

## IMPORTANT NOTES

- ⇒ SPECIAL EVENTS *see flyer for more details on Spring Special events*
  - April 21st Stars On Ice
  - May 4-6th. American Ice Theater Seminar and lessons
  - June 9-11 Special Guests - Meagan Duhamel / Bruno Marcotte
  - June 10th HSC Club Banquet Atlantica Hotel 5:30 pm
- ⇒ REGISTRATION—all Academy registration will be online through the Halifax Skating Club website. \$45 Skate Canada fee will be applied to all HSC Home Club skaters 2022-2023 season.
- ⇒ Refer to the graph on the club website for skating levels. HSC and BSC skaters have priority on all sessions. ***We reserve the right to balance sessions when needed.***  
SKATE-UP Requests—Must come from the Base coach.  
SKATE DOWN - Skaters may skate down one level pending available space after skaters of that level have registered.
- ⇒ ON-ICE / OFF-ICE—Our programs include both on and off ice classes. These classes help the skater succeed in becoming an all round athlete. Please ensure your skater participates in the full experience. Fees for off ice are included in the registration fee. Additional specialty seminars are planned throughout the 2022-2023 season. Some of these may require an additional fee to participate.
- ⇒ OFF-ICE SPACE & DRESSING ROOMS—Off-Ice training spaces and dressing rooms are for skaters only. Parents are not allowed in dressing rooms.
- ⇒ PAYMENT—Pay in full during registration OR—Deposit per session and Monthly payments—April 1, May 1, June 1—. Payment must be arranged online. ***\$25 Admin Fee charged for the second or more changes per season.***
- ⇒ PARENT & SKATER CODE OF CONDUCT—Parents & Skaters are expected to adhere to the Skate Canada & Club Codes of Conduct. Code of Conduct is to be signed by parent and skater and a hard copy handed into skaters coaching team within the first week of the new skating season. Skaters and/or parents who do not adhere to the Codes of Conduct may face disciplinary action from the club and/or section.
- ⇒ ASSESSMENT DAY — Star 6+ Assessments Day is tentatively scheduled for Thursday June 15, 2023 at HRM 4 pad *\*pending approval*
- ⇒ Please refer to the club website (Halifaxskatingclub.com) for other club policies including the refund policy.
- ⇒ DROP IN's : If there are available spaces on a session a skater may 'drop in' permitting they purchase the fee by 12:00pm the day prior on the HSC site. Skaters must confirm with their coach prior to purchasing the space.



## Spring 2023 StarSkate Academy BRONZE SILVER GOLD

*View our Monthly Academy Calendar on our website*



April 3 to June 15, 2023  
Centennial Arena & HRM 4 pad Arena

# Special Events Spring 2023

HSC is please to offer a number of special events for Spring 2023. Please read carefully.



## STARS ON ICE!

Every year Stars on Ice starts their tour in Halifax. This year we'd like to invite skaters that train with us to watch together! The cost will be 85\$ per ticket, all inclusive of service fees and taxes. The deadline of the purchase is March 20th.

Date: Friday, April 28, 2023

Time: 7:30pm

*Register for tickets on HSC Club Website*

## SPECIAL GUESTS - HSC Banquet Weekend Meagan Duhamel and Bruno Marcotte

Fri June 9— Sunday June 11

*More details to be announced later*

June 9	-Special Guests	Regular sessions
June 10th	-Seminar	10am-2pm HRM 4pad
	-HSC banquet	5:30-8pm Atlantica Hotel
Sun June 11	-Special Guests	Regular Sessions
	-Skate with an Olympian—CanSkate and PreCan Sessions	

**Meagan Duhamel** is a Canadian pair skater. She is a two-time world champion (2015, 2016), a 2018 Olympic gold medallist in the team event, a 2014 Olympic silver medallist in the team event, a 2018 Olympic bronze medallist in the pairs event, a two-time Four Continents champion (2013, 2015), the 2014–15 Grand Prix Final champion, and a seven-time Canadian national champion (2012–18). She is a now a coach and off ice instructor based in Ontario.

**Bruno Marcotte** is a Canadian figure skating coach and former competitor in pairs. Bruno has trained numerous skaters in singles and pairs to National, international and Olympic Medals

## AMERICAN ICE THEATER Seminar

**Thursday May 4th to Sunday May 7th**

Open to all skaters registered in a minimum 2 days HSC Spring Sessions  
No additional fee for skaters to attend.

