

Coquitlam CanSkate Professional Coaches



Heather Austman (604) 942-7335 (Email: laustman@shaw.ca)

Mrs. Austman is a former Canadian Novice Ladies Champion, Canadian Junior Ladies Silver medalist, and BC Section Senior Ladies Champion. She has 25 years of coaching experience, all with the Coquitlam Skating Club; is NCCP Level III Certified; and has had skaters qualify to Canadians at the Novice level.

Kelly-Lynn Champagne (604)990-4006 (Email: robertfournier@shaw.ca)



Mrs. Champagne is a Skate Canada gold medalist in figures, freeskate; senior silver in dance and Junior Competitive Singles. She has 19 years coaching experience; is NCCP Level III certified (working on level IV); NCCP Level II in Pairs and Dance. She had skaters who were National Champions and an International medalist.

Bruno Delmaestro (604) 461-5171 (Email: bruno44@telus.net)



Mr. Delmaestro is a former three time Italian Senior Men's Champion, International Medalist, European and World Competitor. He has 24 years coaching experience; is NCCP Level III Certified (working on Level IV); and has had Canadian National Champions and International Medalists. He has been named BC/YT Section Competitive Coach of the year in 1999, 2001, and 2006. He is the Master CanPowerSkate Course Conductor for BC and was a contributor to the new program.

Eileen Murphy (604) 985-9677 (Email: eileenmurphy20@hotmail.com)



Mrs. Murphy is a NCCP Level III certified (Practical IV) figure skating coach with over 25 years experience. She has had skaters at the Regional, Provincial, National and International level

Zdenek Pazdirek (604) 945-0054 (Email: kpazdirek@shaw.ca)



Mr. Pazdirek is a former two time Czechoslovakian Senior Men's Champion, Olympic and World competitor. He has 22 years coaching experience; is NCCP Level III Certified (working on Level IV); and has had skaters qualify to Canadians at the Senior level.

Mail CanSkate Registrations to:

Mrs. Sherri Ellsworth
CanSkate Registrar
20787 River Road
Maple Ridge, BC
V2X 1Z8

Please **DO NOT** bring your registration with you on the first day. **Pre-registration is required.** Plus, you receive a discount when you register by the deadline!

Coquitlam Skating Club
www.skatecoquitlam.com

The Coquitlam Skating Club is a proud member of Skate Canada.



COQUITLAM SKATING CLUB PRESENTS

CanSkate at Coquitlam...
A Learn-to-Skate program



**Spring 2009
CANSKATE PROGRAM**

SPRING 2009 REGISTRATION FORM

Skater: _____ / _____
(Surname) (Given) (Initial)

Address: _____

City: _____ P Code _____

Home Phone: (604) _____

Parent/Guardian: _____

Parent/Guardian: _____

Birthdate: (____ / ____ / ____)
MM DD YYYY

Male ____ / Female ____

Skate Canada # _____

Allergies: _____

Health # _____

Emergency Contact: _____

Phone: (604) _____

E-mail: _____

FEES

Register by program deadlines and take 3 % off program fees.

Please circle the dates you are registering for:

Mondays
\$89.00

Fridays
\$89.00

**** A 10% discount will be applied to skaters registered for 2 sessions per week****

SUBTOTAL: \$ _____

Less 7% if registering for 2 sessions per week \$ _____

Less 3% if registering by deadline & paying by Cash or Cheque ONLY \$ _____
Skate Canada Fee \$31.00 _____

TOTAL FEES OWING: \$ _____

Credit Card Payments:

VISA / MASTERCARD

Card # _____ EXP ____/____

Name on Card: _____

Signature

Card holder will pay card issuer above amount (TOTAL FEES) pursuant to cardholder agreement.

The Program

CanSkate is Skate Canada's flagship learn-to-skate program geared to school aged children that teaches fundamental movements (go forward, go backward, stop, turn, spin and jump) and basic skills. The program is set up in seven stages. The CanSkate program emphasizes fun and continuous movement and is taught in a group lesson format: **CanSkate is taught ENTIRELY by professional NCCP certified Skate Canada professional coaches** and assisted by trained Program Assistants. Awards and incentives are used to motivate skaters to achieve and develop their skills as well as to keep interest high! CanSkate is a feeder program to all other Skate Canada programs.

CanSkate FAQ

Do you take 3 Year Olds?

Yes, we will take three year olds, but they must be capable of receiving group instruction for 45 minutes and able to be on the ice without a parent. Most of the three year olds in our program have had some previous ice experiences (i.e. if they fall down they can get up by themselves).

Do you teach all levels on all sessions?

Yes, all levels are offered on all sessions for all ages.

Do you have equipment rentals?

No, skaters must supply their own skates and helmet. Helmets are mandatory for all skaters.

How many days should we skate?

For optimum development, we recommend twice a week. Skating is a sport where skills are learned by feel and continuous repetition. The more times a skater can repeat a skill in a week, the faster they will progress.

How do refunds work?

The Coquitlam SC does not offer refunds except in the case of medical circumstances. You must miss a minimum number of 5 consecutive, registered skating days to qualify. A doctor's certificate must be included with your written request for a refund. Medical refunds will be considered on a case-by-case basis by the Board of Directors. If granted, the refund will be pro-rated from the date of the medical documentation.

Dates and Fees

Mondays 4:30– 5:15pm
April 6th - June 8th (9 Sessions)
No Ice May 18, 2009

Fridays 4:30 - 5:15pm
April 10 - June 12th (9 Sessions)
No Ice April 17, 2009

Other Fees

All skaters must be registered with Skate Canada and pay a \$ 31.00 membership fee. This fee is good from time of registration to September 2008.

Skaters who have participated in the Winter CanSkate program at Coquitlam have already registered with Skate Canada and need not pay this fee a second time.

Registering for CanSkate

Pre-registration is required. Please respect registration deadlines for each lesson set. Register by the deadline and save 3 % on your fees! There is also a discount if you register for both sessions. Fees will not be pro-rated. Late starts will only be accepted at the discretion of the Program Director.

Registration Deadline

March 13, 2009

Payments by Cheque & Cash

Cheques are payable to the **Coquitlam Skating Club**. Cheque and cash payments receive a 3 % discount. A \$25.00 charge will be levied on all returned cheques and declined credit cards.

To Register:

Mail: See the address on back for Registrar.

All Spring Sessions take place at:
Planet Ice Coquitlam
Rink # 1
2300 Rocket Way, Coquitlam, BC

For registration questions e-mail
sherri00@telus.net