

HSC & BSC PRESENT: THE ACADEMY

FALL & WINTER 2019/2020

ALL PROGRAMS

Halifax Skating Club & Bedford Skating Club are proud to present The Academy programming for the 2019/2020 season. Sessions will be familiar to skaters and parents but include more advanced and detailed off-ice session – including the opportunity for physiotherapy and massage therapy assessments at the rink – special seminar days throughout the year, more bursary opportunities for skaters, and a more streamlined experience for everyone. The revised schedule also allows for a stronger training schedule for all skaters and the introduction of Synchro.

REGISTRATION

Academy registration will be done through the Bedford Skating Club website. Please see details below on how to register as a home club member. **Registration will be open at 8am Wednesday, Aug.21 on bedfordskatingclub.com for all Academy sessions.**

SKATE-UP/DOWN INVITES

No skate up/down requests will be accepted. If spaces are open on a session, an invitation will be sent to selected skaters. Skate-up/down invites are based on session space, session and skater ability, and overall flow and safety of the session.

OFF-ICE

Off-ice is not “a bonus to on-ice”, it is part of the program. Skipping off-ice is no different than leaving an on-ice session half-way through. Off-ice is an integral part of safety and skill development. While other activities are great additions to an athlete's training, sport specific skills are taught during off-ice.

OFF-ICE SPACE & DRESSING ROOMS

Off-Ice training spaces and dressing rooms are for skaters *only*. Parents who need to help tie skates should do so as quick as possible. The dressing room is where skaters are encouraged to socialize so they are ready to work while on the ice.

YEAR-END WRAP-UP WEEKEND

We will be ending the season this year with a wrap-up weekend that will include the Ice Show and the Banquet. The dates are tentatively Apr.4-5. More details will be sent once the season begins.

SYNCHRO

HSC & BSC will be hosting at least 1 synchro team this season! Skaters under 15 as of July 1, 2019 and who are at least Star 1 can register for the team. Practices will be on Mondays & Wednesdays and include an off-ice session. Skaters over 15 and interested in joining a team should contact Becky.

Updated Aug.20, 2019

SKATE CANADA & SPORTSWEEP FEES

Session registration will be modified this year to fit with the Academy format and will happen on just the Bedford Skating Club website. However, skaters can continue to represent the club of their choice. **Skate Canada registration is open now on the Halifax Skating Club website if you are choosing that as your home club.**

Fees for 2019/2020 are \$45 Skate Canada fee & \$20 Sportsweep fee payable to your home club. Members who sell additional books of tickets will receive a \$10/book credit on their account.

If you would like to register as a Halifax Skating Club home club member, please follow these steps and complete them BEFORE registering for sessions:

- 1) Go to the Halifax Skating Club website
- 2) Click “registration”
- 3) Click “purchase products”
- 4) Select “2019/2020 Skate Canada membership”
- 5) Complete the check-out process as usual. The Sportsweep fee will automatically be added to your membership
- 6) **PLEASE NOTE: The Sportsweep fee will automatically be added to your session invoice regardless of home club. This will be removed from any BSC invoice for non-BSC home club skaters as you are only required to pay it once to your home club.**

The Skate Canada membership & Sportsweep fees will automatically be added to invoices for skaters who have not registered with a different home club.

PAYMENT

All STARSkate and Synchro sessions can pay in monthly installments (Sept-Mar). Payment must be done online.

PARENT & SKATER CODE OF CONDUCT

Parents & Skaters are expected to adhere to the Skate Canada & Club Codes of Conduct. The codes are posted to the club websites. Skaters and/or parents who do not adhere to the Codes of Conduct may face disciplinary action from the club and/or section.

TEST DAY

Test Day TBC. Tentatively Saturday, Dec.21 and Saturday, Mar.14.