*Must sign up on Uplifter until spaces are full Limited to 50 spots per level. HSC skaters will have priority.*

**AIT's core values are inclusion, acceptance, innovation, and authenticity,** and we strive for these values to flourish at all AIT events, seminars, and performances.

**INCLUSION:** AIT promotes contemporary skating as a method of collaboration between elite skaters, companies, and teams and beginner skaters, companies, and teams. We seek to break down barriers between these groups so they both can invent, create, improvise, share, learn, and grow from one another to develop this art form. We strive to offer an artistic-focused trajectory that can work side-by-side with the competitive structure of figure skating, creating healthier, passionate, and well-rounded skaters in the long term.  
~ *Everyone has something to share, everyone has something to learn.*

**ACCEPTANCE:** AIT teaches tools to incorporate mindfulness, mind-to-body practices, and healthy mental training to offer space for skaters to view themselves as authentic and integral contributors of the artistic skating community. ~ *Humans first, skaters second.*



**Thursday May 4**

6:00 – 7:00  
7:30

**CENTENNIAL**

Parent/ skater meeting ~ All levels  
Dinner with coaches and executive

**Friday May 5**

Daytime  
4:00 – 6:40  
4:00—5:25

**CENTENNIAL**

*Option for Privates HRM 4 pad as ticket ice*  
GOLD REG session (no changes to normal routine)  
**AIT SEMINAR—BRONZE / SILVER 10 years and under OFF ICE**  
(mandatory to participate, please don't be late)  
**AIT SEMINAR—BRONZE /SILVER 10 years and under ON ICE**  
(mandatory to participate)

**Saturday May 6**

**HRM 4 Pad**

**SILVER / GOLD age 11+**

All skaters must participate in the full day.  
9:00 -10:30 OFF ICE  
10:45-12:15 ON ICE  
12:15-1:15 LUNCH  
1:15 – 2:15 OFF ICE  
2:30 – 4:00 ON ICE

**Sunday May 7**—Option of Private lessons during regular sessions.

Speak to your based coach for more information on private lessons



# Spring 2023 OVERVIEW



DAY	DATES / NOTES	CLUB	ARENA	ICE TIME	PROGRAM		OFF ICE	PROGRAM	
<b>Monday</b> <i>9 weeks</i>	April 3 - June 12	HSC	HRM 4 Pad Rink C	4:00-5:15	BRONZE + stroking class			NO OFF ICE	
	<i>No Ice - April 10, May 22</i>	HSC	HRM 4 Pad Rink C	5:15-5:30	Star 1-5 Stroking				
	<i>Adjusted times June 5,12</i>	HSC	HRM 4 Pad Rink C	5:30-7:00	SILVER + stroking class			NO OFF ICE	
		HSC	HRM 4 Pad Rink C	7:00-7:29	Star 5+ stroking				
		HSC	HRM 4 Pad Rink C	6:45-8:20	GOLD Includes stroking			NO OFF ICE	
<b>Monday</b> <i>9 weeks</i>	April 3 - June 12	BSC	HRM 4 Pad	4:00-5:00	SYNCHRO			NO OFF ICE	
	<i>No Ice - April 10, May 22</i>	BSC	HRM 4 Pad	5:00-6:05	GOLD Extra Free			NO OFF ICE	
<b>Tuesday</b> <i>11 weeks</i>	April 4-June 13	HSC	HRM 4 Pad Rink C	4:00- 5:50	GOLD		5:00 - 5:35	JR ACADEMY	
		HSC	HRM 4 Pad Rink C	5:50 - 7:00	JR ACADEMY		6:00-6:35	SILVER	
		HSC	HRM 4 Pad Rink C	7:00 - 8:20	SILVER		6:15-7:15	GOLD	
<b>Wednesday</b> <i>11 weeks</i>	April 5-June 14	HSC	CENTENNIAL **	5:05 - 6:25	BRONZE **	SILVER	5:30-6:20	HIGH SILVER	GOLD
	<i>**June 14 at HRM 4 pad</i>	HSC	CENTENNIAL **	6:35 - 7:55	HIGH SILVER	GOLD	6:35 - 7:15	BRONZE **	SILVER
<b>Thursday</b> <i>10 weeks</i>	April 6-June 8	HSC	CENTENNIAL	4:05 - 5:25	OPEN		5:35-6:05	OPEN	
		HSC	CENTENNIAL	5:35-6:10	JR ACADEMY	TEEN			
		HSC	CENTENNIAL	5:55-6:55	CANSKATE 1	JR ACADEMY			
<b>Friday</b> <i>9/10 weeks</i>	April 7-June 9	HSC	CENTENNIAL **	4:05 - 5:30	GOLD		5:00 - 5:30	BRONZE	
	<i>**June 2/9 4:30-7:30 HRM 4pad</i>	HSC	CENTENNIAL **	5:40-6:55	BRONZE May 5 no session - AIT seminar		5:40 - 6:40	GOLD	
<b>Sunday</b> <i>9 weeks</i>	April 16-June 11	HSC	CENTENNIAL **	12:05 - 1:20	SILVER		12:30-1:15	GOLD	
	<i>May 7 - everything shifted 30min later</i> <i>**June 4/11 HRM 4 pad</i> <i>June 11- Skate with an Olympian</i>	HSC	CENTENNIAL **	1:30-2:50	GOLD		1:40-2:40	SILVER	
		HSC	CENTENNIAL **	3:00 - 3:45	CANSKATE 2				
		HSC	CENTENNIAL **	3:45 - 4:15	PRECAN 1				
		HSC	CENTENNIAL **	4:15 - 4:45	PRECAN 2				
		HSC	CENTENNIAL **	4:55 - 5:40	CANSKATE 3			5:00-5:30	BRONZE
		HSC	CENTENNIAL **	5:40 - 6:55	BRONZE		02-Mar-23		

