

Dartmouth Skating Club Newsletter

September 1, 2007

Tasha Gallant
Program Manager



www.dartmouthskatingclub.ca

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Upcoming Events

- ◆ NS Sectionals
Oct 26-28
Antigonish, NS
- ◆ Skate Dartmouth
Jan 26 - 27th

President's Message

The Dartmouth Skating Club is pleased to extend a warm welcome to all skaters and their families to skating lessons. The Dartmouth Skating Club has been in existence since 1967 and has been a member of Skate Canada since 1969. A volunteer Board of Directors that meets once per month guides the Club. Volunteers primarily operate the club, with a paid professional Program Manager. There are a number of sub-committees within the Club that are

responsible for the development and/or management of a specific area of interest. We invite you to become involved in our club as "many hands make light work." Please check out our web site at www.dartmouthskatingclub.ca for all current news.

Karen Marr

President DSC

Club News

Our club newsletter is designed to keep you informed of all club activities and any information you may need to make your skating year more enjoyable. We hope this skating year will be a very enjoyable time for your child !!!!

My name is **Tasha Gallant** and I am the Program Manager for the club. I am also one of the professional skating coaches that you will see on the ice! If at any time you have questions about your child's skating or the programs please feel free to contact me by email at tasha.gallant@gmail.com or call our clubs phone line at 835-2012.

This is your club and we want you and your family to enjoy the skating experience ☺





Skating with Ease!

*"Skate for
exercise, skate for
personal success
but most of all
skate for FUN!"*

Preschool Programs

The 45-minute class is divided into two parts. The first 15 minutes are off-ice working on balance and skill technique. Once on the ice the skaters go to small groups where skills appropriate to their level will be taught. Skills are taught through circuits and games. If this is their first time on skates, please expect that they will spend most of the first few weeks sitting or falling on the ice! Once

the skater can fall and get up on their own they will start to learn how to push and glide, the basic skating action. **Please have your child ready with skates on, sitting in the assigned dressing room by 3:45 pm. If you are late put the child's skates on in the stands and bring the child into the dressing room.** Helmets are mandatory. Guards are a good idea to keep skates sharp!

Canskate/Teenskate

The Canskate program has 7 stages in which skaters will learn forwards, backwards, stopping, turning, spinning, and jumping. Each badge builds on the skills from the previous stage and the skater works on two stages at once. Once they have completed a stage, they receive a badge and certificate the following week. Remember that helmets

are mandatory up to the completion of Stage 3, after that it is left to the parent's discretion. Skaters are grouped by colors that help professional coaches locate them for testing. Skaters are assessed every 3-4 weeks. If skaters are interested in private lessons would they please contact **Tasha Gallant** so she can arrange for a coach. **835-2012**

Pre-Power and Canpowerskate

The session is designed to improve skating skills used in the game of hockey or ringette. The Pre-power program is designed to teach the basics of skating and stick control. Skaters are working on 3 levels A, B and C. In the Canpowerogram skaters will be assessed on levels 1-6 based on their

skill development. Each level has a prescribed circuit of skills that must be done in a specified time allotment. Skaters are assessed on their skills and can earn Bronze, Silver or Gold at each level. If you have questions about these programs please contact Tasha at 835-2012 or email tasha.gallant@gmail.com



Pre-Juniors

The pre-junior program incorporates stage 4, 5, 6 and 7 of Canskate and the Ice Star levels. It is group lessons with the emphasis on figure skating skills. Skaters at this level are encouraged to skate 2 days a week. Many Pre-juniors assist there group time with a private lesson. If you are interested in skating a second day or you would like a private

lesson please contact **Tasha** so she can arrange it. Skater's choosing to skate a second day receive an \$80.00 discount.

You may find your child speaking a new language when they come home from skating! Terms like salchow, lutz, Dutch Waltz and Ina Bauers are all part of the wonderful world of figure skating.

Club Coaches

Linda Chiasson
Caleigh Babin 865-8065
Angela Derochie 877-0963
Tasha Gallant 835-2012
Kyla McNeil 404-0013
Jill Murrin
Jill Reeves 252-1906

Junior, Intermediates & Seniors

The Junior, Intermediate, and Senior sessions have a new look this year! Junior skaters are being incorporated into the Intermediate sessions this year. More young skaters are interested in skating independently with help from their private coach !! Your coach will recommend the

Junior program to your skater when this becomes an option. During these sessions skaters work on Skate Canada tests. Skaters have a private coach and take lessons for a portion of their session time, and work independently during the rest of the session.

Our Junior & Intermediate Club coordinator is Denise Fitzgerald @ denisefitz@eastlink.ca

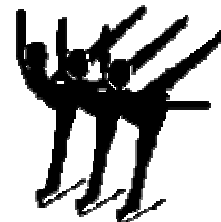
Our Senior Coordinator is Leslie Tonin, she can be reached @ leslietonin@eastlink.ca

Our Cankate Chair is Nicole Brown, she can be reached @ nicolebrown@hfx.eastlink.ca

If you are interested in volunteering please contact Tasha Gallant, Program Manager. We can always use volunteers!!!!

Synchro Teams

The Dartmouth Skating Club is pleased to have 2 Synchronized skating teams again this year. The **Qualifying Team** is a competitive team requiring skaters to have advanced skating skills. The Developing Team requires skaters to have passed Stage 5 of Canskate. Please contact our synchro coordinator, Carla Davis @ carpentersinc@eastlink.ca if you would like to give synchro a try!



General Information for all club members

Cancellations For Recreational Programs:

Sunday November 11th at CHP

Sunday December 23rd & 30th at CHP

Monday December 24 & 31st

Saturday Nov 17th, Dec 29, Jan 5, Jan 26, Feb 2nd

Skating Tip:

Skates should be sharpened after approximately 30 hours of skating. Remember a good sharpening is important to progress on the ice. One poor sharpening can ruin a blade. Do not ask your sharpener to remove the toe picks on the blade. They actually assist in balance when used properly. Good sharpeners are listed below.

Denyse Neville 462-7191

Francis Murray 497-6554

Nancy Peacock 861-3067

A reminder that all correspondence and receipts will be emailed to you.
Please make sure that your email address is kept up to date with us.

**Dartmouth
Skating Club**

Thank You
Tasha Gallant
Program Manager