***ACADEMY SKATERS ARE EXPECTED TO ARRIVE A MINIMUM OF 30MIN BEFORE THEIR ON-ICE TIME TO DO A WARM-UP**

Day & off-ice activity	SUNDAY Centennial -Strength -Jump	MONDAY LeBrun -Jump -Synchro	TUESDAY Centennial -Strength -Physio/Massage back-up day	WEDNESDAY LeBrun -Dance	THURSDAY Centennial & LeBrun -Pilates -Yoga Cardio	FRIDAY BMO -Strength -Physio/Massage	SATURDAY LeBrun -Dance -Jump
Divisions							
Academy Bronze ● Star 1-3 ● and/or no Axel ● and/or Under 14	\$470 12:30-1:15 off 1:30-2:35 on				\$645 *LeBrun 4-5:20 on 5:40-6:30 off		\$575 9:15-9:45 off 10-11:15 on 11:30-12:15 off
Academy Silver ● Star 4-5/Pre-Juv ● and/or no Axel ● and/or 14+	\$645 11:15-11:45 off 12:05-1:20 on 1:30-2:30 off				\$675 *LeBrun 5-6:35 on 6:45-7:45 off	\$630 5:30-6:50 on 7-8 off	\$700 10-11 off 11:25-1 on
Academy Gold ● Star 6+ & Juv+ ● Existing Star 5 & Pre-Juv/Juv who have already done sessions with this group		\$725 5-6 on 6:15-7 off 7:10-7:50 on	\$825 4:05-5:55 on 6:15-7:30 off	\$675 5:35-6:35 off 6:50-8:20 on *4-5 tentative	\$635 *Centennial 4:05-5:30 on 5:45-6:45 off	\$660 4:30-5:20 on 5:40-6:40 off 7-7:50 on	
Academy Jr.Elite ● Pre-Juv & Juv w/ 2A		\$725 5-6 on 6:15-7 off 7:10-7:50 on	\$825 4:05-5:55 on 6:15-7:30 off	\$675 5:35-6:35 off 6:50-8:20 on *4-5 tentative	\$635 *Centennial 4:05-5:30 on 5:45-6:45 off	\$660 4:30-5:20 on 5:40-6:40 off 7-7:50 on	
Academy Sr.Elite ● Pre-Novice+ having qualified for at least Challenge the year prior		\$725 5-6 on 6:15-7 off 7:10-7:50 on	\$825 4:05-5:55 on 6:15-7:30 off	\$675 5:35-6:35 off 6:50-8:20 on *4-5 tentative	\$635 *Centennial 4:05-5:30 on 5:45-6:45 off	\$660 4:30-5:20 on 5:40-6:40 off 7-7:50 on	
Academy Synchro \$745 ● U15 as of July 1, 2019 ● Star 1+ ● Pre-Juv/Juv (TBC)		6-7 on 7:05-7:30 off		4-5 on 5:05-5:35 off			
HSC CanSkate & Pre-Academy	2:45-3:30 on 3:30-4:15 on 4:25-5:10 on				6:10-6:55 on		
HSC Junior Academy & Teen	5:10-5:55 on				4:30-5 off (Jr.only) 5:15-6 on		
BSC CanSkate & Pre-Academy		4-4:50 on		5:55-6:40 on	6:35-7:20 on		1-1:45 on

BSC Junior Academy & Teen				5-5:55 on			1:15-1:45 off (Jr. only) 1:55-2:50 on
Metro Masters - \$625 • Adults 18+				8:20-9:50 on			