02-Mar-23



# SPRING 2023 DAILY Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4:00 - 5:30 BRONZE	4:00-5:50 GOLD	5:05 - 6:25 BRONZE**/ SILVER	4:05-6:00 OPEN	4:05 - 5:30 GOLD	12:05 - 1:20 SILVER
4:00-4:15 BRONZE Skills	4:00-4:15 GOLD Stroking	5:05 - 5:15 Warm Up / Turns/ Edges	4:05 - 5:05 OPEN Free	4:05 - 4:15 Warm Up / Turns/ Edge	12:05 - 12:15 Warm up / Edges/ Turns
4:15- 5:00 BRONZE Free	4:15-5:20 GOLD Free	5:15-6:15 BRONZE/SILVER Free	5:05-5:25 OPEN Skills / Dance	4:15 - 5:00 GOLD Free	12:15 - 1:00 SILVER Free
5:00-5:15 BRONZE Dance	FLOOD	6:15 - 6:25 BRONZE/ SILVER Dance	FLOOD	5:00-5:15 GOLD Spin	1:00 - 1:10 SILVER Spin
5:15-5:30 Star 1-5 Stroking	5:30 - 5:50 GOLD Skills / Dance	FLOOD	5:35-6:05 TEEN / JR ACADEMY	5:15 - 5:30 GOLD Dance	1:10 - 1:20 SILVER Dance
5:30-7:20 SILVER	5:50-7:00 JR ACADEMY	6:35 - 7:55 HIGH SILVER /GOLD	6:05-6:55 JR A / CanSkate# 1	FLOOD	FLOOD
5:30-5:40 SILVER Dance	5:50 - 6:05 JR A Stroking	6:35 - 6:45 Warm Up / Turns /edges		5:40 - 6:55 BRONZE	1:30-2:50 GOLD
5:40 - 5:50 SILVER Skills	6:05 - 6:50 JR A Spin, Jump, Dannece, Synchro	6:45 - 7:45 H SILVER/ GOLD Free		5:40 - 5:55 BRONZE Skills	1:30- 1:40 Warm up / Edges/ Turns
FLOOD	6:50 - 7:00 JR A Free time	7:45 - 7:55 H SILVER GOLD Dance		5:55 - 6:40 BRONZE Free	1:40 - 2:30 GOLD Free
6:00 - 6:45 SILVER Free	6:50-8:20 SILVER			6:40 - 6:55 BRONZE Dance	2:30-2:40 GOLD Spin
6:45-8:20 GOLD	6:50 - 7:05 SILVER Skills	** Passed all Star 1 tests			2:40-2:50 GOLD Dance
6:45 - 7:00 SILVER / GOLD Spin	7:05 - 7:20 SILVER Dance				FLOOD
7:00-7:20 Star 5 + Stroking	FLOOD				CanSkate/ PreCanx2/ CanSkate
FLOOD	7:30-8:20 SILVER Free				5:40- 6:55 BRONZE
7:30-8:20 GOLD Free					5:40 - 5:55 Warm up / Edges/ Turns
Monday OFF ICE	Tuesday OFF ICE	Wednesday OFF ICE	Thursday OFF ICE	Friday OFF ICE	5:55-6:40 BRONZE FREE
NO OFF ICE	5:00 -5:35 Jr Academy Basics	5:30 - 6:20 GOLD	5:30-6:00 OPEN	5:00 - 5:30 BRONZE	6:40-6:55 BRONZE Skills / Dance
	6:00 - 6:35 SILVER Jump	6:35 - 7:15 BRONZE/ SILVER		5:40 - 6:40 GOLD	Sunday OFF ICE
	6:00-7:00 GOLD				12:30- 1:15 GOLD
					1:40- 2:40 SILVER
					5:00-5:30 BRONZE

