



Welcome to the 2026–27 season!

We're so happy to have everyone back and are looking forward to another great year together. As we get started, here are a few important reminders to help keep things running smoothly.

ONLINE CALENDAR & SCHEDULES

Please make a habit of checking your online calendar regularly. We have made every effort to keep everything accurate and up to date, but with final rink and schedule changes, we have noticed a few errors and made some recent adjustments.

If you ever notice something that doesn't look right, please reach out. It may simply be something we missed during an update.

The HSC website and your online calendar should always be your first place to check for the most current schedule and program information.

Please get comfortable with these three areas of the HSC website, as most of the information you will need throughout the season can be found there:

- **Front Page** for important updates and current notices
- **STARSkate Academy Tab** for program and Academy-specific information ie Spinner / Harness Sign up
- **Club Corner Tab** for special events, newsletters and other club updates

If you are looking for information, these three places are always a good place to start.

SMART START ROUTINE

All times listed on the online calendar **include the skater's Smart Start routine** at the beginning of the session.

Please check with your coaching team to confirm whether your skater should be completing Smart Start independently or as part of a group led by their coaches. Smart Start is part of their regular training and helps skaters arrive focused, prepared and ready to make the most of their ice time.

OFF-ICE CLASSES

Please make sure skaters arrive prepared with:

- Skipping rope
- Yoga mat
- Proper athletic clothing
- Appropriate athletic footwear

If a skater is not dressed or equipped safely for an activity, they will be asked to sit out for that portion of the class.

Please arrive on time. If a skater arrives more than five minutes late, they should warm up or complete exercises independently rather than interrupting a class that is already underway.

DRESSING ROOMS

A reminder that **parents are not permitted in the dressing rooms at the STARSkate level.**

Please send your skater in with their peers. If they need help tying their skates, they can ask a coach or come back out to have a parent help them. This is part of our Safe Sport protocols and also helps skaters build confidence and independence around their training routine.

SKATER ABSENCES

If your skater is going to miss a session for any reason, please send a quick message to their coaching team.

Coaches plan lessons, groups and activities around who is expected to be there. With enough notice, another skater may also be able to use that lesson time. A quick heads-up is always appreciated and respectful of everyone's time.

SKATER CODE OF CONDUCT

There has been an update to the **Skater Code of Conduct** for this season. Parents have acknowledged and signed the Code of Conduct on behalf of their skaters as part of the registration process.

Please also take a few minutes to review it with your skater so they understand what is expected of them. It is always easier when everyone starts the season on the same page.

PARENT VOLUNTEERS

From time to time, we will need parent volunteers to help with music, special events and other small jobs around the rink. These roles may seem simple, but they make a big difference.

When parents are able to help, our coaches can stay focused on coaching and our sessions and events can run more smoothly. That extra support also allows us to offer more opportunities for our skaters to learn, participate and be successful. Volunteers are also a big part of what helps make HSC a strong, community-focused club.

When we put out a call for help, we hope families will step up when they can. You do not need to do everything. Even helping once in a while makes a difference. Many hands really do make the work easier, but more importantly, volunteering helps build connections between our skaters, families and coaches.

That sense of community is something we are proud of and want to continue making stronger.

THANK YOU

Thank you for taking the time to go through these reminders and for helping us get the season off to a great start. We're looking forward to a fun, positive and productive 2026–27 season together!

LeeAnne Cross
HSC Director of Development
and the HSC Board of Directors