you are unsure.

I apologize for not being able to hold Parent Meetings at all our sessions due to my work schedule. I will however post a PowerPoint with information for our season under "Links" on our home page.

A recent e-mail was sent out regarding Program Representatives. The names of these contacts will be posted once confirmed.

Jumpstart and Junior STARskate

Skate Canada launched the new STAR 1- 5 programming last season and is now in total full swing.

SPSC is excited for all our skaters as this will allow for more progression and ongoing assessments.

Each of these assessments have a fee of \$12 which the club must forward to Skate Canada. All fees must be paid before an assessment takes place. Your primary coach performs the assessments. A judge is no longer used for this level of testing.

Coaches will provide skaters with an envelope if they wish the skater to take an assessment. Please follow the

instructions provided for you. You must purchase the # of assessments required on-line with the option to pay in person or by credit card.

Note: payments by cash or cheque may take a few weeks before posted on your account. If you receive a late payment notice (system generated monthly) please disregard if you know you have paid. The amount will be posted once our volunteers can process the payments. Credit Card payments will no longer require to be processed 3 days in advance; new procedure for credit cards will require you either: 1) forward/e-mail paid invoice to your coach prior to your test 2) show proof of payment with

your mobile device 3) print a copy of your paid invoice and place in your envelope. Per instructions on your envelope: all envelopes (no matter payment method) must be returned to your coach prior to your assessment.

As this new testing system can take place numerous times throughout the month, our test chair will process results with Skate Canada at minimum once a month.

You can view your accumulating testing results on your Skate Canada Membership Account at: skatecanada.ca/members

ALL STARSKATERS OPPORTUNITIES AND EVENTS

Off-ice classes are vital to an athlete and for skating progression. As well as our Wednesday off-ice classes we have a new Dance Class available that has been set up specifically for skaters. The class takes place on Sunday afternoons at 3:30pm for a very minimal fee for this type of class. All skaters/families should have received an e-mail on how to register. If you need more information please contact Chanda Bissett 'regspsc@gmail.com'.

Watch our EVENTS PAGE on our Home Page for competitions. Dates and entry deadlines are updated as available. Coming soon will be applications for the 2018 ADL Junior Starskate Championships and the Starskate Championships.

High Test Day (Sr Bronze and up) will take place on Wednesday, December 13th. Schedule to be determined.

December 17th will also have a sched-

ule change due to our Coaches and PA Christmas Lunch. Watch your personal calendars for schedule changes.

Seminars: From time to time special events and seminars are available and cost is subsidized through the PEI Section. These are great opportunities that all skaters when they can should consider taking advantage. They are a wealth of information and can be very inspiring

2017 Motivational and Education Days

Our 2nd Annual Motivational and Education Days kicked off our 2017-2018 Season with success.

We welcomed back guest coach John Mattatal for on ice instruction.

Tara Costello provided the Mental Training aspect off ice.

The Club is very proud and pleased to provide this great opportunity for our skaters and hope all enjoyed themselves and took away something useful from this experience.



See more photos on our Home Page Tab

Community Club



Bring a Friend Day comes to Community Club on Saturday, November 25th.

All participants in our Community Club program may invite one friend to join them on this day. CSA approved

Helmets and mittens are mandatory.

Volunteers needed—Reminder we are still in need of program representatives for this program. If you are willing to help, please contact Laurie Godfrey asap. Thank you.

STAY INFORMED

The best place to stay informed is your personal calendar when you are logged into your account, and our Home Page News column.

Our volunteers will do their best to send out reminder e-mails but this is not always possible. Please check your calendars regularly for no skating days or change in times.

Our Home page 'program information' and 'terms and conditions' has lots of information on what to expect in your program and items such as withdraw and refund policies. Many of us will sign off and agree to terms and conditions when registering without reading first. Please review this information so you are fully informed as our volunteers must follow the club bylaws and policies.

Winter will soon be upon us. Our programs cancel only if the arena is closed*. A notice will be posted on our website as soon as we know. If possible, we will send out e-mails to our participants though this is not always possible. Watch our website NEWS Column and check the radio stations for both or either our program cancellation or arena closure.

ONLY travel if you deem it safe even if we are running the program during bad weather.

*Exception for cancellation due to weather is at our Community Club. The arena rarely closes however our coaches are travelling from out of the area. If deemed unsafe for our coaches, this program will cancel.

Please go to our Links Page (on our Home Page Menu Bar) for vital information. All parents are asked to view the Parent Section of Responsible

DATES TO NOTE

- No skating November 11th for Remembrance Day
- Merit Event Registration is now open; Deadline to register is November 29th
- Pre-Registration for Pre-Canskate second half of season opens November 17th; Opens to Public on December 1st
- SLEDGE CANSKATE comes to SPSC. Registration opens December 1st
- World Sledge Canskate Championships December 9th at the Easlink Centre
- December 10th is National 150 Skating Day. Sunday skating programs will have a celebration on this day. All other members (non Sunday skaters) note there is a National Free family skate at the Easlink Centre from 1:45-3:45pm
- Holiday Theme Week December 17th—December 22nd. Hot Chocolate and Christmas Cookies for all!
- Holiday Break December 23rd—January 2nd No Skating