As of Mar 2, 2023

\*\*Subject to change



# CANSKATE

Skate Canada National Learn To Skate Program

**CanSkate  
PatinagePlus**

\* PreCan \* CanSkate \* Teen \* Junior Academy \*

- PreCan** First time in Learn to skate Program - When PreCan Ribbon is passed skaters progress into mainstream CanSkate Program (no change to session time)
- CanSkate** Passed PreCan to complete stage 6 ( Stage 1, Stage 2, Stage 3, Stage 4, Stage 5, Stage 6)
- Teen** Age 10 + CanSkaters or by recommendation to the program (Stage 1-6)
- Pre Academy** Invite Only—Skates with Regular CanSkate Sessions, Figure Skating Focus
- Junior Academy** Invite only—Must be in Figure Skates, Figure Skating Focus
- Star 1 Group** Skaters completing CanSkate will be invited to attend the Star 1 group program or the full StarSkate Academy Program
- Coaches meet and discuss at the end of each season which skaters are ready to move to next level, and invitations to next program will be sent (December, March, May, August)

Skaters will be ready for Hockey, Ringette, Speed Skating programs with local organizations

**Pre Academy** (invite only)

**Junior Academy** (invite only)

## Academy **BRONZE**

- Star 1 group
- Star 1-3
- and/or no Axel

## Academy **SYNCHRO**

- Star 1+
- team/s divided by age and skating levels

## Academy **SILVER**

- Star 4-5/Pre-Juv
- and/or no Axel
- and/or low double jumps

## Academy **GOLD**

- passed Star 6+ & Juv+
- working on all doubles and Triple Jumps

## Academy **HIGH GOLD**

- Passed 1+ gold test
- landing min 3 doubles

## Academy **Junior ELITE**

- Pre-Juv & Juv w/ 2A

## Academy **Senior ELITE**

- Pre-Novice+ having qualified for at least Challenge the year

## Academy **Programming** Includes:

- On Ice sessions
- Group Sessions On and Off-Ice
- Off Ice Classes geared towards developing a well rounded athlete
- Club Seminars
- Awards and Bursaries
- Ice show and Banquet

## CanSkate **PA** (Program Assistant)

All skaters in the Academy BRONZE , SILVER , GOLD are invited to PA on our CanSkate Sessions. These are volunteer hours.

PA Training Is held each Fall

## Skate Canada **Professional Coach**

- 16+
- passed Minimum of two Star 5 tests
- CanSkate/ Regional/Provincial/ National

## Club **Board Member**

- 18+ with an interest in helping with Club Activities



### SEASONS OFFERED:

StarSkate Academy : Fall/ Winter, Spring Summer  
Jr Academy: Fall, Winter, Spring, Summer  
CanSkate/PreCan/Teen: Fall, Winter, Spring

Updated March 2023

<b>Academy BRONZE</b>	Completes Skate Canada StarSkate Tests, Competes at Local Star 1-3 Fun Skates,
<b>Academy SILVER</b>	Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Academy GOLD</b>	Completes Skate Canada StarSkate Tests, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars
<b>Academy ELITE</b>	Competes Local, Provincial, National and International, Opportunity to be selected for National Seminars