



October 2023

## STARSkate Pre-CanSkate and CanSkate

We are thrilled to be welcoming all skating families into the Stirling Arena. We are happy to be able to bring our trusted CanSkate and STARSkate Programs to our surrounding Communities.

We are excited to offer Tuesday and Thursday Pre-CanSkate & CanSkate sessions again this season. We have a wonderful coaching staff, who are all excited to work with your children!

Staff include: Lindsay Newbery, Kandis Kelly, Sarah Allman, Leanne Rosborough, Makaela Bell and Victoria Cooney.

All Pre-Can & CanSkaters must wear a CSA Approved helmet with the sticker up to Stage 6 and it is required to wear cage for Pre-CanSkate and encouraged for Stage 1-2 in CanSkate. Please ensure your skater is dressed warmly, including gloves and skates are tied tightly for their session. If you would like guidance on how to tie skates, please see a coach. Please remember to leave name tags each week. If you have any questions or concerns, please don't hesitate to contact [President Crystal Weese](mailto:info@stirlingskate.ca) at [info@stirlingskate.ca](mailto:info@stirlingskate.ca) or [CanSkate Coach Co-ordinator and Registrar, Lindsay Newbery](mailto:stirlingregistrar@gmail.com) ([stirlingregistrar@gmail.com](mailto:stirlingregistrar@gmail.com)).

### Pre-CanSkate

We are thrilled with our turn out of new young skaters wanting to learn to skate! We are currently full on both days. Pre-CanSkate is designed to give skaters the basics on getting up, moving forward and backward, turning, making snow and jumping. Once coaches feel a skater is ready to move onto CanSkate, we will contact the parents and let them know the options.

### CanSkate

Skate Canada has designed this program as a learn to skate program for all ice sports. It incorporates figure skating, hockey and speed skating skills to give skaters a wide range of skills. There are 6 Stages of the CanSkate Program. Each stage is broken down into Balance, Control and Agility Skills. Once a Skater completes a section they receive a ribbon. Once all 3 areas are completed they receive the badge.

Coaches will be assessing skaters every 4 weeks. Once groups are assessed, Progress Reports will be available the following week. If you happen to miss a marking day, don't worry, there will be another in 4 weeks time!

### Intro to STAR

This program is for skaters looking to take more interest in learning Figure Skating. Skater's in Stage 4, 5, 6 are able to join into our Intro to Star Programs. This is held on Tuesdays and Thursdays. The Tuesday program is 30 mins after CanSkate. It provides a 15 min group lesson then skaters have another 15 mins to either practice on their own, or have a lesson with a Private coach. The time with a coach helps the skater progress at a faster rate. Fees for that lesson are paid directly to the coach. On Thursday's our Intro to Star Skills program is a 30 min group lesson, where they focus on basic skating, turns, edges and field moves. This gives them more concentration on the technique of their skating skills. Both programs are in addition to their CanSkate program.

If you are interested or have any questions, please contact Lindsay Newbery by email or at the rink.



CanSkate



Skate Canada  
Patinage Canada



Skate  
Ontario

### LINKS

STIRLING FSC WEBSITE

[HTTPS://WWW.STIRLINGSKATE.CA/](https://www.stirlingskate.ca/)

### CONTACT

Questions or Concerns  
Please Email:

[info@stirlingskate.ca](mailto:info@stirlingskate.ca)

Registration or CanSkate  
Questions:

[stirlingregistrar@gmail.com](mailto:stirlingregistrar@gmail.com)

ETransfer Payments Please  
send to:

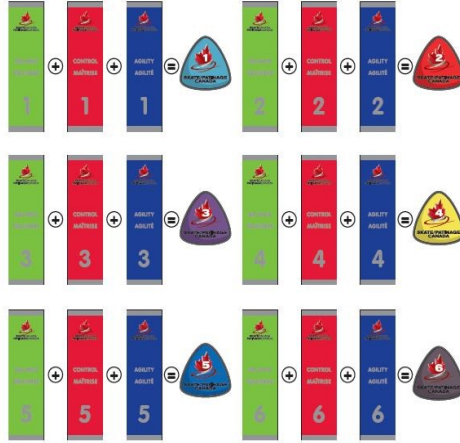
[fsfcbank@gmail.com](mailto:fsfcbank@gmail.com)



**CanSkate  
PatinagePlus**



**StarSkate**



*Visit our Facebook Page For Club Updates!!*



**DATES TO REMEMBER**

- TUES. OCT. 24TH - HALLOWEEN DAY
- THURS. OCT. 26TH - HALLOWEEN DAY
- TUES. OCT. 31ST - NO SKATING

**WE ARE PLANNING ON HOLDING CHRISTMAS SHOWCASES THIS YEAR!!**

**TUESDAY SKATERS - DEC. 19TH**

**THURSDAY SKATERS - DEC 21ST**

**THIS WILL BE IN PLACE OF A YEAR END CARNIVAL.**

**IN MARCH WE WILL BE HOLDING SFSC OLYMPICS!! LOTS OF FUN THINGS PLANNED FOR ALL OUR SKATERS!!**

**DATES TO BE CONFIRMED IN JANUARY.**

**SKATING FEE PAYMENTS**

OUR PAYMENTS ARE DUE ON THE 15TH OF THE MONTH. THE NEXT ONE IS DUE OCT. 15TH. ANY COMMUNICATING IN REGARDS TO YOUR PAYMENTS GOES DIRECTLY TO OUR TREASURER TOM AT:

**SFSCBANK@GMAIL.COM.**

HE WILL BE HAPPY TO HELP OUT.

**Equipment Information**

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than ¼ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice



Poorly Equipped Skater



Properly Equipped Skater

**COACHING STAFF**

- Lindsay Newbery  
Provincial Certified,  
National Trained

[lindsay\\_18@hotmail.com](mailto:lindsay_18@hotmail.com)

- Kandis Kelly  
Regional Certified

[kandiskelly@me.com](mailto:kandiskelly@me.com)

- Sarah Allman  
Provincial Trained

[sarahann@bell.net](mailto:sarahann@bell.net)

- Leanne Rosborough  
Regional Certified

[lbrosie\\_99@icloud.com](mailto:lbrosie_99@icloud.com)

- Makaela Bell  
CanSkate Certified  
Regional Certified

[makaelabell@hotmail.com](mailto:makaelabell@hotmail.com)

- Victoria Cooney  
CanSkate Certified  
Regional Trained

[tori.cooney01@gmail.com](mailto:tori.cooney01@gmail.com)

**STARSKATE DATES TO REMEMBER:**

**Star 1-5 Testing:**

**On Going. Coaches will test when they see a skater is ready.**

**Dance High Test Day:**

**Tentatively Booked for Nov. 19th.**

**Nepean StarSkate Comp.**

**Dec. 1-3rd in Ottawa**

**Bowmanville StarSkate Comp**

**Jan. 12-14th—Bowmanville**

**Glen Carin Star 1-4**

**Jan. 27th—Ottawa**

**Kingston Star 1-4**

**Feb. 9-11th**

**Liz Manley—StarSkate Comp**

**Feb. 16-18th—Gloucester**

**Where to find skates:**

**Sports Chek—Belleville**

**Rebound Sports—Belleville**

**Stephen Licence—Belleville**

**The Skating Boutique—North York or online.**