

# 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' can mean 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 the time that CanSkaters are supervised a professional coach may be on duty. Supervision means that a professional coach monitors the P.A.'s supervision of the skaters. Skaters are not 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 Lessons

The following Club Group lessons are included in your OFSC membership:

### **Pre-CanSkate**

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

### **CanSkate**

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

### **CanSkate Plus**

- 30 minute Group lesson with a 10:1 coach-to-skater ratio or less
- 15 minute supervised practice
- 15 minute unsupervised practice

### **Modified StarSkate**

- 15 minute Stroking class
- 30 minute Group lesson with a 10:1 coach-to-skater ratio or less
- 45 minute unsupervised practice

### **StarSkate**

- 15 minute Stroking classes are included on most sessions
- 30 minute Off-ice flexibility is also offered

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

## Our Professional Coaching Staff

Cobi Grisak - 335-8438

Cindy Bojda - 556-8618

Patsy Ann Jones - 556-2948

Marty Fulkerth - Dance Partner

## 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 4 required to coach Olympic athletes
- \* Level 3 required to coach National and International athletes
- \* Level 2 required to coach Sectional athletes
- \* Level 1 required to coach professionally

All Skate Canada coaches are required to be certified in First Aid and submit to a Police Clearance and Position of Trust Check