

Lessons

Skaters who skate enough and wear proper equipment will also need lessons to learn proper skating technique.

Types of Lessons

PRIVATE LESSONS

One of the main reasons you hire a private coach is to improve the quality of your skater's training so he can develop good technique. Hiring a figure skating coach means hiring someone to guide your child's figure skating career. This coach becomes the person you go to for training advice. Private lessons are arranged directly with and payment is made directly to the individual coach.

Private lessons used to mean 15 minute, one-on-one lessons with your coach. Today though, 'private lessons' refers more to a lesson structure that may include a combination of one-on-one, semi-private and private group lessons with the professional coach you have hired.

Private- One-on-one with your private coach

Semi-Private- 2 skaters with your private coach

Private Group- 3 or more skaters with your private coach

CLUB GROUP LESSONS

These lessons are included with your membership and are provided to insure that all skaters receive some professional direction.

Groups- up to 10 skaters with the coach assigned to that group by the Club

Classes- all the skaters on that session on that day

PROGRAMME ASSISTANTS

Programme Assistants are amateur skaters who volunteer their time on CanSkate sessions. They help organize skaters so they are in the correct area and group, pick them up when they fall (if necessary), play games with them and generally help the session to run more efficiently. Most P.A.s are 12 years of age and older and/or have their Preliminary Free Skate Test.

CANSKATE SUPERVISION

During Supervision time a professional coach may be on duty. Supervision means that a professional coach monitors the P.A.'s supervision of the skaters' practice. Skaters are not necessarily taught during this time- they are supervised. This supervision is NOT a substitute for private lessons.

How To Hire A Private Coach

- * Watch the coaches on the session.
- * To identify the coaches, refer to the photographs and biographies on the wall outside the Meeting Room.
- * Approach the coach of your choice but never on the ice. He or she is working with students who are paying for that time. Instead, wait until the coach is off the ice or call the coach at home. Phone numbers appear on the back of this brochure.
- * Ask about availability, rates, payment options and any other questions you may have.

Club Group Lessons

The following Club Group lessons are included in your Scarborough FSC membership:

CanSkate

- ❖ 15 minute Group lesson with a 10:1 coach-to-skater ratio or less

Junior

- ❖ 15 minute Skills group on with a 12:1 skater-to-coach ratio or less
- ❖ 15 minute Stroking class
- ❖ An optional 15 minute group Ice Dance lesson is available for an additional cost.

Open, Intermediate, Senior B & Senior A

- ❖ Stroking classes are included on most sessions (please check your brochure)
- ❖ A Creative Movement class is offered on the Thursday Senior A/B session

Dryland

The Scarborough FSC also offers Dryland (off ice) classes for skaters from the Junior level and up. Please consult your brochure for details.

Private lessons are recommended and appropriate for all skaters from the CanSkate level and up.

Becoming a Programme Assistant

Skaters interesting in volunteering to be a Programme Assistant on CanSkate sessions should contact Liz Todd, the CanSkate/Junior Coordinator for details.

Our Professional Coaching Staff

Cindy Barclay- Hubert	905-837-8305
Karen Cherepacha	416-266-5334
Donna Iijima	416-281-3695
Carol Lane*	905-686-1674
Jon Lane	905-686-1674
Mary Matthews	905-479-3683
Ken Ormsby	905-830-1127
Paulette Ormsby	905-830-1127
Juris Razgulajevs	905-428-6271
Cheryl Richardson**	905-642-5312
Kathy Thompson	905-471-2756
Elizabeth Todd***	905-509-2457

*Dance Coordinator

**Free Skate Coordinator

***CanSkate/Junior Coordinator

Certification

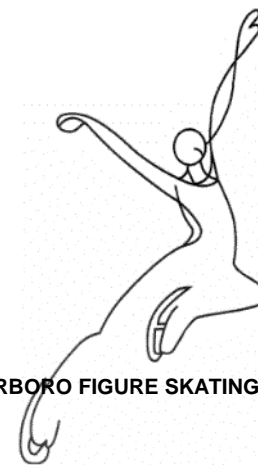
All professional figure skating coaches in Canada are required to be certified by the NCCP (National Coaching Certification Programme) to insure a general level of competence. There are 5 levels:

- ❖ Level 5 not yet required
- ❖ Level 4 required to coach Olympic level athletes
- ❖ Level 3 required to coach National and International level athletes
- ❖ Level 2 required to coach Sectional level athletes
- ❖ Level 1 required to coach professionally

All Skate Canada coaches are required to be certified in First Aid, provide a 'Police Clearance and Position of Trust Check' and have completed a 'Making Ethical Decisions' module

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SCARBORO FIGURE SKATING CLUB