



Information for Intermediate Skaters

Markham Skating Club's Intermediate session is the first of Skate Canada's STARSkate levels (Intermediate, Senior, Advanced and Gold). Skaters may register in the Intermediate level once they have passed CanSkate Stage 6.

Each Intermediate session is 70 minutes long (20 minutes longer than CanSkate sessions) and skaters are expected to practice on their own when they are not in a lesson. Each session includes 2 lessons: a 10 minute stroking class (right at the beginning of the session) and a 15 minute group lesson. This level is designed for skaters interested in learning the discipline of figure skating – including skills, ice dance and freeskate (solos).

EQUIPMENT/ATTIRE

- Girls – skating dress/skirt with tights, or skating pants and a sweater/skating jacket, and lace-up skates.
- Boys – pants that allow for easy movement and a sweater.
- Both – proper figure skates (not hockey skates). Hoodies are not acceptable; they can affect balance and make it difficult for coaches to see proper alignment of the back and neck. Long hair must be tied back.

IMPORTANT

- Parents must stay in the arena at all times. Skaters must never be left at the arena alone.
 - Skaters are to enter and exit the ice only from their designated gate.
 - In order to ensure skaters give coaches their full attention throughout the session, parents should watch from the stands. Please do not stand by the glass.
- Skate guards are mandatory. All skaters must have guards on their blades when not on the ice, both for safety reasons and to keep blades sharp.

PRIVATE COACHING

The addition of private coaching is not mandatory, but is strongly recommended at this level. Private coaching helps skaters progress as it increases focus on individual goals and challenges. Please contact the coach of your choice directly for private lessons – these lessons are not able to be arranged through the office. For a list of our coaches and their contact information, please visit our website: www.markhamskatingclub.com.

TERMINOLOGY

Intermediate skaters learn a multitude of disciplines that go hand-in-hand with new terminology. The three main areas of focus for Intermediate skaters are:

- **SKATING SKILLS** – Movements executed on a pattern, sometimes set to music. Skills help skaters master basic fundamentals of skating: edge quality, control, power & speed.
- **ICE DANCE** – Skaters work through a series of dances that teach timing, musicality, rhythm, edges, flow, control, and unison. Your skater will be performing Ice Dance tests with a coach as partner. There are 3-4 dances in each level of dance skating.
- **FREESKATE** – A solo program performed to music, during which skaters execute jumps, spins, footwork, field movements and stroking.

TESTING

Skaters may take nationally standardized Skate Canada tests, but testing is not mandatory. Skaters at this level may also decide to pursue synchronized or pairs skating, enter competitions, become involved in judging, and more.

- Tests take place at the arena on pre-determined days (see over). Sessions are usually cancelled on test days.
- Testing is divided into "high test" and "low test" days. Intermediate skaters test on "low test day".
- If your child is to take a test, his/her coach will provide you with the required information. There is a minimal fee for each test, and skaters must wear appropriate test attire. Your coach will provide you with the details.
- Test dresses may be rented from MSC's "Costume Loft" at minimal cost. Please contact The Loft directly at 905-294-0673 to set an appointment or to browse the catalogue. The Loft is inside the arena, at the south end.

ADD A SESSION

Intermediate skaters (and up) can "add a session" to their usual weekly schedules for just \$10 per additional single session. Skaters must be qualified for the session they are adding, and space must be available on the session requested. Pre-registration and pre-payment in full via the office is required. (Maximum 6 "add on" skates per year).

PROGRAM ASSISTANTS

Eligible MSC skaters may assist our coaches as Pre-CanSkate and CanSkate Program Assistants (PAs). Skaters are eligible to be a PA if they are registered on the fall/winter Intermediate session AND are 10 years of age or older. High school students may allocate these volunteer hours toward their Community Involvement requirements. PAs also receive a discount on session fees. For more information on the PA program, please contact Tammy Dawson at (416) 949-4802.

KEY DATES FOR YOUR CALENDAR

September 2015	Tuesday September 8 – PA Clinics (7pm – 8:30pm)
	Wednesday September 9 – First day of fall/winter session
	Saturday September 12 – MSC BBQ Social (12pm-2pm)
October 2015	Monday October 5 – Ice Show registration opens
	Saturday October 10 – Thanksgiving weekend (no sessions)
	Monday October 12 – Thanksgiving Day (no sessions)
	Wednesday October 28 – High Test Day (no sessions)
	Saturday October 31 – Halloween (yes, there are sessions!)
November 2015	Wednesday November 4 – Low Test Day (no sessions)
	Saturday November 7 – Ice Show registration closes
	Saturday November 28 – Markham Santa Claus Parade (allow extra time to get to the arena)
December 2015	Saturday December 19 – CanSkate Challenge, Skate Extreme Competition, Family Christmas party (no regular sessions but all members are invited to join in our Holiday Celebrations)
	Thursday December 24 through Sunday January 3 – Christmas break (no sessions)
January 2016	Monday January 4 – First day of skating after Christmas break
	Saturday January 16 – Ice Show information meeting and casting reveal (2-4pm)
	Wednesday January 20 – Low Test Day (no sessions)
	Thursday January 21 – High Test Day (no sessions)
February 2016	Early February – Ice Show rehearsal schedule posted
	Monday February 15 – Arena closed for Family Day (no sessions)
	Saturday February 20 – Club Competition (no sessions)
March 2016	Wednesday March 2 – Low test day (no sessions)
	Thursday March 3 – High test day (no sessions)
	Saturday March 5 – Last day of fall/winter session
	Monday March 7 – Ice Show rehearsals begin
	Monday March 14-Friday March 18 – March Break (Ice Show rehearsals do run this week)
	Friday March 25-Sunday March 27 – Easter weekend (no sessions)
April 2016	Monday April 4-Thursday April 7 – Ice Show production week
	April 8-10 – Ice Show performances
	Monday April 11 – Spring session starts
	Saturday April 30 – Annual Spring Awards Banquet (evening)
May 2016	Saturday May 21-Monday May 23 (inclusive) – Victoria Day weekend (no sessions)
	Wednesday May 25 – Low Test Day (no sessions)
	Thursday May 26 – High Test Day (no sessions)
	Saturday May 28 – Last day of spring skating

Notices of schedule changes will be emailed to members – be sure to give the office your email address. If you do not have email, be sure to regularly check our website or the arena bulletin board. You can also "like us" on Facebook for even faster updates!

If you have any skating program questions please contact Howard Abe, MSC Skating Program Coordinator, at info@markhamskatingclub.com or 905-472-6982.