SESSION DATES – TENTATIVE

MONTH	DATES	NOTES
September **Please note Sept. dates normally at LeBrun are at BMO	Sunday: 8*, 22, 29 Monday: 9, 16, 23, 30 Tuesday: 10, 17, 24 Wednesday: 11*, 18*, 25* Thursday: 5**, 12*, 19*, 26* Friday: 6, 13, 20, 27 Saturday: 7*, 14*, 21*, 28*	Thursday, Sept.5, 12, 19, 26 - <i>Sept.5 @ Centennial</i> 4:05-7pm Academy Gold 5:15-6:55pm Jr.Academy <i>Sept.5-26 @ LeBrun</i> Academy Bronze - same time 4:15-7:20pm Academy Silver Saturday, Sept.7, 14, 21, 28 - Academy Bronze - same time 10am-1:10pm Academy Silver Sunday, Sept.8 - 11:15am-2:50pm Academy Silver 12:30-3:10pm Academy Bronze 3:20-4:20pm Jr. Academy 4:20-6pm PA Clinic (both clubs) Wednesday, Sept.11, 18, 25 - Academy Synchro - same time Jr. Academy - same time 4:50-7:50pm Academy Gold/Sr.Elite 8-9:20pm Metro Masters Sunday, Sept.15 – No ice Sept.27-29 – NB Fall Skate (Bathurst)
October	Sunday: 6, 13, 20, 27 Monday: 7, 21, 28 Tuesday: 1, 8, 15, 22, 29 Wednesday: 2, 9, 16, 23, 30 Thursday: 3, 10, 17, 24 Friday: 4, 18, 25 Saturday: 5, 12, 19, 26	Friday, Oct.11 – No ice Monday, Oct.14 – Thanksgiving – No ice Thursday, Oct.31 – Halloween – No ice
November	Sunday: 3, 10, 17, 24 Monday: 4, 11, 18, 25	Nov.2-3 – Sectionals (Memramcook) Friday, Nov.8 – No ice

	Tuesday: 5, 12, 19, 26 Wednesday: 6, 13, 20, 27 Thursday: 7, 14, 21, 28 Friday: 1, 15, 22, 29 Saturday: 2, 9, 16, 23*, 30	Nov.23-24 – Fall Skate NS (SMB) – tentative Saturday session Nov.27-Dec.1 – Challenge (Edmonton)
December	Sunday: 1, 8, 15 Monday: 2, 9, 16 Tuesday: 3, 10, 17 Wednesday: 4, 11, 18 Thursday: 5, 12, 19 Friday: 6, 13, 20 Saturday: 7, 14, 21*	Saturday, Dec.21 – tentative
January	Sunday: 5, 12, 19, 26 Monday: 6, 13, 20, 27 Tuesday: 7, 14, 21, 28 Wednesday: 8, 15, 22, 29 Thursday: 2, 9, 16, 23, 30 Friday: 3, 17, 24, 31 Saturday: 4, 11, 18*, 25	Friday, Jan.10 – No ice Jan.13-19 – Nationals (Mississauga) Jan.18 or 19 – Star 1-3 (BSC/HSC) – tentative session dates Jan.24-26 – NB Winter Skate (Dieppe) Jan.31-Feb.2 – Synchro Regionals (NFLD)
February	Sunday: 2, 9, 16 Monday:3, 10, 17*, 24 Tuesday: 4, 11, 18, 25 Wednesday: 5, 12, 19, 26 Thursday: 6, 13, 20, 27 Friday: 7, 21, 28 Saturday: 1, 8, 15, 29	Feb.7-9 – RMM (SMB) Friday, Feb.14 – No ice Monday, Feb.17 – Star 1-3 (Kentville) – tentative skating date Feb.22-23 – Provincials (Amherst) – No Saturday or Sunday sessions Feb.21-23 – Synchro Nationals (Calgary)
March	Sunday: 1, 8 Monday: 2, 9, 23 Tuesday: 3, 10, 24 Wednesday: 4, 11, 25 Thursday: 5, 12, 26 Friday: 6, 13, 27 Saturday: 7, 14	Mar.15-22 – March Break – No ice Mar.28-29 – Atlantics (NFLD) Mar.28 – 31 – Ice show practices – start date TBC

SEMINAR DATES – TENTATIVE

MONTH	DATES	TOPIC
September	Friday, Sept.27 – 9-2pm (?) *session in evening *Exact time TBC	Simulations – priority for NB Fall Skate Team activity

		Class More TBC
October	Friday, Oct.25 – 9-3pm (?) *session in evening *Exact time TBC	Simulations – priority for Sectionals More TBC
November	Friday, Nov.22 – 9am-3pm (?) *session in evening *Elem. & Jr.high only *Exact time TBC	Simulations – priority for Fall Skate NS, including Star 1 More TBC
December	Monday, Dec.30 – TBC	
January	NA	
February	NA	
March	Friday, Mar.20 – TBC	
	Wednesday, Mar.25 – 9am-12pm (?) *session in evening * Elem. & Jr.high only *Exact time TBC	Simulations – priority for Atlantics More TBC