

Skating Calendar of Events (Summer 2009) (dates subject to change)

All Registrations Due _____	August 31
Last Day to receive 3% DISCOUNT for registration	
Pre Season Ice (see insert in registration) _____	Aug 31- Sept 4
FIRST DAY OF REGULAR SKATING SESSIONS _____	Sept 8
FIRST DAY OF DANCE SESSIONS _____	Sept 8
CANSKATE COACHES CLINIC _____	Sept 9
FIRST DAY OF CANSKATE LESSONS _____	Sept 14
FIRST DAY OF POWERSKATING LESSONS _____	Sept 26
SASKSKATE _____	Oct 9-11
NO SKATING TODAY _____	Oct 12
SIMULATIONS 6:00-8:15 PM, NO INTERMEDIATE OR JUNIOR SESSION _____	Oct 16
AUTUMN LEAVES COMPETITION _____	Oct 16-18
BC COAST COMPETITION _____	Oct 22-25
No CANSKATE, EARLY FIGURE or Power Skating _____	Oct 23-24
CLUB HALLOWEEN SKATING PARTY 11:30- 1:00 _____	Oct 31
SIMULATIONS 4:45 -7:15 PM, NO SENIOR OR INTERMEDIATE SESSION _____	Nov 5
NO SKATING TODAY _____	Nov 11
BC SECTIONS COMPETITION _____	Nov 11-15
No CANSKATE, EARLY FIGURE or Power Skating _____	Nov 11-15
SIMULATIONS 4:30-6:00 PM, NO JUNIOR SESSION _____	Nov 18
JINGLE BLADES COMPETITION _____	Nov 27-29
WESTERN CHALLENGE _____	Dec 2-6
CHRISTMAS PARTY _____	Dec 18
LAST DAY OF REGULAR SKATING LESSONS _____	Dec 18
SKATING SESSIONS COMMENCE IN NEW YEAR _____	Jan 2
BMO JUNIOR NATIONALS _____	Jan 11-14
WESTERN REGION ADULT CHAMPIONSHIPS _____	Jan 15-16
BMO CANADIAN CHAMPIONSHIPS _____	Jan 14-17
BC OPEN SYNCHRO COMPETITION _____	Jan 15-17
WINTERSKATE COMPETITION _____	Feb 5-7
2010 OLYMPICS _____	Feb 12-28
B.C. WINTER GAMES _____	Mar 4-7
LAST DAY OF WINTER SEASON _____	Mar 5
PACIFIC STARSKATE CHAMPIONSHIPS _____	Mar 11-14
SPRING FLING COMPETITION _____	Mar 19-22
WORLD CHAMPIONSHIPS _____	Mar 22-28

Winter 2009

Coquitlam Skating Club

PROGRAMS

Test & Competitive (Junior, Intermediate, Senior)
Early Figure & Canskate Lessons
Adult Sessions
Dance Sessions
Held in Annex 633 Poirier St. Coquitlam

September 8 — March 5, 2009

Member Registration Deadline August 31
Out of Club Deadline August 31

Members register by August 31 and receive a 3% discount on program fees



Session Qualifications

EARLY FIGURE SKATING ACADEMY: Entrance to the program is by invitation or audition (see our website for more information on auditions www.skatecoquitlam.com). The Early Figure Skating Academy provides young skaters the opportunity to jumpstart their figure skating by teaching them skating skills in a figure skating environment. Divided into three levels, this program teaches children skating fundamentals including edges, turns, stops, spins and jumps. Instructed entirely by our NCCP certified professional coaches, skaters will receive both group lessons and individual attention during practice time. Skaters will also be given their own program set to music. Upon completion of the third level of the program, skaters will be able to spin in two different positions, perform at least two single rotation jumps, and be ready to enter the Skate Canada Star Skate Program (if they haven't already started). The Saturday session includes one off ice Conditioning Class.

JUNIOR: These sessions are for skaters in the Early Figure Skating Academy program and those working on their first free skate, skills, and dance tests (Preliminary level). Except where indicated (see registration form for details), the session cost is for ice only. Skaters must arrange lessons with the professional coach of their choice prior to booking ice with the club. For more details on how to purchase ice/arrange lessons with a coach and other information, please see our website at www.skatecoquitlam.com or the Club Handbook. Skaters at this level are eligible to register for all Junior, Open and Junior Dance sessions.

INTERMEDIATE: These sessions are for those skaters who have passed the **Junior Bronze Free-skate Test** up to and including the **Gold Freeskate Test**.

SENIOR COMPETITIVE: These sessions are for those skaters who have passed the **Pre- Novice Competitive Test** on or before September 2008.

JUNIOR DANCE: for those skaters who have passed up to the Junior Silver Dance Level

SENIOR DANCE: for those skaters who have passed their Junior Silver Level Dances.

OPEN DANCE: for skaters of all levels of dance

ICE DANCERS PLEASE REGISTER BY THE DEADLINE DATE TO ENSURE THE SESSION IS NOT CANCELLED DUE TO LOW REGISTRATION.

Off-Ice Conditioning Classes: An integral part of any skating program. Early Figure, Junior Intermediate and Senior off-ice classes will be conducted by Sheri Delmaestro. If you are interested in participating in these classes, please contact Sheri at (604) 461-5171, or email sherigirl66@hotmail.com.

Coquitlam Skating Club Coaches

Heather Austman	(604) 942-7335	Kelly-Lynn Champagne	(604) 990-4006
Bruno Delmaestro	(604) 461-5171	Zdenek Pazdirek	(604) 945-0054
Eileen Murphy	(604) 985-9677	Sheri Delmaestro (Off-Ice)	(604) 461-5171

Freelance Coaches

Freelance coaches are welcome to coach on any of our Open, Competitive and Dance sessions. Interested coaches should contact Kim Horobec at (604) 942-5746 and provide the club with the following documentation: NCCP, First Aid, Proof of registration with Skate Canada.

Dance Freelance

Graham Casey (604) 946-1717
Rob Woodley (604) 626-1378

Choreography/ Freeskate Freelance

Karen DesLauriers (604) 594-2980
Karena Pazdirek (604) 945-0054

Registration and Fee Information for all programs.

Deadline for In-Club Registration is August 31, 2009, Deadline for Out of Club Registration is August 31, 2009. Registrations must be mailed. Please do not mail cash. **Registrations that are in the hands of the registrar by 5:00pm on August 31, 2009 will receive a 3% discount on their program fees.** Please note that changes to schedules will be permitted until Saturday, September 12, but initial registration materials **MUST** be received by the deadline to qualify for the program fee discount. Families with three or more members participating in skating programs are also eligible for a 10% discount if their registration is received by August 31, 2009 by 5:00 P.M.

Skaters wishing to **SKATE UP OR DOWN** on sessions must make a written application to the Board of Directors indicating the sessions being requested. All requests must also be accompanied by a letter of support from the skater's coach. Requests will be considered by the Board and Club Coaching Staff at a **September 2009** meeting and applicants will be notified by the Club Registrar regarding their status. Decisions of the Board will apply to the Winter 2009-2010 Season only. Skaters are reminded that they may only apply to skate up or down one TEST level, however they will be considered to skate up or down one SESSION level under certain circumstances.

All skaters must be registered with Skate Canada for the 2009-2010 skating year and include \$32.00 with their registration

Members Handbook & Ethics Forms: A new Member's Handbook is available on our club website at www.skatecoquitlam.com. The handbook contains detailed program information and club policies. The Skater and Parent "Code of Ethics" form should be signed and returned with the registration forms.

Volunteer Form: Must be filled out and returned with the registration form in order for the registration to be processed.

REGISTRAR : Mrs Sherri Ellsworth
20787 River Road
Maple Ridge, BC
V2X 1Z8
Email: info@skatecoquitlam.com

For registration questions leave a message on our "MESSAGE PHONE LINE" 604-936-0707 or email sherri00@telus.net.

All Skating sessions are held at the Coquitlam Sports Centre (Annex Arena), 633 Poirier Street, Coquitlam, B.C.

* REGISTRATION DEADLINE: August 31, 2009, FIRST PRIORITY is to Coquitlam Club Members registered by August 31, 2009.*